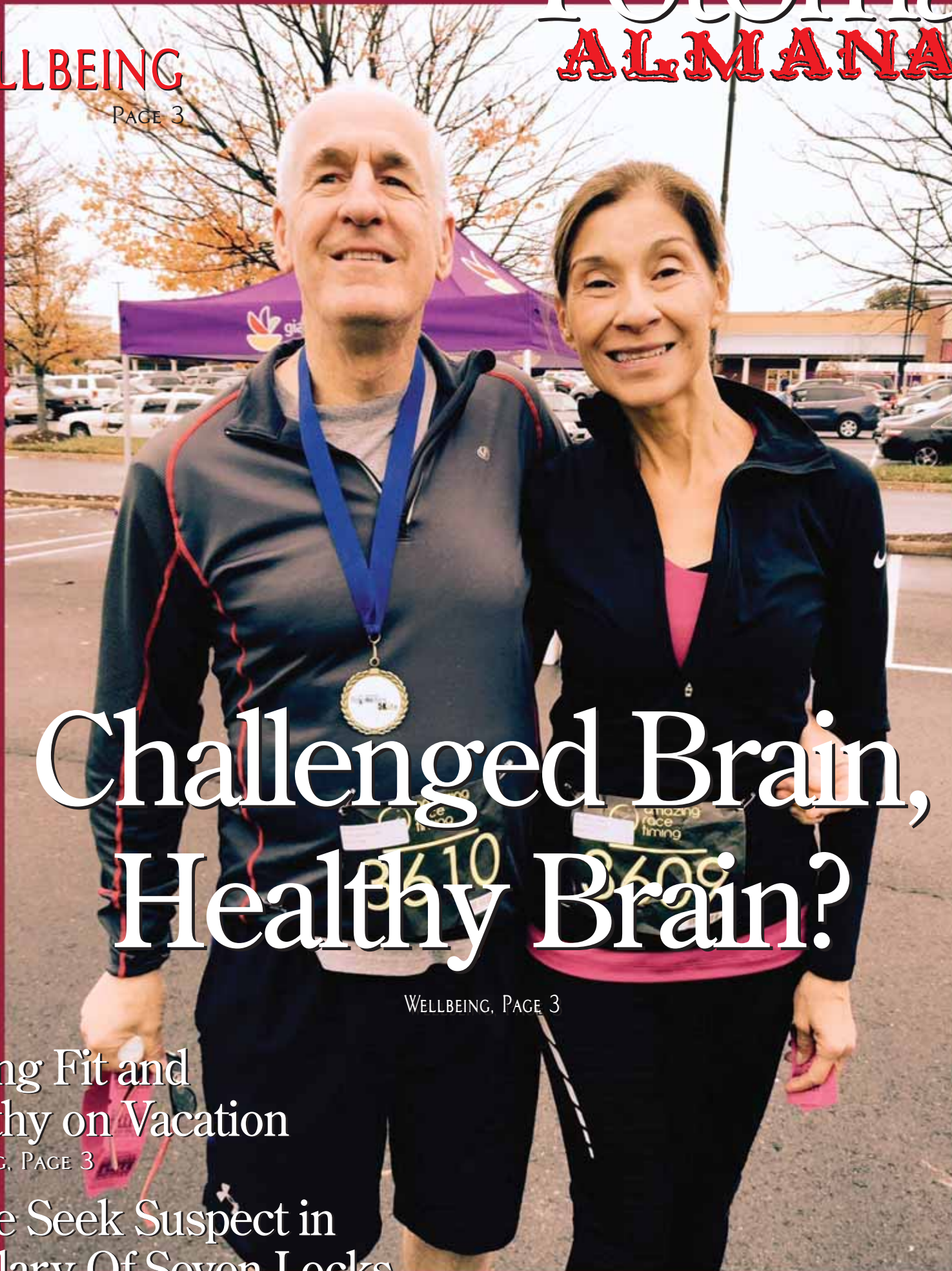


Ana Nelson of the Alzheimer's Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.

Potomac ALMANAC

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Healthy on Vacation

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Police Seek Suspect in
Burglary Of Seven Locks
Swim & Tennis Club

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Advertising Deadlines are the previous Thursday unless noted.

AUGUST

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

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

9/21/2016.....A+ Camps & Schools Back to School, Open Houses

9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER

10/5/2016.....Wellbeing Senior Living Pullout

10/12/2016.....HomeLifeStyle

10/19/2016.....A+ Camps & Schools

10/26/2016.....Connection Families

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NEWS BRIEFS

How County Residents Can Deal with Metro's SafeTrack Repairs



Safetrack Surge #6 Begins on Red Line

The Washington Metropolitan Area Transit Authority's (WMATA) first surges to affect the Red Line have begun. Surge #6 will take place Aug. 1-7 and Surge #7 is scheduled to occur Aug. 9-18. These surges, especially Surge #6, are expected to cause major delays on the entire Red Line — the Metrorail system's busiest line. Metro is

urging commuters to find alternatives, particularly during weekday, peak travel hours.

Montgomery County's MC 311, the county's informational call center and the Department of Transportation are providing additional services to help Red Line riders during SafeTrack Surges #6 and #7. See www3.montgomerycountymd.gov/.

Help Police Identify Burglary Suspect

Detectives from the Montgomery County Police Department – 2nd District Investigative Section released photos from a surveillance video of the suspect in the burglary that occurred at the Seven Locks Swim & Tennis Club in Potomac. They are asking for the public's help in identifying him.

On Monday, July 11, a representative of the Seven Locks Swim & Tennis Club located at 9929 Seven Locks Road reported a burglary. The swim club representative discovered cash missing from the register and upon reviewing surveillance video, observed a suspect burglarizing the club on Monday, June 27 at approximately 12:48 a.m..

Video surveillance showed the suspect climbing an exterior fence and entering the pool area. The suspect opened the gate to the snack bar and stole an undisclosed amount of cash from the snack bar register.

Anyone who recognizes the suspect or has information about this burglary is asked to contact the



Burglary suspect at Seven Locks Swim & Tennis Club.

2nd District Investigative Section at 240-773-6710. Tipsters can also call Crime Solvers of Montgomery County toll-free at 1-866-411-TIPS (8477) or enter a tip online at www.tipsubmit.com/WebTips.aspx?AgencyID=758.

Crime Solvers will pay a cash reward of up to \$10,000 for information provided to them that leads to an arrest and/or indictment for this felony crime.

Comment on Proposed New Ride On Route

Ride On is expanding its services to meet the demand for smaller, isolated communities. This one-year pilot program will serve the Potomac community south of River Road, adding new stops, as well, in North Potomac and Rockville. The proposed routing encompasses River Road, Travilah Road, Piney Meetinghouse Road, Glen Road, Darnestown Road, Wootton Parkway, Great Falls Road and Middle Lane to the Rockville Metro Station. The route will provide transportation to local schools, Shady Grove Hospital, libraries, shops, eateries and other transportation services. The route will operate seven days a week, from 6 a.m. to 7 p.m.,

running every 75 minutes. The regular Ride On fare for this route will be \$1.75. Residents along all of these roads and surrounding areas are invited to share input about this proposed new service.

Comments on the proposed new route may be submitted in writing, by email, or by fax no later than Aug. 11, to: Division of Transit Services, Ride On Public Forum, 101 Monroe Street, 5th Floor, Rockville, MD 20850; 240-777-5800; fax 240-777-5801; and mcdot.rideonpublicforums@montgomerycountymd.gov.

For information regarding these proposed changes, access the Ride On web site at www.rideonbus.com.

WWW.CONNECTIONNEWSPAPERS.COM

Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer's disease at bay.

BY MARILYN CAMPBELL
THE ALMANAC

Most days of the week, Ana Nelson can be found educating others about Alzheimer's disease in her role as vice president of Programs and Services for the Alzheimer's Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She's currently training for the Marine Corps Marathon.

"I have worked in the (Alzheimer's disease) field for 30 years and have always been a promoter of healthy lifestyles," said Nelson. "When you're sightseeing and asking questions, you're stimulating and challenging your mind. When I enter and train for races, I'm interacting with other people and staying socially engaged."

Nelson is incorporating into her life key elements that are credited with staving off age-related mental decline. In fact, jobs and activities that require complex thinking and social connections can help build resilience and delay age-related cognitive decline and dementia, according to a new study presented at the Alzheimer's Association International Conference (AAIC) 2016 last week.

The study suggested that working with people in challenging jobs such as Nelson's had the most protective effect on the brain.

"With the brain, like other parts of the body, you use it or lose it," said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer's Association. "If you don't use it, it goes away."

Activities that require planning and processing information challenge the brain. "Sitting in front of the television is detrimental," said Hartley. "Being passive doesn't stimulate the brain."

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

"Activities that required an engagement of executive functioning, like planning, vol-



PHOTO COURTESY OF ANA NELSON

Ana Nelson of the Alzheimer's Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.

unteering or any task that get your mind thinking, those types of experiences are

where we're seeing the best protection against cognitive decline," said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria, Va. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes developmental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington, Va. "Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive," she said. "People are helping them because they have lost the ability to do the tasks themselves and are dependent on other people."

However, Coren, Hartley and other researchers say that more research is needed.

"The study was done by a well-respected group of scientists, but we can't say that if you stay socially and mentally active you won't get this disease," said Pamela Greenwood, Ph.D., associate professor of Psychology at George Mason University. "There have only been a handful of these studies to date and the results have been inconsistent. For some, it doesn't have a big impact and for others it does."

Staying Fit and Healthy on Vacation

Advance planning is key to maintaining a healthy diet and fitness on the road.

BY MARILYN CAMPBELL
THE ALMANAC

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

"We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road," said Christian Elliot. "As long as you have gravity ... you can exercise."

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

"The biggest thing about eating healthy and exercising on vacation is planning ahead," said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington, Va. "People plan their vacation in pretty good detail, but they fail to plan where and how they're going to work out."

Part of that planning includes bringing packable equipment and appropriate clothing for exercise. "Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Broucker, NP-C, MSN, director of the Student Health

Center at Marymount University in Arlington, Va. "Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

GETTING ACTIVE with family and friends is one way that Broucker made exercise enjoyable during a recent vacation. "I led a bodyweight circuit for my family every morning when I was on a beach vacation recently," she said. "We were staying on the beach and we would wake up each morning and do a workout."

Part of the appeal of bodyweight exercises is that they can be done virtually anywhere and require no equipment. Broucker recommends 60-second exercise intervals with 15 seconds of rest between each set.

"I do an upper body exercise, a lower body exercise, sit ups and some type of cardio," she said. "For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you're far more likely to do it."

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many



PHOTO COURTESY OF CHRISTIAN ELLIOT

Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.

ways to get creative with exercise.

"Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking," said Broucker.

In addition to planning to exercise while

on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. "Stop by the grocery store and pick

SEE STAYING FIT, PAGE 5

POTOMAC ALMANAC ♦ AUGUST 3-9, 2016 ♦ 3

Check Disability Parking Signs

During the 25-year anniversary month of the Americans with Disabilities Act (ADA), Montgomery County has launched a new initiative to help ensure that the signage for disability parking spaces in Montgomery County complies with the state of Maryland's Accessibility Code adopted under the Public Safety Code.

Parking lot owners and companies that stripe parking lots in Maryland must comply with the Maryland Accessibility Code adopted under 12-202 of the Public Safety Code. ADA-compliant information is provided on the county's Department of General Services ADA Accessible Parking page at <http://www.montgomerycountymd.gov/dgs-ada/AccessibleParking.html>.

Multi-family residential parking lots and commercial parking lots must conform to specific legal standards for providing and erecting signs for disability spaces:

- ❖ There must be a visible sign to identify each accessible space.
- ❖ Free-standing signs must be mounted at least 7 feet above the ground with a symbol of accessibility, and include a supplemental sign indicating, "Maximum Fine \$250."
- ❖ A sign mounted flush to a building or wall must be at least 6 feet but no more than 10 feet above the ground.
- ❖ The sign must have the international wheelchair symbol of accessibility and the words, "Reserved Parking."
- ❖ Van accessible spaces are to be identified with a supplemental "Van Accessible" sign and are accompanied with a supplemental "No Parking in Access Aisle" sign.

In addition, members of the Montgomery County Commission on People with Disabilities, the Commission on Veteran Affairs and other volunteers will be monitoring whether disability signage within the county is meeting the required legal standards.

Potential violations recorded by volunteers will be reviewed by the Commission on People with Disabilities and by the county Office of Human Rights.

Foundations Gives \$10,000 To Help Holocaust Survivors

The Family & Nursing Care Foundation, a fund of the Community Foundation for Montgomery County, issued a \$10,000 grant to Jewish Social Service Agency (JSSA) on Monday, Aug. 1, to provide in-home care private duty services to at-risk, aging Holocaust survivors in Montgomery and Prince George's counties and in Washington, D.C.

The grant will be used to provide approximately 460 hours of in-home, hands-on care so that these survivors may age in place. Services will be provided by certified nursing assistants (CNAs) and certified medication technicians (CMT), and will include help with bathing, dressing, toileting, grooming, mobility, medication monitoring, and general companionship.

JSSA has been serving area Holocaust survivors for over 25 years. There are currently 413 survivors who are a part of the program in Montgomery County. The average age of these survivors is 86 years old and 84 percent are living near or below the Federal Poverty level.

Selection and provision of in-home services for Holocaust survivors is based on eligibility through The Conference on Jewish Material Claims Against Germany (Claims Conference) and secondly through the Claims Conferences' Functional Assessment tool. Those who are verified as Holocaust survivors are eligible to be assessed for home care services. The assessment examines areas of functionality and, from there, the appropriate services are determined. The Family & Nursing Care Foundation provides grants to organizations throughout the region to improve educational access for prospective caregivers and to ensure that low-income seniors have aging-in-place, in-home care options. Annually, the Foundation gifts almost \$100,000 to non-profits throughout the community that support the Foundation's missions. For more information about the Holocaust Survivor's Program or JSSA, contact Kitty Wojcik, grant manager, at 301-610-8410 or by email at kwojcik@jssa.org. For more information about the Family & Nursing Care Foundation, contact Sandy Kursban, founder, 301-588-8200 or by email at skursban@familynursingcare.com.

NEWS



PHOTO COURTESY OF SUNRISE SENIOR LIVING

Sunrise Senior Living residents and staff enjoy a luau party.

Local Retirement Communities Honored

Award recognizes quality of care for seniors and the disabled.

The American Health Care Association and the National Center for Assisted Living (AHCA/NCAL) announced the winners of its National Quality Award Program. Several local retirement communities were honored, including Sunrise Senior Living facilities in Bethesda, and Arlington, Mount Vernon, Alexandria and Fairfax, Virginia.

The award recognizes skilled nursing and post-acute care faculties for a proven commitment to im-

proving the quality of life for seniors and those with disabilities.

"It is an honor to be recognized ...," said Grace Kimball, executive director of Sunrise of Fairfax. "Our team works very hard each day to ... focus on meeting the unique needs of each of our residents. We partner very closely with families and physicians to learn about their loved ones needs, preferences and expectations. We love to say that we know our residents by heart"

The award will be presented to recipients during the AHCA/NCAL 67th Annual Convention in October.

— MARILYN CAMPBELL

Canal Quarters Need Quartermasters

The C&O Canal Trust is looking for volunteer Quartermasters to help with its award-winning Canal Quarters program.

At Canal Quarters, park visitors can spend the night in one of six rehabilitated historical lockhouses along the C&O Canal and take a step back in history.

Volunteers in this program will help with minor repairs and maintenance, reset lock codes for new guests, and be the eyes and ears of the Trust. The Trust is especially looking for volunteer Quartermasters at Lockhouse 49 in Clear Spring, and Lockhouse 25 in Poolesville. If interested, contact Josh Whitman or Becky Curtis at canalpridedays@canaltrust.org, or call 301-745-8888, for more details on the program.



PHOTO FROM C&O CANAL TRUST

Lockhouse 49

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.

AUG. 3-30

- Pop-up Rabbi.** Dates, times and locations vary. Interested in chatting with a rabbi? Have a question? Just want to say hello? Rabbi Adam Raskin of Congregation Har Shalom invites community members to join him for a cup of coffee. Free. Contact Carly Litwok at carly@harshalom.org or 301-299-7087. Visit www.harshalom.org for more.
- Wednesday, Aug. 3, 8:30-10:30 a.m. — Starbucks, Potomac Woods Plaza, 1087 Seven Locks Road.
 - Thursday, Aug. 4, 8:30-10:30 a.m. — Krispy Kreme 14919 Shady Grove Road, Rockville
 - Wednesday, Aug. 10, 8:30-10:30 a.m. — Starbucks, Potomac Village, 10116 River Road.
 - Tuesday, Aug. 23, 8:30-10:30 a.m. — Starbucks, Cabin John Mall, 7911 Tuckerman Lane.
 - Thursday, Aug. 25, 2:30-4:30 p.m. — Aroma Espresso Bar, Westfield Mall, 7101 Democracy Blvd.
 - Tuesday, Aug. 30, 2:30-4:30 p.m. — Starbucks at Barnes & Noble, Montrose Crossing, 12089 Rockville Pike.

THURSDAY/AUG. 4

Drop in Discussion about Grief and Healing. 1:30-3 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

www.montgomeryhospice.org for more.

WEDNESDAY/AUG. 10

Blood Drive. 8 a.m.-1:30 p.m. in the first floor conference room of Montgomery County Public Safety Headquarters, 100 Edison Park Drive, Gaithersburg. The American Red Cross, facing a critical blood shortage, is urging eligible donors to give blood now to help ensure blood is available throughout the summer to meet patient needs. For additional information about the blood drive and how to sign up to donate, please visit bit.ly/2axZFz3. Donors are urged to schedule appointments.

SATURDAY/AUG. 13

Advice for Adopters, Fosters, Dog Lovers. 11:45 a.m.-1:45 p.m. at Your Dog's Friend Training Facility, Rockville. Expert will discuss dog training and behavior, helpful pet products, and the many common issues that dog guardians face, with time to discuss individual concerns. Please leave dogs at home. Free. Visit yourdogsfriend.org/free-workshops/ or call 301-983-5913.

TUESDAY/AUG. 16

Drop in Discussion about Grief and Healing. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

SUNDAY/AUG. 21

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 for more.

SEE BULLETIN, PAGE 7

Staying Fit

FROM PAGE 3

up healthier snacks," said Brocker. "Go-to foods for me are nuts or dried fruit. They're great when going through security."

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. "We have to manage their low blood sugar with quick energy hits," said Elliot. "Our kids love the grass-fed beef sticks or beef jerky."

"You can't deprive yourself and say 'I'm not going to have ice cream at all,'" said Janet Zalman, founder of the Zalman Nutrition Group. "You can say, 'I'm going to have ice cream one or two times, but I'm not going to eat the super-size, I'll have a kiddie size.'"

It's also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. "Research your options," said Brocker, "Like anything else you do, you have to plan and research it so that you can be an informed consumer."

Finally, if you decide to splurge on a favorite food, make it count. "When you go off the rails and eat high calories food, make sure it's fabulous," Zalman. "Most people cheat out of convenience, but if you're going to cheat, cheat high."

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LET'S TALK Real Estate



by Michael Matese

Don't Let These Three Facts Slip Through the Cracks!

Buying a new home often involves facing a torrent of new information, from convoluted rates and percentages, to forewarnings, suggestions, tips, advisements, and downright imploration. Unfortunately, few home buyers ever feel truly prepared to make the big decision, and so it becomes incredibly important to find a broker or agent you can truly trust while conducting as much research as possible on your own. All too often, despite this safety net of expert advice and self-directed study, some things still go unnoticed. Here is a brief list of three facts that routinely go unmentioned, undiscovered, and undisclosed.

Knowledge is Power

• **Fact #1: Don't count yourself out until you gather all the information.**



While the traditional notion behind previous foreclosure would contend that you are financially sunk and therefore ineligible from qualifying for a loan to become a home-owner, in actuality this circumstance is less dire than typically assumed. While it is true that foreclosure remains on your credit rating for up to seven years, large scale government-backed lenders such as Freddie Mac and Fannie Mae have begun imposing just three-year penalties for foreclosure. Though you may be required to pay a higher down payment or pay slightly higher interest rates, you aren't disqualified from the dream of home ownership as easily as you may assume.

• **Fact #2: Be sure to check into the housing codes and regulations pertaining to properties you are interested in.** Prospective buyers would do well to work diligently to ensure that recent renovations, additions, and improvements were conducted in conjunction with guidelines set by now-starving city planning departments. If you purchase a home with violations, you may be saddled with the responsibility of bringing them to code.

• **Fact #3: Hire your own people.** It is important not to expose yourself to liability by accepting the seller's offer to use their agent, appraiser, or inspector. These professionals owe an allegiance to the person paying for their service, so it's best to hire your own team of licensed home specialists.

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

MICHAEL MATESE
Long & Foster Realtors
301-806-6829

 Mike@michaelmatese.com 

OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Has your organization been featured in the Connection News papers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

But it's more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector. According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online. The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities.

What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor at www.connectionnewspapers.com/contact/letter/ by Wednesday, Aug. 17.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

A Plea to the Next President of the United States

County Executive Ike Leggett joined national city leaders in call for immigration reform on July 26.

Cities for Action is a national coalition of mayors and municipalities working together to support stronger, safer, and more economically prosperous cities and counties through urgently needed immigration action. We urge leaders from both the Democratic and Republican parties to reject the politics of division and xenophobia and instead commit to supporting immigration reform, including a path to citizenship for undocumented immigrants, in the first 100 days of the next Presidency.

Our coalition of local governments represents over 55 million people from more than half the states in the nation. We offer our unique perspective in support of immigration reform as leaders of the nation's cities and counties — from large to small, in red states and blue states — where immigrant families live and thrive. Immigrants are our neighbors, our co-workers, and active members of our children's schools and our faith communities. They contribute to our cities' economic vitality in multiple ways, and bring rich social and cultural diversity to our streets.

Simply put, immigrants are integral members of our cities and counties, and immigrant families are crucial to our success. This is why we call on national leaders to take action on urgently needed immigration reform.

Our country has the opportunity now to build a stronger and more inclusive society through reform that:

- ❖ Creates a broad, humane and timely path to citizenship
- ❖ Supports local economic growth while protecting the rights and labor standards of all workers
- ❖ Upholds immigrants' due process rights and the rights of those seeking refuge
- ❖ Offers robust local implementation and immigrant integration support.

We also call on Presidential candidates to pledge to defend and expand President Obama's executive actions on immigration to offer temporary relief to undocumented immigrants with deep community ties who are not priorities for enforcement.

Such common-sense programs are a lawful exercise of executive authority with precedent from the administrations of Presidents Reagan and Bush, Sr. While long-term legislative reform is ultimately what is needed, the Supreme Court of the United States did not issue a definitive ruling on the merits of the executive actions on immigration, and we will continue to advocate for administrative relief.

Last, we call on our fellow local leaders to continue moving forward and implementing inclusive policies and programs, without waiting for Washington to catch up. From investments in English classes and legal assistance, to municipal ID programs, to immigrant en-

trepreneurial support and language access, we are ever-deepening our commitment to fostering immigrant-friendly municipalities.

We recognize that the well-being of immigrants impacts the well-being of all. We encourage our national leaders to follow the example of cities and counties nationwide on immigration and commit to reform now.

Kathy Sheehan, Mayor of Albany, N.Y.; Allison Silberberg, Mayor of Alexandria, Va.; Ed Pawlowski, Mayor of Allentown, Pa.; Kasim Reed, Mayor of Atlanta, Ga.; Steve Adler, Mayor of Austin, Texas; Stephanie Rawlings-Blake, Mayor of Baltimore; William A. Bell, Sr., Mayor of Birmingham, Ala.; Martin Walsh, Mayor of Boston, Mass.; Tony Martinez, Mayor of Brownsville, Texas; Byron Brown, Mayor of Buffalo, N.Y.; Lydia Lavelle, Mayor of Carrboro, N.C.; James Diosa, Mayor of Central Falls, R.I.; Rahm Emanuel, Mayor of Chicago, Ill.; Edward Terry, Mayor of Clarkston, Ga.; Robb Davis, Mayor of Davis, Calif.; Michael Hancock, Mayor of Denver, Colo.; Luigi Boria, Mayor of Doral, Fla.; Mark Meadows, Mayor of East Lansing, Mich.; Karen Freeman-Wilson, Mayor of Gary, Ind.; Domenick Stampone, Mayor of Haledon, N.J.; Dawn Zimmer, Mayor of Hoboken, N.J.; Alex Morse, Mayor of Holyoke, Mass.; Sylvester Turner, Mayor of Houston, Texas; Steven M. Fulop, Mayor of Jersey City, N.J.; Sly James, Mayor of Kansas City, Mo.; Madeline Rogero, Mayor of Knoxville, Tenn.; Mark Stodola, Mayor of Little Rock, Ark.; Robert Garcia, Mayor of Long Beach, Calif.; Eric Garcetti, Mayor of Los Angeles, Calif.; Paul Soglin, Mayor of Madison, Wisc.; Daniel T. Drew, Mayor of Middletown, Conn.; Betsy Hodges, Mayor of Minneapolis, Minn.; Ike Leggett, County Executive of Montgomery County; Toni Harp, Mayor of New Haven, Conn.; Bill de Blasio, Mayor of New York City, N.Y.; Libby Schaaf, Mayor of Oakland, Calif.; James F. Kenney, Mayor of Philadelphia, Pa.;

SEE A PLEA, PAGE 7

POTOMAC ALMANAC

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A Plea

FROM PAGE 6
 Greg Stanton, Mayor of Phoenix, Ariz.; William Peduto, Mayor of Pittsburgh, Pa.; Adrian Mapp, Mayor of Plainfield, N.J.; Charlie Hales, Mayor of Portland, Ore.; Elizabeth Lempert, Mayor of Princeton, N.J.; Jorge Elorza, Mayor of Providence, R.I.; Thomas Butt, Mayor of Richmond, Calif.; Lovely Warren, Mayor of Rochester, N.Y.; Jackie Biskupski, Mayor of Salt Lake City, Utah; Edwin M. Lee, Mayor of San Francisco, Calif.; Rudy Molera, Chair of Santa Cruz County, Ariz.; Gary R. McCarthy, Mayor of Schenectady, N.Y.; Edward Murray, Mayor of Seattle, Wash.; Joseph A. Curtatone, Mayor of Somerville, Mass.; Elizabeth Goreham, Mayor of State College, Pa.; Michael J. Ryan, Mayor of Sunrise, Fla.; Stephanie Miner, Mayor of Syracuse, N.Y.; Jonathan Rothschild, Mayor of Tucson, Ariz.; Brian P. Stack, Mayor of Union City, N.J.; Muriel Bowser, Mayor of Washington, D.C.; and Mike Spano, Mayor of Yonkers, N.Y.

BULLETIN BOARD

FROM PAGE 5

THURSDAY/SEPT. 1

Drop in Discussion about Grief and Healing. 1:30-3 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400.Visit www.montgomeryhospice.org for more.

THURSDAY/SEPT. 8

Morning Coffee. 10-11:30 a.m. at Corner Bakery, Westlake Drive, near Montgomery Mall, Bethesda. Potomac Community Village hosts, open to all, to meet, chat with other Potomac neighbors about ideas, plans to age in place in our own Potomac homes. Free to attend, pay for own beverages and food. Contact Nelly Urbach at info@PotomacCommunityVillage.org or 240-221-1370, or visit www.PotomacCommunityVillage.org.

SUNDAY/SEPT. 18

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. Visit www.montgomerycountymd.gov/animalservices.

HOME SALES

In June 2016, 96 Potomac homes sold between \$4,275,000-\$715,000.

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode
9001 CONGRESSIONAL CT	7	7	2	POTOMAC		\$4,275,000	Detached	2.03	20854
9810 POTOMAC MANORS DR	6	5	3	POTOMAC		\$2,220,000	Detached	0.99	20854
12628 GREENBRIAR RD	6	7	2	POTOMAC		\$2,200,000	Detached	2.00	20854
10601 STAPLEFORD HALL DR	6	6	2	POTOMAC		\$2,100,000	Detached	2.15	20854
11214 RIVER VIEW DR	6	5	1	POTOMAC		\$1,760,000	Detached	1.35	20854
9309 WINTERSET DR	5	4	1	POTOMAC		\$1,556,185	Detached	0.51	20854
10112 NORTON RD	5	5	2	POTOMAC		\$1,550,000	Detached	2.07	20854
11020 PINEY MEETINGHOUSE RD	5	5	1	POTOMAC		\$1,518,000	Detached	2.00	20854
10412 GREY FOX RD	6	4	1	POTOMAC		\$1,487,500	Detached	0.49	20854
7923 SANDALFOOT DR	5	5	3	POTOMAC		\$1,470,000	Detached	0.16	20854
7823 CADBURY AVE	5	3	2	POTOMAC		\$1,429,000	Townhouse	0.05	20854
9318 KENDALE RD	5	3	1	POTOMAC		\$1,400,000	Detached	3.38	20854
10820 ALLOWAY DR	6	5	0	POTOMAC		\$1,325,000	Detached	2.08	20854
11513 TWINING LN	5	4	1	POTOMAC		\$1,322,000	Detached	0.81	20854
10401 GREY FOX RD	6	4	1	POTOMAC		\$1,320,000	Detached	0.48	20854
10110 CHAPEL RD	6	4	1	POTOMAC		\$1,300,000	Detached	4.78	20854
26 NANTUCKET CT	5	4	1	POTOMAC		\$1,295,000	Detached	0.60	20854
10105 NEW LONDON DR	5	5	1	POTOMAC		\$1,289,000	Detached	3.33	20854
13608 CANAL VISTA CT	4	4	1	POTOMAC		\$1,285,000	Detached	2.05	20854
11517 TWINING LN	5	4	1	POTOMAC		\$1,263,435	Detached	0.70	20854
11513 MORNING RIDE DR	5	4	2	POTOMAC		\$1,250,000	Detached	0.75	20854
10908 LAMPLIGHTER LN	5	4	1	POTOMAC		\$1,220,000	Detached	0.20	20854
8320 SNUG HILL LN	5	3	1	POTOMAC		\$1,200,000	Detached	0.53	20854
12713 GREENBRIAR RD	9	6	3	POTOMAC		\$1,200,000	Detached	2.00	20854
8217 COACH ST	6	4	1	POTOMAC		\$1,150,000	Detached	0.35	20854
12008 PINEY GLEN LN	5	3	2	POTOMAC		\$1,150,000	Detached	2.34	20854
7808 LAUREL LEAF DR	4	4	1	POTOMAC		\$1,149,000	Detached	0.38	20854
11612 SPRINGRIDGE RD	5	6	3	POTOMAC		\$1,115,000	Detached	2.12	20854
9308 FALLS BRIDGE LN	5	3	1	POTOMAC		\$1,100,000	Detached	0.59	20854
9720 THE CORRAL DR	5	3	1	POTOMAC		\$1,100,000	Detached	2.19	20854
7811 HIDDEN MEADOW TER	4	3	1	POTOMAC		\$1,100,000	Townhouse	0.11	20854
9612 KENTSDALE DR	5	4	1	POTOMAC		\$1,080,000	Detached	0.46	20854
11904 TALLWOOD CT	4	4	1	POTOMAC		\$1,075,000	Detached	0.37	20854
11750 SPLIT TREE CIR	5	4	1	POTOMAC		\$1,050,000	Detached	0.30	20854
7601 HACKAMORE DR	4	3	1	POTOMAC		\$1,045,000	Detached	0.37	20854
9101 MARSEILLE DR	5	4	1	POTOMAC		\$1,020,000	Detached	0.99	20854
8804 COPENHAVER DR	5	3	1	POTOMAC		\$998,000	Detached	0.56	20854
8933 FALLS FARM DR	5	4	2	POTOMAC		\$995,000	Detached	0.29	20854
10840 SPRING KNOLL DR	5	4	0	POTOMAC		\$975,000	Detached	2.00	20854
10001 GABLE MANOR CT	3	3	0	POTOMAC		\$965,000	Townhouse	0.13	20854
11917 LEDGEROCK CT	6	3	2	POTOMAC		\$955,000	Detached	0.46	20854
10001 SOUTH GLEN RD	4	3	1	POTOMAC		\$950,000	Detached	0.46	20854
7805 HIDDEN MEADOW TER	4	4	1	POTOMAC		\$950,000	Townhouse	0.09	20854
9509 REACH RD	4	3	3	POTOMAC		\$950,000	Detached	0.27	20854
9457 COPENHAVER DR	5	3	1	POTOMAC		\$930,000	Detached	0.32	20854
8712 COLD SPRING RD	5	3	1	POTOMAC		\$930,000	Detached	0.28	20854
9 PADDOCK CT	5	3	1	POTOMAC		\$930,000	Detached	0.25	20854
12713 LINCOLNSHIRE DR	5	3	1	POTOMAC		\$919,000	Detached	0.30	20854
11434 CEDAR RIDGE DR	4	3	1	POTOMAC		\$915,000	Townhouse	0.06	20854
9032 ROUEN LN	4	3	1	POTOMAC		\$902,000	Detached	0.40	20854
9009 ROUEN LN	5	4	1	POTOMAC		\$895,000	Detached	0.39	20854
11900 HARMONY LN	4	3	1	POTOMAC		\$865,000	Detached	0.49	20854
9209 COPENHAVER DR	4	3	1	POTOMAC		\$825,000	Detached	0.27	20854
8002 GRAND TETON DR	3	3	1	POTOMAC		\$790,000	Attach/Row Hse	0.21	20854
10619 GREAT ARBOR DR	5	3	1	POTOMAC		\$785,000	Detached	0.24	20854
8602 BUNNELL DR	5	3	1	POTOMAC		\$785,000	Detached	0.21	20854
11728 BECKETT ST	4	3	1	POTOMAC		\$783,000	Detached	0.40	20854
10432 DEMOCRACY LN	4	2	1	POTOMAC		\$780,000	Patio Home	0.10	20854
9313 FALLS CHAPEL WAY	5	3	1	POTOMAC		\$775,000	Detached	0.27	20854
63 ORCHARD WAY N	4	2	2	POTOMAC		\$770,000	Detached	0.44	20854
13300 SUNNY BROOKE PL	3	3	1	ROCKVILLE		\$770,000	Townhouse	0.08	20854
1203 FALLSMEAD WAY	4	2	1	ROCKVILLE		\$760,000	Detached	0.20	20854
9317 COPENHAVER DR	4	2	1	POTOMAC		\$750,000	Detached	0.29	20854
11900 FALKIRK DR	4	2	1	POTOMAC		\$750,000	Detached	0.30	20854
1909 SUNRISE DR	4	3	0	ROCKVILLE		\$750,000	Detached	0.23	20854
10900 GAINSBOROUGH RD	4	2	1	ROCKVILLE		\$745,000	Detached	0.24	20854
10416 FLOWERFIELD WAY	3	3	1	POTOMAC		\$744,000	Townhouse	0.07	20854
8006 GRAND TETON DR	3	3	2	POTOMAC		\$740,000	Semi-Detached	0.13	20854
10425 OVERGATE PL	3	3	1	POTOMAC		\$725,000	Townhouse	0.05	20854
2 CHAREN CT	3	2	1	POTOMAC		\$723,000	Detached	0.26	20854
11420 SPUR WHEEL LN	4	5	1	POTOMAC		\$720,000	Detached	2.36	20854
7714 WHITERIM TER	3	3	1	ROCKVILLE		\$720,000	Townhouse	0.08	20854
10407 FLOWERFIELD WAY	3	3	1	POTOMAC		\$715,000	Townhouse	0.05	20854

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POTOMAC ALMANAC

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

May, 2016 Top Sales

IN MAY 2016, 76 POTOMAC HOMES SOLD
BETWEEN \$2,350,000-\$510,000.

**6 10403 Grey Fox Road —
\$1,462,500**



**8 11505 Broad Green Drive —
\$1,315,000**



2 10817 Red Barn Lane — \$2,275,000



**4 11208 River View Drive —
\$1,735,000**



**3 9944 Potomac
Manors Drive —
\$2,200,000**

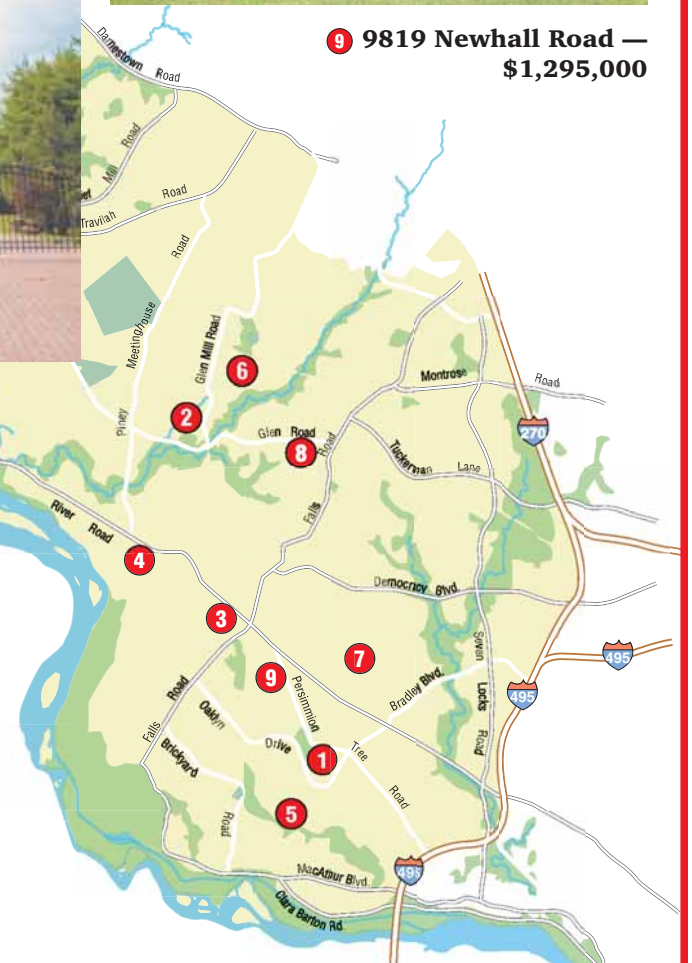


**9 9819 Newhall Road —
\$1,295,000**

Address BR FB HB ... Postal City .. Sold Price Type Lot AC .. PostalCode Subdivision Date Sold

1	8501 RAPLEY PRESERVE CIR..	5	..	6	..	2	POTOMAC	...	\$2,350,000	Detached	0.57	20854	AVENEL	05/31/16
2	10817 RED BARN LN	4	..	5	..	1	POTOMAC	...	\$2,275,000	Detached	2.32	20854	POTOMAC OUTSIDE	05/11/16
3	9944 POTOMAC MANORS DR	6	..	5	..	1	POTOMAC	...	\$2,200,000	Detached	1.04	20854	POTOMAC MANOR	05/16/16
4	11208 RIVER VIEW DR	7	..	6	..	2	POTOMAC	...	\$1,735,000	Detached	2.00	20854	MARWOOD	05/20/16
5	9735 BEMAN WOODS WAY	4	..	4	..	2	POTOMAC	...	\$1,490,000	Detached	0.24	20854	AVENEL	05/06/16
6	10403 GREY FOX RD	6	..	5	..	1	POTOMAC	...	\$1,462,500	Detached	0.45	20854	GLEN MEADOWS	05/26/16
7	8800 MAYBERRY CT	6	..	6	..	0	POTOMAC	...	\$1,350,000	Detached	2.00	20854	FALCONHURST	05/12/16
8	11505 BROAD GREEN DR	4	..	4	..	0	POTOMAC	...	\$1,315,000	Detached	0.26	20854	CLAGETT FARM	05/06/16
9	9819 NEWHALL RD	5	..	3	..	1	POTOMAC	...	\$1,295,000	Detached	1.08	20854	POTOMAC OUTSIDE	05/03/16

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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.

Photo Exhibit: “Vastness of Space.” Through Aug. 14, 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.

Call for Artwork. Through Aug. 15. Art at large Inc. in collaboration with VisArts, ArtWalk, and the Shelter Group Brightview project invite you to participate in a piece of permanent public art. There is no cost for entry; maximum of five pieces per entrant. Visit visarts.submittable.com/submit/58437 for more.

Nicole Mueller: “First Cut.” Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. “First Cut” is a series of works exploring collage as both medium and metaphor. Free. Visit www.visartsatrockville.org for more.

Gen-Y 3.0. Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. This exhibit features artists age 17-27. Exhibiting artists include Sobia Ahmad, Katherine Akey, Susie Bae, Amy Berbert, Abbie Fundling, Jared Green, Ashley Ja’nae, Kern Lee, Emmanuel Mones, Richard Munaba, Angelique Nagovskaya, Raheel Raad, Yoon Sun Shin, Qin Tan, and Vivien Wise. Free. Visit www.visartsatrockville.org for more.

Eric Celarier: “Trash.” Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. Eric Celarier assembles garbage to describe biological evolution in the wake of human existence. Free. Visit www.visartsatrockville.org for more.

“Peter and the Wolf.” Through Aug. 28, various times at The Puppet Company – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Staged with half life-sized marionettes, Peter and the Wolf is a one-man show based on Prokofiev’s popular tale of good versus evil. Tickets are \$12. Visit www.thepuppetco.org for more.

“Jumanji.” Through Aug. 28, various times at Adventure Theatre MTC, 7300 MacArthur Blvd., Glen Echo. When Judy and Peter find a mysterious old board game, they play it, hoping to alleviate their boredom. One live lion, an erupting volcano, and a dozen destructive monkeys later, the children are no longer bored. Tickets are \$19.50. Visit www.adventuretheatre-mtc.org.

Exhibit: “Triple Vision.” Through Aug. 28, 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.

“Rising Scaffold.” Through Aug. 28, 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.

“Movement and Balance: Abstract Drawings of an Internal Life.” Through Aug. 28, 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.

WEDNESDAY/AUG. 3

Senior Movie at Montgomery: “Hook.” 10 a.m. at Montgomery Mall, 7101 Democracy Blvd., Bethesda. Free. Call 240-773-6728.

THURSDAY/AUG. 4

Barefoot Puppets Present “Trickster Tales.” 10:30 a.m. at Bethesda Library, 7400 Arlington Road, Bethesda. Meet Anansi the Spider and learn some of his tricks. This puppet show is for children ages 3 and older. Free. Visit www.montgomerycountymd.gov/library/branches/bethesda.html.

Kids are Scientists Too. 10:30-11:30 a.m. at Potomac Library, 10101 Glenolden Drive. Learn about interactive demonstrations on how the digestive system works, and make a craft to take home. Free. Visit Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html.

Moonlight Movie: “The Help.” 8:30 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. A free parking lot for Glen Echo Park is located just off MacArthur Boulevard on Oxford Road, across from the Glen Echo Shopping Center. Food and picnicking is permitted in the park. Guests are encouraged to bring blankets and lawn chairs for seating. Free. Visit www.gwparkwaytrust.org.

FRIDAY/AUG. 5

High School String Institute Performance. 7:30 p.m. at Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda. The National Philharmonic High School String Institute will study and perform Mozart’s Divertimento in Bb Major, K. 137; Telemann’s Concerto for Viola in G Major; Elgar’s Serenade for Strings and Arthur Foote’s Suite in E Major. Free. Visit www.nationalphilharmonic.org.

FRIDAY-SUNDAY/AUG. 5-7

“The Lady With the Little Dog.” 8 p.m. Friday-Saturday, 2 p.m. Saturday-Sunday at The Writer’s Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta, one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov, discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call



Collages, ‘Trash’ and More at VisArts

Three exhibits are currently on display at VisArts at Rockville, 155 Gibbs St. Nicole Mueller’s “First Cut” is a series of works exploring collage as both medium and metaphor. Eric Celarier’s “Trash” is showcases garbage assembled to describe biological evolution in the wake of human existence. “First Cut” and “Trash” close on Aug. 21. An exhibit titled “Gen-Y 3.0” features artists ages 17-27. It closes on Aug. 28. All exhibits are free. Visit www.visartsatrockville.org for more.

301-816-1023 for more.

SATURDAY/AUG. 6

Draw-A-Thon. 10 a.m.-5 p.m. at Washington ArtWorks, 12276 Wilkins Ave., Rockville. Figure models hold gesture, short and long poses over a seven-hour period. Figures rotate throughout the day. Bring your own supplies. Tickets are \$30. Visit www.washingtonartworks.com.

Roller Derby Doubleheader. 3 p.m. at Michael & Son Sportsplex, 60 Southlawn Court, Rockville. Members of Black-Eyed Suzies will face members of Hagerstown’s Mason-Dixon Roller Vixens All-Stars and the Rock Villains will battle Baltimore’s Charm City Roller Girls Trouble Makers. The theme is “Skate Invaders: Cosmic Collision.” Admission is \$12 for adults, \$5 for ages 6-11, admission is free for age 5 and under. Visit www.freestaterollerderby.com.

MONDAY/AUG. 8

Montgomery Masters Golf. 9 a.m.-3 p.m. at Blue Mash Golf Course, 5821 Olney Laytonsville Road, Laytonsville. Special Olympics Maryland-Montgomery County is holding a charity golf tournament at Blue Mash Golf course to benefit the athletes and programs of our Montgomery County area programs – providing 24 sports and leadership programs to children and adults with intellectual disabilities. Registration is \$250. Visit www.somdmontgomery.org for more.

WEDNESDAY/AUG. 10

Daniel Bennett. 8-11:30 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. New York saxophonist Daniel Bennett performs his album release concert. Tickets are \$5 in advance, \$7 at the door. Visit www.villainandsaint.com for rmore.

THURSDAY/AUG. 11

Crafty-Y-Kids. 10:30 a.m. at Potomac

Nicole Mueller, Cacophony, 2016, mixed media on canvas, 60 x 72 inches. Below: Eric Celarier, Ratus Bulbus (thinking bulb), 2015, mixed media, trash, 30 x 20 x 14 inches



Library, 10101 Glenolden Drive, Potomac. Decorate a fan for the summer heat. Free. Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html.

Marshmallow Challenge. 11 a.m. at Bethesda Library, 7400 Arlington Road, Bethesda. The challenge is to build the tallest tower you can using only spaghetti, string, tape and a marshmallow. This STEM program is for children ages 6 and up. Free. Visit www.montgomerycountymd.gov/library/branches/bethesda.html.

FRIDAY/AUG. 12

Middle School String Institute Performance. 7:30 p.m. at Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda. The National Philharmonic Middle School Institute will study and perform Handel’s Concerto Grosso, Op. 6 No. 1; Percy Grainger’s Molly on the Shore; Penderecki’s Three Pieces in the Olden Style; and Michael McLean’s Fandango. Free. Visit www.nationalphilharmonic.org.

Centennial Campfire. 8-9 p.m. at C&O Canal’s Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Sing songs and listen to stories from across America’s National Parks as well as night-time-themed canal stories. Free, Great Falls Tavern historic area has a entrance fee of \$10 per vehicle.

AUG. 12-20

Montgomery County Agricultural Fair. Various times at Montgomery County Agricultural Center, 501 Perry Parkway, Gaithersburg. Tickets are \$10, free for children 11 and under. Visit www.mcagfair.com.

SATURDAY/AUG. 13

Paper Source: Watercolor Workshop. 11 a.m.-1 p.m. at Paper Source Bethesda, 4805 Bethesda Ave., Bethesda. Learn card making techniques including stamping, embossing and envelope lining with

an added splash of watercolor to each element. Make three colorful cards and a hand lettered, embossed poster with the sentiment or quote of your choice. Admission is \$28. Visit www.papersource.com for more.

SATURDAY-WEDNESDAY/AUG. 13-17

8th Annual Uke & Guitar Summit. 9 a.m.- 5 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Strathmore’s Uke & Guitar Summit offers classes for all levels, with instructors like Denmark’s Tobias Elof and Hawaii’s Jeff Peterson, concerts featuring our favorite artists, and a grand finale of the Ukulele Orchestra at UkeFest. Tickets are \$400. Visit www.strathmore.org for more.

THURSDAY/AUG. 18

Echoes of Nature: Swashbuckling Animals. 11 a.m.-12 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Dress like a pirate and meet animal friends who could’ve sailed the seven seas. Free. Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html.

AUG. 19-SEPT. 25

Photoworks: “Earth, Water, and Air.” 1-4 p.m. Saturday, 1-8 p.m. Sunday at Photoworks Gallery – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Three artists, Leslie Kiefer, Rebecca Clews, and Caroline Minchew, explore the elements via photography. Free. Visit www.glenechophotoworks.org.

SATURDAY/AUG. 20

Race Against Time with Sciencetellers. 2-2:45 p.m. at Bethesda Library, 7400 Arlington Road, Bethesda. Experience the science of power and energy through several exciting, hands-on experiments. Free. Visit www.montgomerycountymd.gov/library/branches/bethesda.html.

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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

"Love That Dirty Water"



By KENNETH B. LOURIE

"Oh, Boston you're my home." At least it was again for four days this past week: Sunday a.m. through Wednesday p.m. First I saw my best friend, Cary, and his family for two and a half days; then, for a day and another half, with a Washington, D.C. friend, Jim, I attended two Boston Red Sox games at Fenway Park ("Baseball's most beloved ballpark"): Tuesday evening and Wednesday afternoon.

I not only grew up in Boston (Newton Centre, actually) I was raised there as well. I had loving and supportive parents who, to this day, even in their absence (both having succumbed to old age a few years back) impact my life. I quote them often, refer to their parental advisories, tell their stories and even, grudgingly, repeat my father's jokes (I'll spare you any examples). When my father retired at age 70, my parents moved to Florida so I had fewer reasons to return home; though periodically I did so (high school reunions, Bar Mitzvahs, etc.). Previous to this visit however, I had not been back in nearly six years; in late October 2010 when Cary and I went to see the Boston Celtics play the Miami Heat in LeBron James' first regular season game after "The Decision."

Being back home now (yes, home to me is where I was born, bred and buttered; my life through high school) was extremely emotional. When I first met Cary and his wife, Mindy, at the airport, I started crying. I don't know if it was the lung cancer/my heightened sense of mortality or just my age, but the tears flowed.

As you might imagine, we drove by all the familiar places: schools, temple, the house where I lived, the old neighborhood, downtown Boston, the Charles River (to which this title refers) and the suburbs. For food, we ate Chinese and Italian for dinner, meatball and cheese subs and pizza for lunch (all perfect for me) and fresh muffins and bagels for breakfast. We reminisced and laughed, appearing not to miss a beat from any previous visits and/or any of the hundreds of phone calls we've shared over the years. Overall, I was nurtured and loved and made to feel significant and appreciated. Wonderful doesn't begin to describe the way I felt and the manner in which I was treated. To quote a former checker at my local Safeway: it was "superfantastic."

Tuesday afternoon/evening it was on to Fenway Park, home of the Boston Red Sox since 1912, for the first of our two games. We had box seats up the right field line, within 20 rows or so of the right field foul pole, better known as the "Pesky Pole," named after the legendary Red Sox shortstop. Johnny Pesky, he of the alleged "held-ball" in the 1946 World Series, among other memories. (A few years back, the left field foul pole was officially named the "Fisk Pole" after former Boston Red Sox catcher, and now Hall of Famer, Carlton Fisk: most remembered by Red Sox Nation for his 12th inning, arm-waving, foul-pole hitting, game-winning home run in game six of the 1975 World Series against the Cincinnati Reds, aka "The Big Red Machine.")

I attended many games at Fenway Park (not that one unfortunately, but I know exactly where I was when "Pudge" hit his series-tying shot), mostly with my father so the memories came gushing back as I walked along Yawkey Way: the vendor/location where my father always stopped for a sausage and onion sandwich, the old ticket booths at Gate A, the "Fenway franks" he'd smother with condiments, the peanut/popcorn/ice cream concessions he'd buy for me, the ticket window he'd go to inside the stadium to try and upgrade our seats, the adjacent bathroom with the old-fashioned amenities, his preference to sit on the first-base side in order to see the action in the left-field corner at the base of the "Green Monster," and too many more to recount. I would guess you get the gist of it by now.

It was four days I'll never forget and a lifetime I'll always remember – and cherish. Thanks to my wife, Dina for encouraging me to take the trip and to Cary and Mindy for hosting me. If I had it to do over again, I wouldn't change a thing. Well, one thing, actually. The Red Sox lost both games, so I never got to hear "Love That Dirty Water," the traditional song/anthem played at the stadium to celebrate a win.

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

MORE PETS

Ginger McNair:
Age 11, Plott Hound/
Boxer Mix
One of Ginger's best
adventures was
getting to play with a
wild fawn who wan-
dered into his yard.
Fast thinking dad,
Doug McNair, cap-
tured their exchange
on video. [https://
www.youtube.com/
watch?v=18VAGzOL8sk](https://www.youtube.com/watch?v=18VAGzOL8sk)



Ginger McNair: Age 11, Plott Hound/Boxer Mix

SCREEN GRAB FROM DOUG McNAIR'S VIDEO.

Ginger and fawn playing together.



Lily Stowell:
Age 14, Australian Husky
A retired agility champion, if
Lily could talk, mom, Kathy
Stowell, thinks she would
likely ask, "Why won't you
let me use the toilet, so I
don't have to go outside?"

Senior Dogs: Untold Stories

BY JOAN BRADY

Like many geriatrics, senior dogs in our area are illness survivors and living with a range of conditions including arthritis, hip dysplasia and chronic back pain. But nothing keeps them from enjoying their people, traveling, taking walks, napping and eating as many snacks as are made available.

While primary canine focus is limited to what goes on in their own backyards, some are paying attention to the election. And, if able to talk, they would offer some advice to the presidential candidates.

Sasha Marusin is concerned about the environment, "Pay attention to climate change, it's important for animals and humans." Max

PET ADOPTION

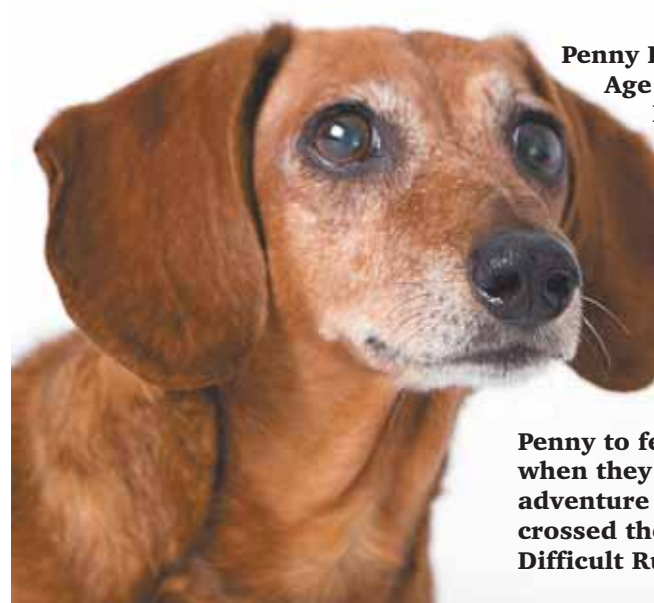
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Lost Dog & Cat Rescue Foundation:
www.lostdogrescue.org
Petfinder: www.petfinder.com

Kennedy has an opinion about Trump's proposed wall, "No walls (or leashes!), we all want to run free." Daisy Gilbert wants both candidates to do a better job of getting along, "I accept and love everyone. You should find a way to do the same."



Sasha Marusin:
Age 14, Border Collie
Sasha likes to hike with
the family, when she
isn't napping. Mom,
Robin Marusin, says that
if Sasha could talk, she
would likely say her
biggest regret was not
having puppies.

Daisy Gilbert:
Age 10, Yellow Lab
Beloved by her young
two-legged siblings,
Daisy does all kinds of
tricks for them. She
rolls-over, gives hugs
and balances a treat
on her nose. She
especially loves going
to West Virginia where
she gets to play with
her biological sister.



Penny Hargroves:
Age 12, Dachshund

Penny has two, two-
legged sisters who
adore her. When
the girls were
little, mom, Cindy
Hargroves, would
send Penny to
wake up the
youngest by
licking her face.
The girls taught
Penny to fetch a tissue for them
when they sneeze. Her biggest
adventure was when she
crossed the stepping-stones at
Difficult Run.

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