

Potomac ALMANAC

CONNECTION
FAMILIES

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Chris Stubbs, Chief of Resource Management for the C&O Canal National Park with volunteer Becky Curtis discuss the rehabilitation of Swains Lockhouse last weekend.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

JUNE 29 - JULY 5, 2016

ONLINE AT POTOMACALMANAC.COM

BULLETIN BOARD

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

SOBER-RIDE FOR JULY 4TH

Free Cab Rides. Monday, July 4, 10 p.m. through Tuesday, July 5, 4 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. Visit www.soberride.com.

BIKE PATROL VOLUNTEERS WANTED

Help **C&O Canal National Historical Park** visitors enjoy the towpath safely by offering information, maps, first aid, and field bicycle repairs, then the Bike Patrol is for you. The Park provides training and uniform vests, volunteers provide their own bikes and helmets. Flexible hours and locations. Visit www.chohvip.org for more.

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.

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 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 for more.

THURSDAY/JUNE 30

Loss of a Sibling Grief Workshop. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone who has experienced the loss of a brother or sister. Free and open to any Montgomery County resident. Visit www.montgomeryhospice.org for more.

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 to request an application. Visit www.montgomerycountymd.gov/dot-dir/outreach/ for more.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

At the C&O

Park Ranger Kate Marks talks to a group about the Captain John Smith Chesapeake National Historic Trail on Saturday, June 25, at the Great Falls Tavern Visitor Center. The program, entitled "Chesapeake National Historic Trail and Weather Preparedness on the Towpath," discussed the history of the trail, as well as trail-related programs across partner sites throughout the Chesapeake watershed.

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Mural Honors C&O Canal Partnership with School

Seven Locks Elementary School students pay tribute to 100th anniversary of U.S. National Parks.

BY SUSAN BELFORD
THE ALMANAC

Each class at Seven Locks Elementary School looks forward to field trips to the C&O Canal. They study the ecosystem, gain an understanding of the history and the economics, experience the fun of dressing up in the clothing worn by the lock keepers and families who lived on the canal boats, meet the mules and take a ride on the General Jubal T. Early canal boat. They learn to love and appreciate the nearby C&O Canal through their school's collaborative educational partnership with the National Park Service (NPS).

The school and Seven Locks Road are named for the seven locks area of the C&O Canal, a 1.25-mile stretch with seven locks in a row. Park Ranger Becca said, "If one wants to see the greatest number of locks together, this is the place to do it. Seven Locks included Locks 8 to 14 — it's hard to imagine locking upwards of 550 boats through all seven locks. Seven Locks inspires a sense of amazement about how all this was done with only water and human power. No modern machinery or petroleum products helped with the task of lifting and lowering these boats, which could weigh 140 tons each."

When the school was remodeled a few years ago, the school community chose to honor their namesake by including a replica of the gates of a lock, historic photos of the canal workers and the canal and a flowing water theme on the walls.

This year, to pay tribute to the 100th anniversary of U.S. National Parks and their partnership with NPS, the fifth-grade stu-



Students gather around their mural with (from left) Kaushika Patel, Seven Locks Elementary School PTA president; Arturo Ho, artist-in-residence; Dorothy Chung, Seven Locks Elementary School Educational Foundation President; Dr. James J. Virga, principal of Seven Locks Elementary School; and Adrienne Torrey, art teacher at Seven Locks Elementary School.

dents created a tile mural of the C&O Canal. Working with the school's artist-in-residence, Arturo Ho and their art teacher, Adrienne Torrey, the students' mural depicts the C&O Canal as they see it. They included frogs, blue herons, turtles, squirrels and a snake. Trees and wild flowers abound as the water flows through the canal and the Jubal T. Early canal boat makes its way down the waterway. The mural is a composite of student design ideas and sketches. After the fifth graders completed their design, each student helped complete the mural by placing tiles in a designated section.

"I really enjoyed talking about what we saw at the C&O and how it should go into the mural," said student Jenna Pigott.

Lauren Berman said, "We added in so many things from nature. It is very detailed."

Fifth-grader Dawn Digo was excited and amazed by the completed mural. "It looked just like the sketch," she said.

William Jiang said, "It looked real. I worked on putting the little tiles for the sky into the mural. I couldn't believe that all these little pieces would ever come together

to look like a picture — but it did."

The mural was unveiled at a special ceremony held at the school for parents, staff and students. Dr. James Virga, school principal, explained that the NPS adopted Seven Locks Elementary in 2012.

"This has been an outstanding partnership and we thank Hollie Lynch of NPS for leading programs for us for so many years. In addition to the mural, this year's fifth grade class created a time capsule. They put in original poems, a song they created, canal boat replicas that they made, writings of how their visits to the canal impacted them and photos from some of their field trips."

Lynch explained that curriculum was created to include each grade in the school. "This is a program unique to Seven Locks Elementary School," she said. "The students visited the Williamsport Lock where they had the experience of pushing and pulling the locks. They met the mules, rode on the canal boat, participated in science experiments and learned about our National Park Service. They were excited to help us celebrate our 100th anniversary."

Art teacher Adrienne Torrey said, "I'm pleased that we can celebrate our artist-in-residence, our foundation which helped fund the project and the students' mural. It really is a wonderful creation of the C&O Canal which will be on permanent display at Seven Locks Elementary — one that we will all cherish. The final design included all the student ideas and is a beautiful work for art for our fifth graders to leave to the school. Every time they return, they will be proud of their contribution to their elementary school."



Arturo Ho, artist-in-residence and Adrienne Torrey, art teacher at Seven Locks Elementary School.



Park Ranger Hollie Lynch, education coordinator for the C&O Canal National Historic Park, with Seven Locks Elementary School fifth grade teacher Kristen Creticos.



Catherine Bragaw, chief of Interpretation, Education and Volunteer Division at the C&O Canal National Historic Park with fifth graders Braden Kiang (left) and Bradan Welby.

PHOTOS BY BARBARA SRICHAH-PARSIA

OPINION

Getting Home Safely on Independence Day

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

This is true for the young adults over 21 living with you, and unfortunately also for many teens who are under 21. More on that below.

For all revelers: Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

EDITORIAL

But in case those plans go awry, here is an alternative safety net.

On the night of Monday, July 4, the Washington Regional Alcohol Program will offer free taxi rides home (up to \$30), beginning at 10 p.m. for six hours until 4 a.m. the morning of Tuesday, July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2015, more than 230 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

NEWS BRIEFS

Effort Seeks To Ban Temporary Signs in Rights-of-Way

A Zoning Text Amendment that would prohibit all non-permanent signs in public rights-of-way in Montgomery County was introduced last week before the Montgomery County Council. Councilmember George Leventhal, the lead sponsor of ZTA 16-06, says that the increasing number of temporary signs are both a safety hazard and an eyesore.

All private temporary signs in Montgomery County's public rights-of-way are illegal; the current code allows for such signs by permit. ZTA 16-06 would delete the entire category of signs called "limited duration signs."

A public hearing on ZTA 16-06 is scheduled for 1:30 p.m. on Tuesday, Aug. 2. See <http://tinyurl.com/z46hnr4>.

New Center Named In Honor of Nancy H. Dacek

The new community recreation center and senior center located at 13850 Travilah Road, Rockville has been officially named the Nancy H. Dacek North Potomac Community Recreation Center.

The facility is named in honor of the late Nancy H. Dacek who served as a 12-year member of the County Council representing Upcounty, District 2, from 1990 until 2002.

On July 4, historically, more than 40 percent of traffic deaths in the U.S. are caused by drunk drivers; more than 20 percent of the drunk drivers involved in those deaths had blood alcohol concentrations of nearly twice the legal limit, said Kurt Erickson of WRAP.

SoberRide is only available for those over 21. For parents of young adults who may be living at home and parents of those under 21, this is time to talk. Ask about plans, ask spe-

Send Photos for the Pet Almanac

The Pet Almanac, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog?

Following her service to council she served for more than a decade on the Montgomery County Board of Elections appointed by Governors Bob Ehrlich and Martin O'Malley.

The new facility, scheduled to open this fall, will be a full-service community recreation center and senior center. The center, located on 17 acres, will include a gymnasium, exercise room, social hall, kitchen, senior/community lounge, arts/kiln room, game room, and more. The Recreation Department continues to work with the community to develop a broad schedule of programs, activities and services.

The Departments of General Services and Recreation will announce the date for the public ribbon-cutting ceremony at a later date.

Libraries Offer Opportunity For Accredited High School Diploma

Montgomery County Public Libraries is of-

cifically about getting home. Let your younger family members know that you would much rather pay for a cab or come get them yourself than run the risk of losing them.

This is a message important for the tail end of graduation season and good for the whole summer, which is the time of the highest risk for teen drivers.

For more information, visit www.soberride.com.

Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to almanac@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

fering qualified community members the opportunity to earn an accredited high school diploma and a credentialed career certificate through Career Online High School, a program brought to public libraries by Gale, a part of Cengage Learning.

Career Online High School is designed to reengage adults into the education system and prepare them for entry into post-secondary career education or the workforce. Currently, more than 60,000 adults over the age of 25 in Montgomery County lack a high school degree or equivalent.

Once enrolled, Career Online High School pairs each student with an academic coach, who assists with developing an individual career plan, offers ongoing guidance and encouragement, evaluates performance and connects the learner with the resources needed to demonstrate mastery of the course material.

More information about Career Online High School is available at www.montgomerycountymd.gov/library, by calling Adrienne Van Lare at 240-777-0036 or email at mcpl-cohs@montgomerycountymd.gov.

Write

The Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor

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Inside Swains Lockhouse

From left are Ladda Cole, Chris Stubbs, Chief of Resource Management for the C&O Canal National Park, and Sheila and Don Moldover at the open house last weekend. The June open house gave visitors the first opportunity to look inside Swains Lockhouse and see and hear first-hand about the preservation process. See www.canaltrust.org.



PHOTOS BY
DEBORAH STEVENS
THE ALMANAC



Swains Lockhouse is undergoing rehabilitation and will join the Canal Quarters program.



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ENTERTAINMENT

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

ONGOING

Outdoor Yoga Class. Saturdays through Sept., 9-10 a.m. behind Lahinch Tavern & Grill, 7747 Tuckerman Lane, Potomac. The classes are led by instructors from Blue Heron Wellness in Silver Spring and are open to people from beginner to experienced. Free. Visit www.facebook.com/ShopCabinJohn/

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.

“Five: New Voices at Waverly.” Through July 2, 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.

Bethesda Summer Music Festival. Through July 3, various times at Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. Musical theatre and opera take center stage. \$20 suggested donation, free for children. Visit www.aamsopera.com for more.

“Talkin’ Bout My Generation.” Through July 5, 1-4 p.m. Saturdays, 1-8 p.m. Sundays at Photoworks Gallery – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. More than 30 new and exciting images from young photographers in the District, Maryland and Virginia. Free. Visit www.glenechopark.org for more.

Brad Blair: “Future Unknown.” Through July 10, gallery hours at VisArts, 155 Gibbs St., Rockville. Brad Blair creates detailed sculptural monstrosities that allude to the issues of genetic engineering and biotechnology. Free. Visit www.visartsatrockville.org for more.

Pat Alexander: “Even the Stars.” Through July 10, gallery hours at VisArts, 155 Gibbs St., Rockville. Pat Alexander creates an installation of pigmented cast-paper rocks and boulders, cast shadow, and small abstract paintings inspired by rock-laden landscapes. Free. Visit www.visartsatrockville.org for more.

“Moxie: A Happenstance Vaudeville.” Through July 17, various times at Round House

Theatre, 4545 East-West Highway, Bethesda. This show will feature live music and traditional vaudeville performances. Tickets are \$20 for adults, \$10 for kids. Visit www.roundhousetheatre.org for more.

Blake Carrington: “An Infinite Distance Between Two Points.” Through July 17, gallery hours at VisArts, 155 Gibbs St., Rockville. Blake Carrington works within the spheres of the visual, sound, and performing arts. Free. Visit www.visartsatrockville.org 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 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 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.storelocator.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 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.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit capitalblues.org for more.

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

Argentine Tango with Lessons.

Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny’s Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny’s is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

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

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery’s Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit www.popovers.com for more.

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

Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park’s history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.

SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio &

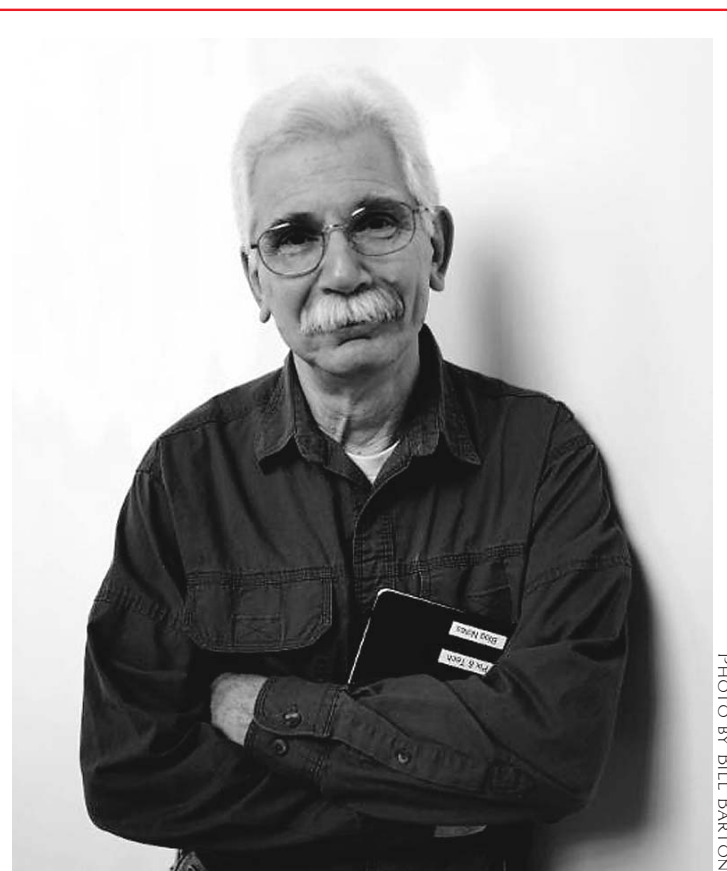


PHOTO BY BILL BARTON

Lecture Focuses on Medical Photography

Join NIH librarian, historian and photographer Stephen Greenberg for a lecture titled “Ink and Silver: Medicine, Photography, and the Printed Book.” Learn why pictures were taken, who saw them, how they reflected the techniques and aesthetics of the rest of contemporary photography, and how one produced and published medical photographs in the 19th century. This event is free and is part of Glen Echo’s Art Walk in the Park. The lecture will begin at 7 p.m. at the Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Visit www.glenechophotoworks.org for more.

Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglencopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org.

Yellow Barn Studio & Gallery.

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

Potomac Games Group. Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or randyhoffman@gmail.com for more.

Want some “roadside assistance on the journey of life”?

Come on Thursday, July 7, 3 p.m., for
Afternoon Tea and Talk
at the Corner Bakery, Westlake Drive
meet some Potomac-area neighbors,
share ideas about aging in place

info@PotomacCommunityVillage.org

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ENTERTAINMENT

CAMPS, CLASSES & WORKSHOPS

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

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

THURSDAY/JUNE 30

Ready, Set, GoBots! 4-5 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Build and take home a motorized machine. Open to teens 13-17. Free. Call 240-777-0690.

FRIDAY/JULY 1

Photography Lecture. 7 p.m. at Glen Echo Park – Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Join librarian, historian and photographer Stephen Greenberg as he explores the curious and fascinating world of medical photography. Free. Visit www.glenechophotoworks.org for more.

Be'la Dona. 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Local R&B group performs. Tickets are \$20. Visit www.bethesdabluesjazz.com or call 240-330-4500.

SATURDAY/JULY 2

A Southern Soul Tribute. 8 p.m. at

Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Twenty-five local performers pay tribute to Aretha Franklin, Otis Redding, Eddie Floyd, Sam & Dave and more. Tickets are \$20. Visit www.bethesdabluesjazz.com.

SUNDAY/JULY 3

Jazz Brunch. 11 a.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. A 90-minute performance with a full brunch menu. Tickets are \$20. Visit www.bethesdabluesjazz.com or call 240-330-4500.

Waltz Dance. 2:45-3:30 p.m. lesson, 3:30-6 p.m. dance at Spanish Ballroom – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Let's Play Three! plays a lively mix of folk waltzes with a few other couples dances, including Hambo, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit www.waltztimedances.org for more.

MONDAY/JULY 4

Autism Speaks Run/Walk. 8 a.m. at Potomac Library Parking Lot, 10101 Glenolden Drive, Potomac. Participate in the 5K or 1 Mile walk. Registration is \$35 for adults, \$20 for children. Visit www.autismspeaks5k.org for more.

TUESDAY/JULY 5

Cooking Class: Summer Salads. 7 p.m. at Jaleo, 7271 Woodmont Ave, Bethesda. The course will include instruction on proper cleaning and prep techniques and step-by-step demos on how to make many of Jaleo's most popular salads, including Apples and Manchego, Jamón and

Melon and Ensaladilla Rusa. Tickets are \$75. Email christopherb@jaleo.com for more.

WEDNESDAY/JULY 6

Senior Movie at Montgomery: "The African Queen." 10 a.m. at Montgomery Mall, 7101 Democracy Blvd., Bethesda. Free. Call 240-773-6728 for more.

FRIDAY-SUNDAY/JULY 8-10

"Cirque Italia." Various times at Montgomery County Agricultural Fairgrounds, 16 Chestnut St., Gaithersburg. Acrobats, aerialists, contortionists and more. Tickets are \$10-50. Visit www.cirqueitalia.com.

JULY 8-AUG. 14

Photo Exhibit: "Vastness of Space." 12-4 p.m. Saturdays, 12-8 p.m. Sundays at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photographers John R. Cooper and Andrew Currie partner for this exhibit. Free. Visit www.glenechophotoworks.org for more.

FRIDAY-SATURDAY/JULY 15-16

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 vendor 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.urbanmarket.com for more.

SATURDAY/JULY 16

Nelson Mandela Day 2016. 12-4 p.m. at Rockville Town Square, 30 Maryland Ave., Rockville. There will be more than 10,000 free books to encourage summer reading. Also find games, music, and more. Visit www.rockvilletownsquare.com.

SUNDAY/JULY 17

Waltz Dance. 2:45-3:30 p.m. lesson, 3:30-6 p.m. dance at The Bumper Car Pavilion – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Addison Bleufonte plays a lively mix of folk waltzes with a few other couples dances, including Hambo, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit www.waltztimedances.org for more.

THURSDAY/JULY 21

Shazam Magic. 11 a.m.-12 p.m. at Potomac Library, 10101 Glenolden Drive. Peter Wood's reveals artifacts and stories of his travels, feats of x-ray vision, and mysterious paper that's lighted than air Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html.

SATURDAY/JULY 23

Music n' Motion. 11 a.m. at Bethesda Library, 7400 Arlington Road. Join performer Tracey Eldridge for interactive musical activities including sing-alongs and story songs with puppetry. Free. Call 240-777-0970 for more.

JULY 23-AUG. 28

Exhibit: "Triple Vision." 12-6 p.m.

Saturday and Sunday at Glen Echo Park – Popcorn Gallery, 7300 MacArthur Blvd, Glen Echo. The exhibition features works from Mimi Betz, Marylouise Roach, and Madeleine Schaller. For this show, they have prepared several paintings that are three visions of the same subject, and other paintings displaying their individual interests. Free. Visit www.glenechopark.org for more.

"Rising Scaffold." 12-6 p.m. Saturdays and Sundays at Glen Echo Park – Stone Tower Gallery, 7300 MacArthur Blvd, Glen Echo. This site-specific installation of wire sculpture emerges from the floor of the Stone Tower Gallery to make a rising tide of dimensional linework. Free. Visit www.glenechopark.org for more.

"Movement and Balance: Abstract Drawings of an Internal Life." 12-6 p.m. Monday-Saturday at Glen Echo Park – Park View Gallery, 7300 MacArthur Blvd, Glen Echo. Each piece is an expression of an internal personal challenge that is described through a multi-layered tableau. The use of rhythm, movement and balance helps to illustrate each story. A solo exhibit by Heidi Sheppard. Free. Visit www.glenechopark.org.

TUESDAY/AUG. 2

Cooking Class: Tapas. 7 p.m. at Jaleo, 7271 Woodmont Ave, Bethesda. Chef Robbie will show the proper cleaning, prep and cooking techniques for tapas featuring seasonal ingredients, including Fried Green Tomatoes with Valdeón Cheese, Gazpacho and Tomato Confit. Tickets are \$75. Email christopherb@jaleo.com for more.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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7/13/2016.....HomeLifeStyle

7/20/2016.....A+ Camps & Schools

7/27/2016.....Connection Families: Our Pets

AUGUST

8/3/2016.....Wellbeing

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

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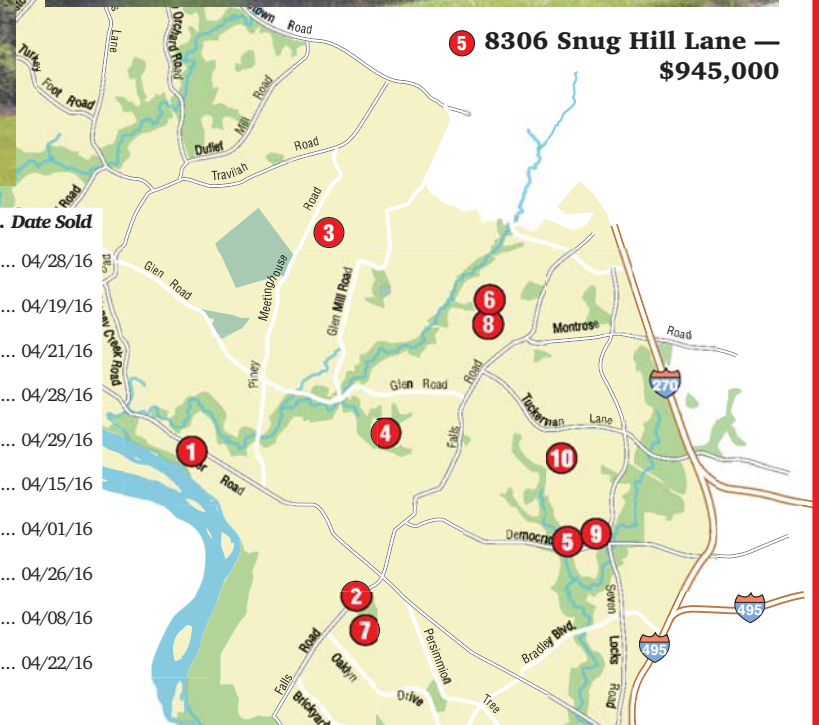
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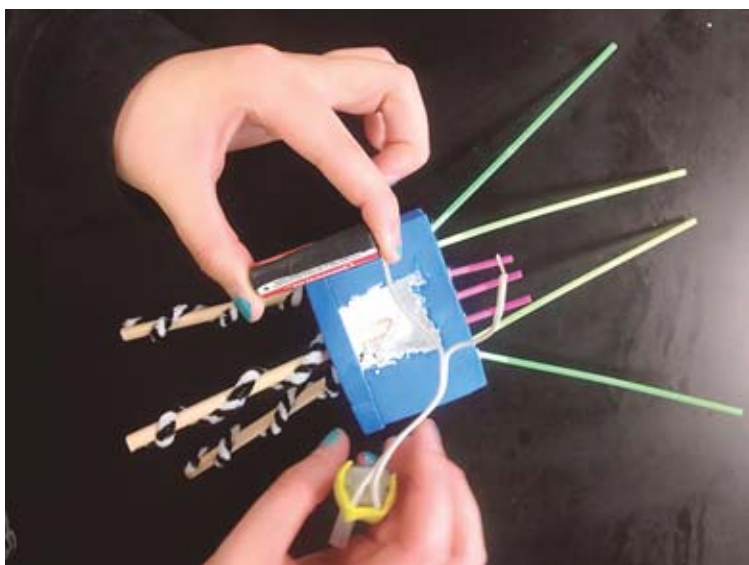


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Putting together something new.



These Bots are designed to draw patterns on their own.

PHOTOS CONTRIBUTED

Library To Host Workshop on Motorized Fun

“Ready, Set, GoBots!” arrives Thursday.

AARON HWANG
THE ALMANAC

There are a couple things one expects to see in the Potomac Library. Books, readers, librarians, and ... robots?

They're not robots exactly, explains Matt Berinholtz, founder of the FutureMakers program. The product of their “Ready, Set, GoBots!” workshop is more like a kind of kinetic artwork.

“Participants use basic and electromechanic materials to make things move,” Berinholtz said, “They're given a lot of choice. They make

their own creative designs from a limited palette of materials.” The materials can range from cardboard, glue, popsicle sticks, and foam, to batteries, LEDs, and the components needed to craft a working motor. Together these parts provide ample possibilities for workshopers to craft quirky contraptions of their own design.

“I love the idea they get to take something home, something tangible, something that they can look at and think ‘this is really cool, maybe I can do this as well,’” said Liz Herer, the Potomac Library’s teen librarian. It’s Herer’s job to work with teens, fostering literacy, learning, and a supportive environment. She’s the one behind bringing “Ready, Set, GoBots!” to the Potomac Library on Thursday, June 30 where it will be open exclusively to those between 13 and 17. The session runs from 4-5

p.m. and will be led by two facilitators, Jackie Wheeler, an educator and artist, and Gage Branda, a technologist and designer. The workshop is free, but requires registration with the library at 240-777-0690. It accommodates a maximum of 30 participants, but many spots remain. The library is located at 10101 Glenolden Drive, Potomac.

“Ready, Set, GoBots!” is an extension of what FutureMakers does,” said Berinholtz, “It connects coaches with programs and organizations that are interested in activating technologies or inventing new things.”

Herer hopes to bring more STEM opportunities for teens to the Potomac Library in the future. “It’s learning about math and science in the best sort of way,” Herer said. “It’s fun and engaging. It’s not just instructional and academic, but kinesthetic and creative as well.”

SCHOOL NOTES

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

The following Potomac residents were awarded academic degrees from Boston University: **Jody R. Berson**, Bachelor of Science in communication; **Katherine K. Hunter**, Bachelor of Science in health science; **Andrew P. Held**, Bachelor of Arts in international relations and environmental analysis and policy; **Jordan B. Pories**, Bachelor of Science in communication; **Justin P. Lau**, Bachelor of Science in business administration and management; and **Abhishek A. Desai**, Bachelor of Arts in medical science.

Laura Amortegui-Ordenez, of Potomac, received a B.A. degree in communication from Loyola University Maryland.

Kathleen Tabb, of Potomac, made the University of Dayton (Ohio) dean’s list for the spring 2016 semester.

The following Potomac residents graduated from James Madison University (Harrisonburg, Va.) in May 2016: **Ryan Beckett**, accounting; **Alexander Narrow**, engineering; and **Diego Catala**, writing, rhetoric & technical communication.

Annabelle Phillips, of Potomac, has been named to its dean’s list for spring 2016 at the the University of Hartford (West Hartford, Conn.).

Genevieve Austin, of Potomac, was named to the dean’s list for the spring 2016 semester at Wheaton College (Wheaton, Ill.).

Rachel Simon, of Potomac, graduated from Widener University (Chester, Pa.) with a master of education in human sexuality studies.



PHOTO CONTRIBUTED

Charlotte Semmes Weds Sean McAlindin

Charlotte Semmes, daughter of Guy and Dana Semmes of Potomac, married Sean McAlindin, son of Scott and Pat McAlindin of Canton, Conn., on June 18 in Shelburne, Vt.

Sean has a master’s degree in education and is an accomplished musician and will be the of the director ESL language program in Truckee, Calif., this fall.

Charlotte is a fabric and clothing designer and has been working most recently as an art teacher at Lodi High School.

The couple will reside in Truckee, Calif.

LET'S TALK Real Estate



by Michael Matese



The Hot Topic of Solar Heat

Solar heat—it’s the hottest new item in any home construction, from single-family houses and modest constructions all the way up to luxury mansions! In terms of cost effectiveness, there’s no wiser choice than solar. More economical than electricity, propane and oil, it’s a renewable resource that some states offer tax exemptions, income tax credits, property tax exemptions and deductions to consumers who choose to integrate solar power into their home’s schematic.

It doesn’t get much more cost effective than solar heat. It’s more economical than electricity, propane or oil and some states even offer sales tax exemptions, income tax credits and property tax exemptions or deductions. The size of your house, local covenants and heating needs are factors in choosing the size of your heating system, and a professional in solar heat panel installations will be your best source of information. Take into consideration your local climate, the type and efficiency of the collector to determine how much heat the system can provide. It’s usually most economical to design an active system to provide 40%-80% of the home’s needs and a well designed and insulated home that incorporates passive solar heating techniques will use a smaller heating system, needing less supplemental heat. Once installed, maintenance is essential and an average system will require between 8-16 hours of upkeep a year. Don’t forget to make certain your homeowner’s policy covers the upgrade. Most are already automatically covered, but it’s essential to ascertain what your insurance provider’s policy is regarding it.

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June 27, 2016



By KENNETH B. LOURIE

Not that this date, in and of itself, is particularly remarkable, but it is yet another monthly anniversary/reminder of the original February 27, 2009 date when I initially met with my oncologist who delivered the devastating news with which all of you regular readers are well-acquainted: stage IV, non-small cell lung cancer (NSCLC); inoperable, incurable, with a "13-month to two-year" prognosis. Yet here I sit and write still another "cancer column," as I call them, seven years and four months later. And who's to say – or know for that matter, if I am getting closer to the end or further from the beginning. As often as I take note of these anniversaries, as much as possible anyway, I try not to focus/obsess on my underlying reality, because living with cancer is bad enough; believing all the bad news associated with that reality is even worse.

My strategy, to the extent one would characterize what I do as a strategy, is to compartmentalize, not stress over things I can't control, live as "normal" – for me, anyway – a life as possible (no bucket list for me), embrace humor and positivity whenever/whenver, follow doctor's orders/be a "compliant" patient (do what I'm told, take the prescribed medications, show up for regular lab work, infusions, diagnostic scans and especially for all face-to-face appointments with my oncologist) and simultaneously remain open to non-Western anti-cancer alternatives – of which there are many; all the while attempting to jump-start/strengthen my body's own natural fighters: my immune system. (This is what Immunotherapy is all about.)

I can still remember my brother Richard's sentiment concerning my diagnosis/prognosis/treatment: try to stay alive until the next new protocol comes along/gets approved. And so I have. Science and medicine is hardly arithmetic. It's not static. It's dynamic. There are changes, revelations, discoveries, all the time. A prognosis which was certainly relevant at the time it was given can't possibly allow for/anticipate the inevitable progress to be gained from research, clinical trials, miscellaneous studies and patient success stories that filter through the medical pipeline. What's true and reasonable today is not necessarily as meaningful tomorrow. I have lived looking forward, never backward, embracing that hoped-for reality. It doesn't matter – to me, what's already happened. What matters to me is the future and the changes/new ideas (genetic testing and DNA profiling as an example) ever present. As Steve Miller wrote and sang in the title track from his 1969 "Brave New World" release: "We're driving fast from a dream of the past to the brave new world where nothing will last that comes from the past." I've loved this song for over 45 years. Now I know why.

So I look forward to tomorrow. I don't look back to yesterday. Nor do I believe science and medicine is looking backward, either. It's all about what happens next. And as I acknowledge June 27, 2016, I likewise prepare to acknowledge July 27, 2016 and beyond. Life is short enough on its own. It doesn't need any help from us. And I'm certainly not about to make any of these matters worse. Just because it started off bad doesn't mean it has to end up bad.

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

FAMILIES

Planning Memorable, Meaningful Family Vacations

Tips for turning summer trips into a lifetime of memories.

BY MARILYN CAMPBELL
THE ALMANAC

As summer gets underway, vacation-bound families are packing their bags and heading out of town. Vacations often fly by — months of planning and anticipating can be over in the blink of an eye. With a little advance planning and forethought, however, even a quick weekend trip or a visit to relatives can become meaningful and memorable.

To begin with, give all family members an opportunity to be part of the travel planning. “Let kids have some input into what the plan is,” said Linda Guly, professor of psychology at Marymount University in Arlington. “For instance, if you want to take them to the beach, let them choose something that they want to do at the beach, something that’s important to them. That creates a balance between each kid’s interests and the family’s interest.”

Allowing children to have a say in the plan sets the stage for a memorable vacation. “You can show them pictures in a guide book of age-appropriate activities that you would be willing to do as well,” said Karen Prince, LCSW, a Bethesda, Maryland-based psychotherapist. “It’s important to give kids

a voice because it’s their vacation, too.”

Indulging in some screen time on a family vacation is fine, said Guly, as long as there is a balance between screen time and family time, and screen limits are set before the vacation begins.

“Try to be positive about it instead of punitive,” she said.

“Negotiate screen time and make it reasonable. Always get the kids’ input to reduce family stress. You don’t want the family vacation to be dominated by these issues if you can negotiate them ahead of time.”

Don’t rule out allowing a child’s friends to join the family vacation. “I think what happens as kids get into adolescence they want to form an identity outside the immediate family,” said Guly. “Including a friend is a nice balance because the family unit gets respected and the family gets to know and spend time with the friend.”

From family group shots to picturesque scenery of mountain tops and oceans, documenting a trip with photographs will help preserve your favorite memories. This is made easier with the ubiquity of smart phones and tablets, and the entire family can participate.

“Encourage kids to take pictures of the event on their phone as opposed to just messing around with it,” said Guly. “Social media is very picture oriented. If kids have the job of taking the family pictures, that’s cool.”

“You can give [children] an inexpensive camera that you get for \$10 at CVS,” said

Prince. “That way they can capture memories as they go.”

Discuss expectations and hopes for the vacation so each family member can clarify his or her own interests and hear other family members’ ideas, and the family can set realistic plans that keep everyone’s needs in mind. “I’d recommend a wish list and perhaps agree everyone gets to have at least one wish fulfilled,” said Amy L. Best, Ph.D., professor and chair of the Department of Sociology and Anthropology at George Mason University.

Make a plan for mediating conflicts that are likely to arise in even the most easy-going families. “It’s easy to get bogged down in small conflicts that can cast a dark shadow,” said Best. “Doing some anticipatory work is a good idea.”

At the end of each day, take stock of how the vacation is going and make adjustments along the way as necessary, said Prince. “That way you don’t have the whole vacation go by and find out that the kids didn’t enjoy it,” she said. “There is often the expectation that a vacation is going to be nirvana the entire time and it doesn’t happen

that way. Things come up unexpectedly and you adjust.”

“Family vacations are an opportunity to teach kids how to be part of a team and how to cooperate,” said Prince.

“Be prepared for activities that you enjoy but they don’t,” said child psychologist Stacie Isenberg, Psy.D., “If you love viewing art but your kids don’t, bring drawing pads and books to keep them occupied while you admire

the artwork for just a little longer. Create challenges and games for them during less exciting outings, such as ‘I Spy’ or scavenger hunts.”

It’s a good idea to create some family vacation rituals, advises Best. “If it’s a place you return to frequently, try some new things, but do the round of traditions,” she said. “This will strengthen kids’ attachments to the place and create lasting positive memories.”

Remember to schedule time for rest and food breaks. “Even the best travelers need some time to replenish themselves,” said Isenberg.

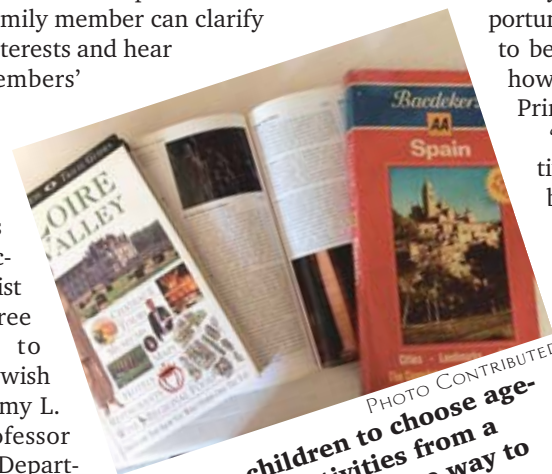


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BY MARILYN CAMPBELL
THE ALMANAC

Interested in learning to landscape your yard using sustainable practices? Want to practice Spanish before traveling to South America? Didn’t take philosophy seriously in college, and want to take a refresher course? Looking to get an advanced degree or certification to secure a job promotion?

Opportunities for continuing and professional education abound for the intellectually curious.

One trend in continuing education that local educators say is on the rise is online learning. A study by the Babson Survey Research Group shows the number of students enrolled in distance learning courses increased each year for the past 13 years.

Driven by advancements in technology, the explosion of online learning is making education — once available only to those with extra time and funds — accessible to anyone with a tablet or laptop computer.

“Our online courses have increased at about 20 percent a year for about three years,” said Stephen Nodine, Ph.D., associate vice president for E-Learning and director of Distance Education at George Mason University.

One of the reasons for the rapid growth of online courses is the flexibility that they offer working adults. “Students are able to schedule a course that they couldn’t work into their daily schedule,” said Nodine. “People who are looking to advance in their career or change careers can earn a graduate certificate and have a new credential without having to come to campus.”

The demand for courses that enhance professional marketability is another factor behind the popularity of online continuing education. “One example of how this works is in the [information technology] field,” said Jennifer Lerner, associate vice president for e-Learning at Northern Virginia Community College. “One program that is in demand is cyber security if someone needs an additional certificate to prepare them for the new kinds of IT roles, like Cyber Security.”

The flexibility that online courses offer does not mean that they are less challenging than courses taught at a university, said



Online and professional education courses, such as this landscape design class offered at The George Washington University’s Arlington campus are growing in popularity.

PHOTO BY WILLIAM ATKINS
COURTESY OF GWU

Lerner.

“Students need to be really organized and really self-motivated,” said Lerner. “Online courses aren’t for those who take an out-of-sight-out-of-mind approach to learning. Students need to just be committed with online courses as they would for an on campus class. “They shouldn’t be the last thing on your priority list that you expect to fit in without a time commitment.”

Jennifer Webb, senior associate director of Graduate Enrollment for New Student Graduate Admissions at Marymount University, said that while traditional online programs are best suited for students who have strong time management skills and adequate technology literacy, “many programs now have support and format opportunities which offer additional structure and engagement, and are, therefore, well suited for all types of learners.”

The reasons that some students choose

online courses vary, said Nodine. “There are some students who might be in Iowa and want to take a class that we offer and they can’t get to a university near them,” he said.

Universities strive to make their online classes accessible and relevant. For example, The University of Virginia’s School of Continuing and Professional Studies has academic centers in Falls Church. The George Washington University offers courses on campuses in Arlington, Alexandria and Ashburn, as well as more than 100 degree and certificate programs online.

“Online education remains an extremely high priority for both faculty and administration at GW,” said Geneva Henry, George Washington University’s dean of libraries and academic innovation. “Because of the success of our current online offerings, we will continue to grow our online courses as the demand from faculty and students is currently very high.”

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