

# Potomac ALMANAC

## SUMMER FUN

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Families, friends and horse-lovers turned out to enjoy a day of racing and camaraderie at the 65th running of the Potomac Hunt Races in Poolesville on Sunday, May 21.

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# EMS at Falls Road Station 30 to Change, Not Diminish

## Increase in Advanced Life Support Services cited.

BY PEGGY MCEWAN  
THE ALMANAC

Fears of reduced emergency medical services (EMS) at Falls Road Station 30 are greatly exag-

gerated, according to officials.

Changes are coming to the Cabin John Park fire stations, Number 30 on Falls Road at Oaklyn Drive and Number 10 on River Road, July 1, but citizens need not fear reduction in Emer-

gency Services, stated Deputy Chief Corinne Piccardi.

"Station 30 is not losing its EMS service," Piccardi wrote in an email. "The EMS unit is currently an Advanced Life Support (ALS) unit and is staffed with an EMT driver and a paramedic. Towards the end of June, the unit at 30 will be converting to a Basic Life Support unit, which means it will have

two EMT's as staffing. There is an Advanced Life Support Provider (paramedic) on the engine at all times to upgrade that ambulance if the nature of the call warrants it. This engine ALS position has been in place at Station 30 for several years."

Piccardi said in her email that this change in EMS delivery model is one that Montgomery County Fire and Rescue Service is moving towards throughout the county.

"Potomac and its surrounding areas will actually see an increase in Advanced Life Support Services, as not only is the paramedic remaining at Station 30, but there is one being added at Station 10 on River Road," she wrote.

Daniel Ogren, Battalion Chief, Special Operations, Montgomery County Fire Rescue Service, said in an email that studies indicate

the change will serve the community better than it is currently being served. "There are a lot of studies we have done, with regard to call types and [response] times that indicate that this change will allow us to respond in a more timely manner, with the appropriate resources and better serve the residents of this part of the county," Ogren wrote.

The July changes will not negatively affect the Swift Water Rescue Team at the station.

"Both Cabin John Park VFD stations are home to the Swift Water Rescue Team and there will be no impact on the delivery of this service other than to have an extra ALS provider available for calls," Piccardi wrote. "All personnel assigned to Station 10 or 30 are required to be Swift water trained and certified."

## Holiday Schedules

Montgomery County government will observe the following holiday schedule for Memorial Day, Monday, May 29.

**County Offices** – closed

**Libraries** – closed

**County Liquor stores** – all stores will be open 10 a.m.–6 p.m.

**Recreation** – all indoor and outdoor aquatic facilities will close at 6 p.m.; administrative offices, senior centers and community recreation centers will be closed

**Montgomery Parks** – Information available at <http://www.montgomeryparks.org/>

**Ride On** – will operate on a Sunday schedule. Information is available at this link: [http://www.montgomerycountymd.gov/DOT-Transit/holiday\\_schedules.html](http://www.montgomerycountymd.gov/DOT-Transit/holiday_schedules.html)

**Metrorail** – Information available at

[www.wmata.com](http://www.wmata.com)

**Metrobus** – Information available at [www.wmata.com](http://www.wmata.com)

**TRIPS Commuter Stores (Silver Spring and Friendship Heights)** – closed

**Refuse/recycling pickup** – no collection, all collections scheduled on or after the holiday will be made one day later in the week

**The Shady Grove Processing Facility and Transfer Station** – closed Memorial Day; will be open from 6 a.m. to 6 p.m. on Tuesday, May 30. The Public Unloading Facility at the Route 355 (Frederick Road) entrance will operate normal operating hours from 7 a.m. to 8 p.m.

**Parking at public garages, lots, curbside meters** – free

**MCPS Schools and Administrative Offices** – closed

**State offices and courts** – closed

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### GUIDE DOG FOSTERS NEEDED

#### Guiding Eyes for the Blind

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

### DATES FOR NEXT SCHOOL YEAR

The Montgomery County school year will begin on Tuesday, Sept. 5, 2017, and the last day of school will be no later than Friday, June 15, 2018.

### SUPPORT GROUPS

**The Alzheimer's Association's Memory Cafes** offer a fun and

relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or [lvajpeyi@alz.org](mailto:lvajpeyi@alz.org).

**Suicide Grief Support Group.** At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

**Because I Love You** is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church

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[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



## Introducing Ingleside Engaged

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## Thunderous Beauty, Athleticism Potomac Hunt supports TAPS.

**O**n Sunday, May 21, families, friends and horse-lovers turned out to enjoy a day of racing and camaraderie at the 65th running of the Potomac Hunt Races in Poolesville. Crowds roamed the fields on Partnership Road, while others gathered at tailgate parties or simply spread out their own picnic as they watched the races.

In addition to the thrill of watching the horses thunder past as they take the jumps with breathtaking speed, the day's festivities have something for everyone. A mounted police demonstration, vendors and a kid's zone are popular attractions. For those who dare to risk getting wet in a shallow pond, children could try their skill at stand-up paddle boarding.

This annual event celebrating the beauty and athleticism of steeplechasing and its horses since 1952 also serves as a fundraiser and benefited TAPS, the Tragedy Assistance Program for Survivors, an organization that provides comfort to those who have lost a loved one while serving in the Armed Forces. "We are proud that we have been able to support our charities each and every year," said Skip Crawford, co-chair of the event and joint master of the Potomac Hunt.

— CAROLE DELL



PHOTOS BY CAROLE DELL/THE ALMANAC

The hounds of the Potomac Hunt present themselves in a decorative frieze of color and spots.



Onlookers at the Potomac Hunt Races watched horses like these perform with a display of grace and power.



Co-chair Skip Crawford and Potomac's Leonard Proctor take a minute to chat during a break in the races.

Each year, Andy Marchwicki revs up his beloved John Deere, hitches up the people mobile and offers children and families a ride around the hunt races. Called "the fixer" by friends, admirers and the whole hunt club, he grows, mows, digs, buries, drags, fills, all with a hearty laugh. Ask anyone and you'll hear: "There isn't nothin' beyond his fixin'."



Galloping horses, flying babies, what next? Little Rowan Miller, 3-and-a-half-years-old of Chevy Chase, thought he could get a better view of the races. Dad, Tim, provided the launching pad.



Two-year-old Allison Rickman lives on a farm in Dickerson. She will be learning to gather eggs and help her family who have sheep and too many hens to count.



Madi Ford not only rides with the Potomac Hunt, but she also takes time to celebrate her birthday with style. Hosting her 30th, she invited 70 of her friends and then made her own pink horseshoe to mark the day. "I don't do anything small," she said and then mentioned that her horse, George Washington, is 17.5 hands tall.



Horses aren't the only fun at the races. Here, Eliza-beth and Brigham Kiplinger and their two sons, Nate 2 and a half and Callan 1 and a half enjoy a picnic. Nate and Callan are great grandsons of the late Austin Kiplinger.



# A KEEN Prom

## Bullis students organize second annual event for their buddies.

BY ASHLEY CLAIRE SIMPSON  
THE ALMANAC

For teenagers across America, prom is the pinnacle of the traditional high school experience. And, the non-profit organization KEEN Greater DC (Kids Enjoy Exercise Now) makes sure that local young adults with significant special needs don't miss out. On the evening of Friday, May 19, the Bullis School for KEEN, a club of Bullis School students volunteering with KEEN Greater DC, hosted its second annual prom at the Bullis School in Potomac. On this prom night, nearly young 100 adults arrived at Bullis to celebrate youth in a way that all teenagers should – regardless of the physical or intellectual limitations that commonly prevent them from doing so.

"It's about this time of year that most kids this age are getting driver's licenses and college acceptance letters," said Andrea Littell, the mother of 18-year-old Frances Stephens, who has an intellectual disability and has been with KEEN for eight years. "Frances isn't experiencing those things. But, with this prom, she gets to share in a typical high school experience. She's been talking about it all week. She told her



Each prom attendee's date to the dance was a Bullis student KEEN volunteer.

teacher that she wouldn't be in school on the day of because she needed to spend the day getting ready."

For 25 years, KEEN has provided free physical and recreational activities for young people with developmental and

physical disabilities. When participants join KEEN, they become "KEEN athletes." KEEN provides regular programming as well as special events. At every gathering, whether it is an open-gym hour or a Zumba class, KEEN pairs each athlete with a volunteer – and, sometimes two – to ensure everyone's safety and wellbeing. At this year's prom, for example, each prom attendee's date to the dance was a Bullis student KEEN volunteer.

Greater KEEN DC started when it launched a bi-weekly open gym hour, where children with disabilities could get much-needed physical fitness under the supervision of qualified volunteers. Over the years, KEEN has evolved to offer more. They have never – and will never – turn away any child with a disability, and this practice keeps KEEN growing along with its athletes. As part of this trajectory, KEEN and its various divisions and chapters now offer events like this prom for older youths and young adults, some of whom have been with KEEN since they were young children.

"My son, Ravi, has been involved with KEEN for 15 years, since he was just 5 years old," Preeti Chojar said. "KEEN has had a huge impact on him. Before KEEN, it was a

struggle to get him to do any kind of physical fitness. He'd just stand still, for example, during songs like 'the hokey pokey.' After a year and a half with KEEN, Ravi could finally follow the directions and do the dance. Now, he's excited about any KEEN activity he attends. He knows which days each of the events are, and without us having to remind him, he's always ready in time. He's been so excited for his first prom, and he's having a great time."

While many parents did go to the prom to watch their children revel in a teenage milestone, KEEN allows – and encourages – parents to leave their children at the events for their own respite. Parents can relax knowing that KEEN athletes are always in good hands. The organization has an official screening process, and, those who volunteer with KEEN tend to stay involved.

"I've been involved with KEEN for two years through Bullis' club," said Camille Helmig, a senior at Bullis School, and one of the organizers of this year's KEEN Prom. "Two seniors from last year established Bullis School for KEEN, and this year, we have about 20 coaches, which is what we call volunteers. Most of the coaches, including me, have stayed with the same buddies they started volunteering with, so we've gotten to know their specific needs and strengths. That helps everyone make the most of the time that they're at KEEN events and programs. I love it so much that I will definitely stay involved after I go to college. KEEN has had a huge impact on me, and the volunteering I do is helping me decide the path I'll take when I'm in college."

Helmig, along with her co-president and other volunteers of Bullis' KEEN chapter, coordinated everything and fundraised for this year's KEEN prom. They had the support of their school and KEEN Greater DC at large, but they did everything themselves. She said the Bullis community has become very passionate about the KEEN mission. The Bullis chapter's goal was to raise \$1,500, which they exceeded.

"We were in charge of décor, arrangements, and fundraising," Helmig said. "We ended up raising more than \$5,000. People were so excited and willing to help out be

SEE STUDENTS, PAGE 7



The 2017 KEEN Prom theme was "Wild about KEEN."

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**www.PotomacCommunityVillage.org**



# Gala in the Park: ‘Celebrate History in Our Backyard’



Dining and dancing at the Gala in the Park on Sunday, May 20 at Glen Echo Park. The night’s theme was “Celebrate History in Our Backyard.” Proceeds from the gala support arts and educational programs at the park while also supporting the care and maintenance of the park’s historic structures, including the Spanish Ballroom and the Dentzel carousel.



Teresa McCoy and Rick DuPuy dancing at the ball.

PHOTOS BY  
DEBORAH STEVENS  
THE ALMANAC



The Tom Cunningham Orchestra played at the gala.

## Wootton Receives Cappies’ Nominations

Wootton High School students received three Cappies Awards nominations for excellence in high school theatre. The 18th Annual Cappies Awards Gala will be held Sunday June 11.

The Cappies recognize and celebrate high school theatre and journalism. The 391 student critics from the 59 member

schools in the National Capitol Area Cappies Chapter voted for the 2016-2017 nominations. Krystian Ochman was nominated for male vocalist, Emily Ray was nominated for lead actress in a musical, and the Wootton Pit Orchestra was nominated for orchestra in Thomas S. Wootton High School’s production of “Rodgers and Hammerstein’s Cinderella.”



## School Rewards

Jennifer Gonzalez, Giant Food events manager (far left) and Danielle Bushman, Cabin John Giant Food store manager (second from right) present student and faculty representatives at Herbert Hoover Middle School a grant for \$14,258.90 during morning announcements. The Potomac schools were two of top 10 earners in Giant Food Store’s 2016-2017 A+ School Rewards program.



Danielle Bushman, Cabin John Giant Food store manager (right) presents Dr. Joan D. Benz, principal of Winston Churchill High School with a grant for \$13,376.60.



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# Joy of Art

Geneva Day School hosts art show on Friday, May 19.

The art program at Geneva Day School introduces children to the joy of personal expression. Each artist had at least two works displayed at the art show on Friday, May 19. The Pre-K created Native American Art and the Kindergarten created Art Through the Ages. A few alumni played music during the reception.



**Zainab Chaudhary is in Pre-Kindergarten.**



**Evangeline Deskiewicz with her Still Life painting.**



**Zoe and Ava Henneberger**



**Ava Henneberger**



**Joshua Zigler**



**Maxx Jones**



**Zoe Henneberger**



**Matthew, Noah, Vicki, Audrey and Al Pike**



**Debra Lieberman, Zoe Henneberger, Evangeline Deskiewicz, Nate Stone, and Ann Hepeurn with a painting in the style of Jackson Pollock.**

## POTOMAC ALMANAC

[www.PotomacAlmanac.com](http://www.PotomacAlmanac.com)

Newspaper of **Potomac**  
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

**1606 King Street  
Alexandria, Virginia 22314**

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**Potomac Almanac is published by Local Media Connection LLC**

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# Students Organize Second Annual Prom for their Buddies

FROM PAGE 4

cause the first-ever prom last year was such a big deal. We got media coverage and everything, so a lot of people in the Bullis community and surrounding it learned about what KEEN does and how it does it. After realizing all that KEEN has done, so many people wanted to contribute right away.”

Bullis junior Sophie McIntyre was the club member that took charge of coordinating the prom this year, and, under her direction, the scope of attention on the KEEN Prom reached a new level. Last month, Facebook contacted McIntyre after seeing Bullis’ Facebook fundraising page that highlighted this year’s KEEN Prom.

The producer with the fundraising leg of Facebook was immediately inspired by KEEN, and wanted to shine its own light on the prom, and the Bullis students behind it all.

“We needed a way to raise funds for this prom, so I pursued Facebook’s new tool for fundraising,” said McIntyre, a junior, and the prom date of a long-time KEEN athlete. “The producer

contacted me and asked if she could send a crew to this event so they could film it. And, we got permission for them to be here at prom. From what I understand, they’ll use the footage for their own promotional video. It’s really cool to think that we’re high school students, and, already, we’re helping a huge company grow their way to help charities.”

The 2017 KEEN Prom theme was “Wild about KEEN,” and Helmig insisted that the safari-esque decorations were every bit as impressive as those of Bullis’ own prom a couple weeks ago. The student organizers did everything they could to make sure that the KEEN athletes, their “buddies,” got to relish every element of a typical prom.

“Grand gestures are the norm for prom proposals,” Helmig said. “When you ask someone to prom, it’s kind of expected that you do it in a big way. We tried to match modern trends like that for the KEEN Prom, so each volunteer decorated a big poster with the name of the KEEN buddy they were assigned to as their date.

When their assigned buddy walked in the door, the volunteer would hold up their sign and follow through with a prom proposal. When their buddy for the night accepted, they gave their buddy a boutonniere or a corsage. After all this, the KEEN buddies got their photos taken by a professional photographer here.”

From recruiting around 100 National Honor Society volunteers at Bullis to figuring out all the event logistics, the students with KEEN Club worked together to execute the KEEN Prom.

“Being at the prom here tonight, it’s all more than worth it,” Helmig said. “The most touching thing for me has been seeing the parents’

faces as their kids walk in these doors, all dressed up, and also when they see their kids on the dance floor, having an amazing time as they experience the kind of thing that all high school students do. I saw so many tears of happiness.”

To learn more about KEEN, visit [www.keengreaterdc.org](http://www.keengreaterdc.org).



**KEEN Prom was held at the Bullis School on Friday, May 19.**



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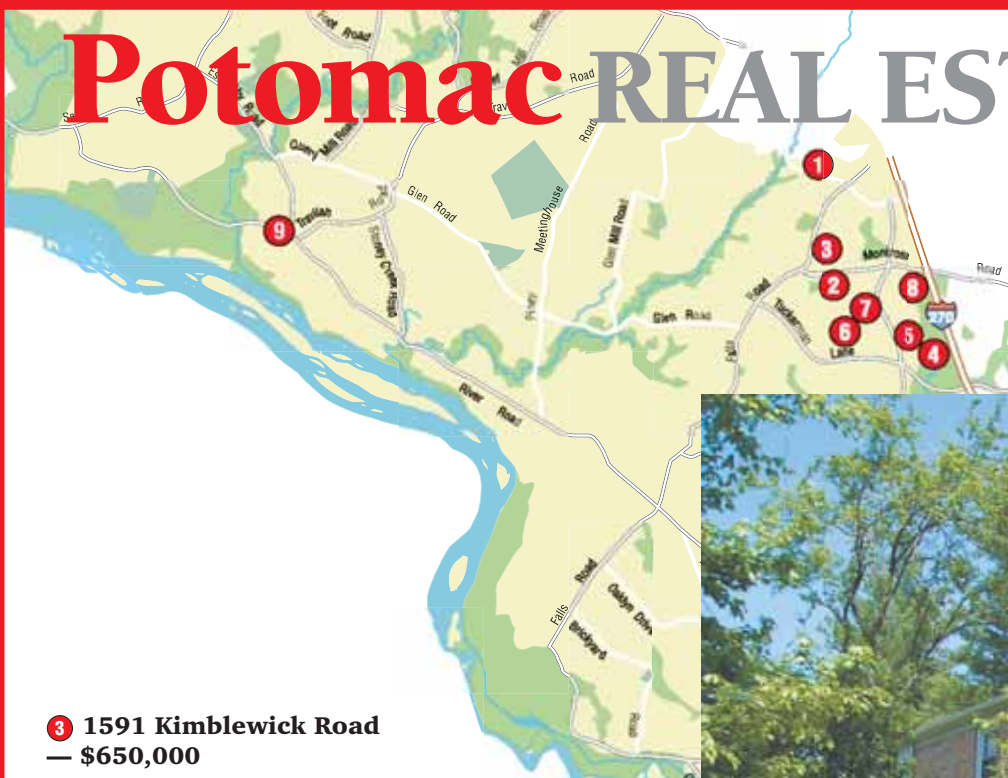


# Potomac REAL ESTATE

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## SUMMER FUN, FOOD & ENTERTAINMENT

# Street Festival Fun

**Imagination Bethesda to celebrate children and the arts.**

BY PEGGY McEWAN  
THE ALMANAC

The 23<sup>rd</sup> annual Imagination Bethesda street festival celebrating children and the arts will be held from 10 a.m. to 3 p.m. Saturday, June 3.

Musical performances and other entertainment will be indoors at Imagination Stage, 4908 Auburn Ave., while art and craft activities, including face painting, balloonists, a stilt-walker and free giveaways will line the streets along Elm Street and

Woodmont Avenue in downtown Bethesda. All activities are free.

On stage performances begin at 10 a.m. with Mr. Knick Knack followed by Rainbow Rock Band at 11:15 a.m., Rockin' Railroad at 12:30 p.m., Culkin School of Traditional Irish Dance at 1:15 p.m. and Rocknocerous at 2 p.m.

Organized by the Bethesda Urban Partnership, the festival will host 25 local businesses and arts organizations that will provide a variety of activities to entertain the 12-and-under crowd.

Imagination Bethesda is sponsored by Bethesda Magazine, MIX 107.3 FM, Washington Episcopal School and Washington Parent. The following restaurants will be participating: Gusto Farm to Street, Häagen-Dazs, Mamma Lucia, Mussel Bar, Silver and Smoothie King. For more information call 301-215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

### Hands-on activities:

- ❖ Adventure Theatre MTC – Create your own Junie B. Jones paper bag backpacks
- ❖ Be with Me Playseum – Hand painting on ceramic tiles and bubble bucket
- ❖ Bethesda Conservatory of Dance – freeze dance activity with props and sticker game
- ❖ Bethesda Magazine – Summer fun photos and coloring activity
- ❖ City Dance – Dance demo and graffiti coloring activity
- ❖ Creative Youth – Fashion illustration project

### CALENDAR

Submit entertainment announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### ONGOING

**2017 Canal Boat Excursions.** At Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. April-October, Saturday and Sunday at 11 a.m., 1:30 p.m., and 3 p.m. June-August, Friday, Saturday and Sunday at 11 a.m., 1:30 p.m. and 3 p.m. To confirm the boat ride for your visit, call 301-767-3714 for details as special circumstances may affect this schedule. Prices: \$8 for adults (ages 16-61), \$6 for seniors (ages 62+), and \$5 for children (ages 4-15). Children aged three and under ride free. In addition to the boat fee, there is an entrance fee to the park of \$10.00 per single vehicle.

**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. [www.dancesidra.org](http://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. [capitalblues.org](http://capitalblues.org)

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

**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. [www.glenchopark.org](http://www.glenchopark.org), 301-634-2222.

and hand sewing activity

- ❖ Glen Echo Park Partnership for Arts & Culture – Make-your-own carousel activity
- ❖ Huntington Learning Center – Create your own blow paint monster
- ❖ Imagination Stage – Make your own mini pocket watch
- ❖ Iran Cultural and Educational Center – Arts and crafts from Iran, face painting and book mark making
- ❖ KID Museum – Interactive engineering activity with structures and balls
- ❖ Kidville – Decorate door knockers, glitter tat-

**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. [www.glenchopark.org](http://www.glenchopark.org), 301-634-2222.

**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.glenchopark.org](http://www.glenchopark.org).

**SilverWorks Studio & Gallery.** Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit [www.silverworksglenchopark.com](http://www.silverworksglenchopark.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](http://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. [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**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 [wrandyhoffman@gmail.com](mailto:wrandyhoffman@gmail.com).

#### CAMPS, CLASSES & WORKSHOPS

**Art Explorers Open Studio.** Every Saturday, 10



The annual Imagination Bethesda street festival will be held June 3.

toos

- ❖ Language Stars – Games and activities from a variety of world cultures
- ❖ Mathnasium – Make and explore shapes with a variety of fun materials
- ❖ Montgomery County Pedestrian Safety Initiative – Pedestrian safety craft activity and pledge
- ❖ Montgomery Parks – Tin-smith activity and clay marble making
- ❖ Naval Support Activity Bethesda – Visit with McGruff and McGruff coloring books
- ❖ Plaza Artist Materials – Learn to draw cartoon characters

- ❖ Round House Theatre – Create your own map to a special destination
- ❖ Strathmore – Guided colored pencil technique activity
- ❖ The Washington Conservatory of Music – Musical instrument craft and hands-on demonstrations
- ❖ Washington Episcopal School – Cookie decorating stations
- ❖ Wonders Early Learning + Extended Day – Create masks with paper plates
- ❖ YMCA Bethesda-Chevy Chase – Design and assemble paper fans

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**PHOTO GALLERY!**

**“Me and My Dad”**

To honor dad on Father’s Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father’s Day issue. Be sure to include some information about what’s going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

## SUMMER FUN

# Summertime and the Living Is Busy

## Some recommendations to get out and about.

BY PEGGY MCEWAN  
 THE ALMANAC

Montgomery County offers many opportunities for residents to enjoy free summer entertainment. Listed below are a few nearby offerings. Here are a few suggestions:

### RUN FOR A REASON

The 2<sup>nd</sup> Annual Defeat DIPG (diffuse intrinsic pontine glioma) Superhero Sprint (1K) and Superhero 6K will be run Sunday, May 28 at Westfield Montgomery in Bethesda.

Proceeds from the race will benefit the Michael Mosier Defeat DIPG Foundation, dedicated to raising funds for research.

The foundation was created in memory of Michael Mosier a 6-year-old from Bethesda who was diagnosed with DIPG, a type of pediatric brain cancer, as he started kindergarten at Seven Locks Elementary School. He died from the disease in May 2015.

For more information and to register visit Superhero6K.com.

The 17<sup>th</sup> annual Autism Speaks 5K/1 Mile Walk will be held at 8 a.m. on Tuesday, July 4 beginning at Potomac Library, 10101 Glenolden Drive. This event — “an early start to the Fourth of July” — takes walkers and runners through neighborhood streets around the library while raising money for autism research. Walkers/runners can join as individuals or members of a team. Registration is \$40 for adults, \$20 for children over 14. Register at [act.autismspeaks.org](http://act.autismspeaks.org).

### OUTDOOR MOVIES

Mid-July brings a week of free outdoor movies at Woodmont Triangle in Bethesda – the corner of Norfolk and Auburn avenues. Shows begin at 9 p.m. there are a limited

number of chairs so it’s a good idea to bring one’s own. The schedule is:

Tuesday, July 18, “The Wizard of Oz”  
 Wednesday, July 19, “Field of Dreams”  
 Thursday, July 20, “Dead Poets Society”  
 Friday, July 21, “Hidden Figures”  
 Saturday, July 22, “La La Land”

Strathmore also will offer outdoor movies this summer. Free movies on the lawn will run Aug. 24-26 at dusk. Parking is available in the Metro garage across from Strathmore. Cost is \$5.10, payable by credit or SmarTrip card. Viewers are welcome to bring low chairs and small coolers but no pets. Showing this summer is:

Thursday, Aug. 24, “Moana”  
 Friday, Aug. 25, “Rogue One: A Star Wars Story”  
 Saturday, Aug. 26, “The Lego Batman Movie”

### MUSIC, MUSIC, MUSIC

Strathmore also offers outdoor concerts: Live from the Lawn, on Wednesday nights. Here is the schedule for this summer:

July 12: Karen Jonas with Lauren Calve  
 July 19: Look Homeward  
 July 26: Ray & the Kool Kats  
 Aug. 2: Femina  
 Aug. 9: Matuto  
 Aug. 16: Lindsay Lou & The Flatbellys  
 Aug. 23: Uke Fest  
 Aug. 30: Akua Allrich  
 Sept. 9: Team Familiar

Free summer concerts are already being held in Bethesda at Veterans Park, at the corner of Norfolk and Woodmont avenues from 6-8 p.m. on Thursdays. Here is this year’s schedule:

May 25: Moonshine Society  
 June 1: Gary and the Groove  
 June 8: Natty Beaux Band  
 June 15: Urban Funk  
 June 22: The Crimestoppers  
 June 29: Oasis Island Sounds  
 July 6: Caz Gardiner Band  
 July 13: Chuggalug  
 July 20: Jokers Wild

## CALENDAR

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

**Registration is Open.** for Montgomery County Recreation and Montgomery Parks Summer Programs and Activities. Email [ProgramAccess@MontgomeryParks.org](mailto:ProgramAccess@MontgomeryParks.org). Visit [www.MontgomeryParks.org/access](http://www.MontgomeryParks.org/access).

**Toca Summer Soccer Camp.** June 19-Aug. 9, 6-8 p.m. at Avenel LP, 10051 Oaklyn Drive. Improving skills, making friends and staying fit. Email [info@tocajuniors.com](mailto:info@tocajuniors.com), or call 301-221-8305.

### SATURDAY-MONDAY/MAY 27-29

**Hometown Holidays.** 2-10 p.m. at the Rockville Town Center, 30 Maryland Ave. Activities for children including live entertainment on the Town Square Stage, the beach, as well as inflatables and amusements. Memorial Day Ceremony and Parade will begin at 9 a.m. on Monday, May 29. Visit [www.rockvillemd.gov](http://www.rockvillemd.gov).

### SATURDAY/MAY 27

**Be’la Dona Concert.** 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave. Dance night. \$20. Call 240-330-4500.

### SUNDAY/MAY 28

**Celebrate Memorial Day.** 11 a.m. at Potomac Presbyterian Church, 10301 River Road. A tribute featuring the West Point Alumni Glee Club in its seventh annual Potomac performance. Call 301-299- 6007 or email

[admin@potomacpresbyterian.org](mailto:admin@potomacpresbyterian.org).

**Waltz Workshop.** 2:45-3:30 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop and a more advanced move presented the last 15 minutes. Social dancing follows until 6 p.m. Admission is \$10. No partner required. Call 301-634-2222, go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

### FRIDAY/JUNE 2

**Local Artists Reception.** 6-9 p.m. at Artists and Makers Studios 2, Main Gallery, 12276 Wilkins Ave., Rockville. Art by Potomac resident and artist F. Lennox Campello, show runs through June 29. Free. Call 240-437-9573.

### SATURDAY/JUNE 3

**Strawberry Festival.** 9 a.m. to 4 p.m. at the Sykesville Freedom Fire Department, 6680 Sykesville Road (Rt. 32), Sykesville. Visit [www.melchurch.org](http://www.melchurch.org).

**Imagination Bethesda.** 10 a.m.-3 p.m. along Elm Street and Woodmont Avenue in downtown Bethesda. Street festival celebrating children and the arts featuring musical performances and professional children’s entertainers will light up the stage, while hands-on art and craft activities will line the streets. Visit [www.bethesda.org](http://www.bethesda.org).

**Parade of Favorites Concert.** 8 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The Washington Balalaika Society presents orchestra with Olga Orlovskay as guest soprano. Visit [www.balalaika.org](http://www.balalaika.org) or call 703-536-5785.

### SUNDAY/JUNE 11

**Zemer Chai: The Jewish Chorale.** 4 p.m. at Congregation Beth El of Montgomery County, 8215 Old Georgetown Road, Bethesda. The concert features the DC premiere of the evocative “Sing Our Song” by Gerald Cohen with words by Elie Wiesel. \$40 reserved seating; \$20 general admission, \$25 at the door. Visit [www.ZemerChai.org](http://www.ZemerChai.org).

### THURSDAY/JUNE 15

**Young Professionals Beer Tasting Event.** 5-7 p.m. Seven Locks Brewing, 12227 Wilkins Ave., Rockville. Learn how they make their beer and take a tour of the brewery. Visit [www.rockvillechamber.org](http://www.rockvillechamber.org).

### THURSDAY/JUNE 22

**Bowling for Hope.** 6:30-8:30 p.m. at Bowlmor Lanes Bethesda, 5353 Westbard Ave. Raising funds to support Hope Connections for Cancer Support’s free programs for people affected by cancer in our community. In addition to bowling, a small silent auction; 50/50 raffle; Hands for Hope Social Media Launch. Tournament players (4-6 members per team) \$100 per person, others \$75 per person. Visit [www.hopeconnectionsforcancer.org](http://www.hopeconnectionsforcancer.org).

### JUNE 24-25

**Heritage Days 2017.** Various times at 40 parks, museums, and historic sites all across Montgomery County open with free admission highlighting local history, culture, and outdoor recreation with live music, children’s games and crafts, exhibits and demonstrations, and food. Visit [www.HeritageMontgomery.org](http://www.HeritageMontgomery.org) or call 301-515-0753.



# BULLETIN BOARD

FROM PAGE 2

Room 209, 8300 Old Georgetown Road, Bethesda. Visit [www.becauseiloveyou.org](http://www.becauseiloveyou.org), email [hbrite1@netzero.com](mailto:hbrite1@netzero.com) or call 301-530-3597.

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

## ONGOING

**SUPPORT.** Two county services can help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU), part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m. to 5 p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m. to 7:30 p.m. Call the ADRU at 240-777-3000. The Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m. to 5 p.m. Call Connect-a-Ride at 301-738-3252.

**The Montgomery County Commission on Common Ownership Communities (CCOC)** has launched a new online training program for common ownership community board members. Visit [www2.montgomerycountymd.gov/CCOC-Training](http://www2.montgomerycountymd.gov/CCOC-Training).

**Montgomery Parks** is launching a new registration system, ActiveMONTGOMERY. The new system replaces ParkPASS and RecWeb, the two separate registration systems currently used by Montgomery Parks and Montgomery County Recreation, respectively. ActiveMontgomery provides one location, with just one username and password, for people to register for classes from either organization. Visit [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org).

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

Reservations for **Carderock Picnic Pavilion and Marsden Tract Group Campsites** are now available online. Visit [www.recreation.gov](http://www.recreation.gov). Registration for **Montgomery County Summer Recreation and Parks Programs** has opened. Register by visiting [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) and downloading an application.

**Master Gardener Plant Clinics.** Montgomery County Master Gardeners are available to answer gardening questions at walk-in plant clinics. Bring plant and insect samples, garden problems and questions. Drop off plant and insect samples, Monday-Friday, year-round, 8:30 a.m.-4:30 p.m. at 18410 Muncaster Road, lower level, Ballard Phone Room.

**English Classes.** The Literacy Council of Montgomery County is offering free day and evening English classes (beginning, intermediate and advanced levels) to adult county residents at several locations. Prospective students must attend a 3 1/2 hour orientation in Rockville. The Literacy Council is always looking for volunteers to help in a variety of ways. For more information email [info@literacycouncilmd.org](mailto:info@literacycouncilmd.org) or call 301-610-0030.

## BUSINESS NOTES

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

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## Woe Is Not Me



By KENNETH B. LOURIE

When I think about being diagnosed with lung cancer, I don't think, why me. I might think, why not me, but I definitely think, now what. The idea/strategy being: moving forward, not recriminating or regretting backward. As Popeye the Sailor man so often said: "I y'am what I y'am." Although I doubt he was talking about having lung cancer. How could he? He ate all that spinach, canned though it was. Besides, he's a cartoon character.

And as much and as often as he ate it — and it always helped him overcome whatever predicament Brutus had put him in, is as little and infrequent as I ate it. Perhaps that was because my mother cooked vegetables in a pressure cooker so by the time I saw them on my plate, they no longer resembled a vegetable nor were they the least bit appetizing. To say the vegetables were limp and lifeless does a disservice to all things characterized as 'limp and lifeless.' In fact, I can still remember the first time I ate a vegetable that was not d.o.a. It was at my mother-in-law's house; she was a wonderful cook. She made asparagus for this memorable meal and served it in a beautiful antique china serving dish. When the dish came my way, I stuck my fork in the asparagus to serve myself and heard a sound, a poof. I was taken aback, sort of. It was a sound I had never heard before — from a vegetable. As I learned that night, it was the sound of a vegetable that had not been cooked beyond its edible life.

That's not to imply that avoiding vegetables contributed to my diagnosis. Hardly. It simply says that vegetables were not a part of my childhood. Meat and potatoes were, as was my standard go-to meal: cream cheese and American cheese on bread. It was the sandwich of my youth and it has remained very much a part of my adulthood as well. It may not sound appetizing to you; to me, it represents all the comforts of home — heaven on Earth between two slices of bread or open-faced on a bagel or English muffin. Simple but oh so effective — and delicious.

Not to be totally oblivious to my underlying medical condition, I do realize that modifying my eating habits is a prudent and sensible consideration. However, I rationalize that need-to-feed with the explanation that, as a cancer patient (and anyone else, really), if I am to continue to attempt to thrive while I survive, I need to be happy, positive and relatively stress free. After all, this cancer business: characterized as "terminal" by my oncologist; chemotherapy (and its well-known side effects) every five weeks, C.T. Scans quarterly, M.R.I.s every six months, P.E.T. and Bone scans every so often, face-to-face quarterly appointments with my oncologist and all the associated fears and anxiety surrounding this rather unpleasant experience, and you can imagine, even agree perhaps, that living in the trenches as us cancer patients do, we need help — in any number of ways; personal and professional.

And though I am mindful of what I eat, I don't want to abuse the privilege of survival I've been given. I never want to take it for granted, especially considering my original "13-month to two-year" prognosis. By the same token, life is for living. As Andy Dufresne (Tim Robbins) said to "Red" (Morgan Freeman) in the movie "Shawshank Redemption:" "Get busy living or get busy dying." Since I'm in no hurry to die, I need to find a balance in how I live. Being miserable because of what I can't eat won't work for me. I'm just not flexible/mature enough in my eating choices; never have been. I still eat like a child, but now I have a man-sized problem.

I imagine the longer I live with cancer, the more vigilant I have to be. Then again, if it ain't broke, is there any reason to fix it? Do I leave well enough alone or do I try to grow up and eat my age, not my shoe size? I mean, I am eligible for Social Security.

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



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