

Potomac ALMANAC

Volunteers load dirt and gravel into a wheelbarrow to smooth out holes in the towpath. More than 100 people helped with cleanup and repairs on Saturday, June 10 during the 10th annual Canal Pride Day at C&O Canal National Historic Park.

Taking Pride in C&O Canal

NEWS, PAGE 3

Festival Highlights
KEEN's Accomplishments

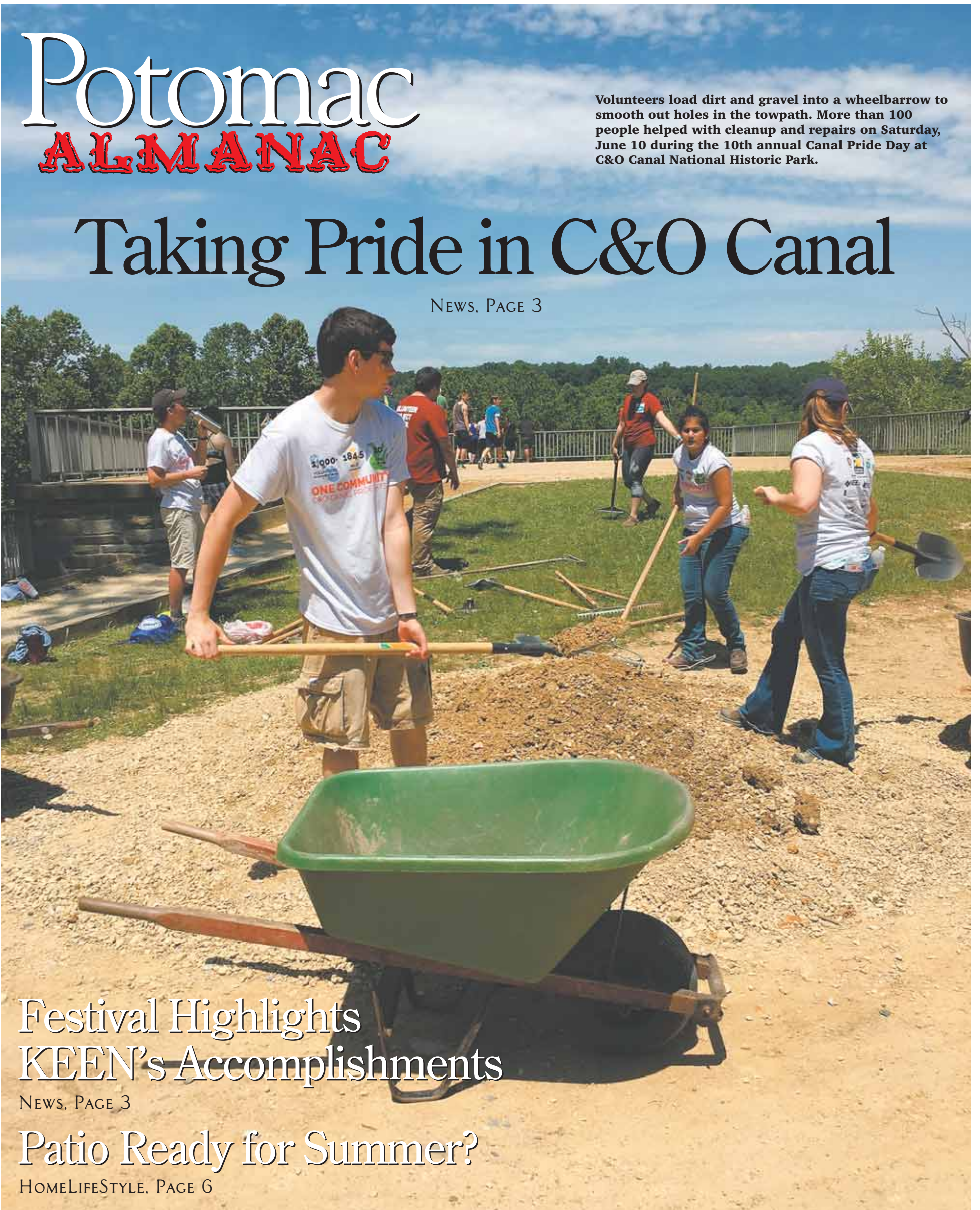
NEWS, PAGE 3

Patio Ready for Summer?

HOMELIFESTYLE, PAGE 6

CALENDAR, PAGE 9 ♦ CLASSIFIEDS, PAGE 11

PHOTO BY PEGGY McEWAN/THE ALMANAC



JUNE 14-20, 2017

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Taking Pride in C&O Canal

Volunteers spend Saturday weeding, fixing, painting, planting at Great Falls Tavern.

BY PEGGY MCEWAN
THE ALMANAC

The C&O Canal at Great Falls got a major facelift Saturday, June 10, when more than a hundred volunteers joined together for the 10th Annual C&O Canal Pride Days.

After being cancelled twice this spring because of heavy rain, Saturday's weather more than cooperated with a sunny clear day and low humidity.

"The weather is phenomenal," said Becky Curtis, director of programs and partnerships for the C&O Canal trust which sponsors the Pride Day.

Curtis was signing in volunteers and sending them to different job stations along the canal and around the tavern.

Her list of things to do included cleaning and clearing the mule pasture and the trail the mules travel from their home on the hill above the tavern to the tow path where they pull the canal boat, filling in potholes along

the towpath, painting the bike loaner program shed and the outside of the restrooms plus pulling invasive species around the tavern and planting grass seed where visitor shortcuts created dirt patches which easily turn into mud.

"The volunteer workforce here is phenomenal," said Pete Petersen, supervisory manager of the C&O National Historical Park's Palisades Area, which includes Great Falls. "We couldn't get all this work done. [Members of] Friends of Great Falls Tavern are here today too, cleaning the tavern inside and out, making things sparkle."

Hugh Robinson was up on a ladder painting the restrooms. He said he has been part of Pride Days since 2009 and volunteers in other ways too as a Canal Steward.

"I'm one of the people who maintains one of the lock houses," he said. "I do Lock House 6."

Potomac residents Anne Taylor and Rick

SEE CANAL, PAGE 5



Robin Davitt spreads hay on new grass seed in front of Great Falls Tavern Saturday. She and others helped clean up around the Tavern during the 10th annual Canal Pride Day at C&O Canal National Historic Park.



Rick Wymelenberg, left, and Anne Taylor, of Potomac, repair a pot-hole on the C&O Canal tow path during Canal Pride day Saturday.

PHOTOS BY
PEGGY MCEWAN
THE ALMANAC

Festival Highlights KEEN's Accomplishments

Organization for people with special needs celebrating 25 years.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

As 22-year-old Dale Dixon sat at the face-painting table at KEEN Greater DC's Annual Sports Festival, he spoke of the inner peace he's found in his nearly-lifelong involvement with KEEN (Kids Enjoy Exercise Now). Celebrating its 25th anniversary this year, KEEN Greater DC provides a variety of free physical fitness and other recreational programs for young people with significant special needs.

As Dixon looked around Potomac's Avenel Park, the location of KEEN's 2017 Sports Festival, the multi-colored peace signs and hearts painted on his arms seemed symbolic of KEEN's mission, to make sure that children with special needs have the outlets they need in order to maximize their quality of life.

"I've been coming to KEEN all my life, and I've never seen people come together the way they are here," Dixon said. "It's amazing. Truthfully, KEEN for me isn't even about the programs. It's about peacefulness that I bring back home with me. Everyone should have the kind of peace and love I get from KEEN and the volunteers. I love all the volunteers."

SEE KEEN, PAGE 7



A game using a parachute attracts KEEN athletes at Avenel Park.

PHOTO BY CHARLES GILBERT/KEEN

ME & MY DAD



“Happy Fathers Day to an amazing dad and grandfather: Dr. Vivek Vaid. He has been a resident of the Potomac area since 1984. He loves spending time with his family, seeing his patients, and playing golf. We appreciate his guidance, love, and support for everyone he knows. In this picture, he was celebrating his granddaughter’s birthday this year at Montgomery Mall. This picture includes his wife (Anil Vaid), daughters (Sonia Ahuja and Shalini Vaid), son (Sam Vaid), son-in-law (Dr. Samir Ahuja), and granddaughters (Sahana and Ariana Ahuja).

“My name is Sonia Ahuja and I am the eldest of Dr. Vivek Vaid’s daughters. I also live in Potomac with my husband and two wonderful girls. Also a big Happy Father’s Day to my amazing husband, Samir Ahuja, who is also in this picture. Sahana and Ariana are very lucky to have you as their dad!”

— SONIA AHUJA



Rob Burley of Potomac at lunch with 3-year-old son Charlie at Redwood in Bethesda in April.



Colin Dixon with son Declan in Olympic National Park in Washington state.



Peter Kimm with son Christopher, daughter-in-law Emily, granddaughter Eliot and daughter Mary in Potomac.

BULLETIN BOARD

Submit civic/community announcements at 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 or visit 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.

THURSDAY/JUNE 29

National Library of Medicine Visit. 6-7 p.m. at Potomac Library, 10101 Glenolden Drive. The National Library of Medicine will present available NLM health information and caregiving resources for adults and caregivers. Call 240-777-0690 or email lisbeth.herer@montgomerycountymd.gov for more.

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.

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

Because I Love You is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child’s behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit www.becauseiloveyou.org, email 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.

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.

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.

POTOMAC ALMANAC

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PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

ASSISTANT EDITOR

Mike Salmon
msalmon@connectionnewspapers.com

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
Colleen Healy, Kenny Lourie,
Ken Moore

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager
Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 301-325-1398
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
703-549-0004
jvernon@connectionnewspapers.com

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

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Canal Pride Day

FROM PAGE 3

Wymelonberg were on pothole patrol pushing a wheelbarrow full of dirt and small stones to fill holes along the tow-path. Luke Nahin, a rising senior at Walter Johnson High School helped by tamping down the material so it would stay in place.

It was Nahin's first time helping along the canal. He said he was doing it for Student Service Learning hours, but also because it was close and he was having fun.

Rick Servatius, who lives in D.C. was helping for the first time too. Between paint strokes at the bike shed, he said he bikes along the canal all the time.

"I love the C&O Canal," he said.

Many of the volunteers Saturday repeated that sentiment and many had stories of walking, biking or fishing along the canal as children. Don Harrison, of Potomac, who is president of Friends of Great Falls Tavern said he came to the park often as a boy.

"My parents loved to walk the towpath," he said.

He and his wife, Elizabeth Harrison, have taken part in almost all of the 10 Pride Days and were busy cleaning on Saturday.

"We love the place," Don Harrison said. "Love the canal, love the tavern, love the outdoors."



Hugh Robinson reaches high while painting the outside wall of the restrooms at Great Falls park on Saturday.



Lisa Belliveau, left, and Erik Blitte paint outside the bike loaner shed at Great Falls on Saturday. Blotter, who owns Tenleytown Painting in D. C., said he surveyed the project earlier in the week and brought his own ladders.

PHOTOS BY
PEGGY McEWAN
THE ALMANAC

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Patio Ready for Summer? The latest trends for entertaining alfresco.

BY MARILYN CAMPBELL

The warm days and nights of summer lend themselves to outdoor entertaining. From colorful pillows and cozy throws to textured fabrics and jewel-toned tableware, local designers offer ideas for creating a festive space for an alfresco soiree.

Consider the way an outdoor space will look when it's viewed from inside your home, says Madeline Fairbanks, product development director, Country Casual Teak.

"Choose fabrics that coordinate and accent the colors used indoors to create a seamless transition between the spaces," she said. "Add texture with fabrics, from gauzy sheers to the heaviest brocades, to bring the textures of indoor upholstery outdoors. An added plus is that they help hide dirt and stains."

The transition from a home's interior to its exterior should be fluid, advises Jim Rill of Rill Architects. "It shouldn't just be an outdoor patio, but an extension of the indoor spaces," he said.

Rill suggests using outdoor walls, fireplaces and trellises to create a sense of scale and comfort. "For instance, stone walls, hedges, pools and ponds help give an out-



PHOTO BY STACY ZARIN GOLDBERG

Todd Martz of Home on Cameron in Alexandria advises using colorful table accessories to set the stage for a festive gathering.

door setting scale and coziness," he said. "Think of the outdoor space as a room and consider how it's organized with furniture and materials like you would an indoor room. Patterns in the patio materials also organize the area."



PHOTO COURTESY OF COUNTRY CASUAL TEAK

Outdoor furniture pieces like these by Country Casual Teak help define the outdoor atmosphere of this Potomac, Md., home.

Outdoor entertaining is often food-centric and for an upbeat outdoor table setting, Todd Martz of Home on Cameron in Old Town Alexandria suggests acrylic table accessories. "Incorporate colorful pitchers, glasses and plates to set the stage for a fes-

"It shouldn't just be an outdoor patio, but an extension of the indoor spaces."

— Jim Rill of Rill Architects

tive gathering," he said.

Have a few key pieces for hosting, whether you entertain weekly or just once a year, recommends Fairbanks. "Keep a bar cart near an entrance for wheeling refreshments to guests, or an outdoor sideboard near a dining area for easy buffet-style service," she said.

For chilly nights, drape throws on the outdoor seating for guests, advises Martz. "With the popularity of fire pits, add comfortable seating with indoor-outdoor cushions around them to enhance the experience," he said.

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PHOTO BY ASHLEY CLAIRE SIMPSON/THE ALMANAC

KEEN athletes exercise at the 2017 Sports Festival on June 4.

At KEEN Sports Festival

FROM PAGE 3

Dixon is not alone in his praise of KEEN, which at every activity pairs each attendee — all of whom are called KEEN athletes — with a volunteer to guarantee their safety. The organization hosted its Sports Festival on Sunday, June 4, where more than 500 people gathered for socialization, food, beverages, and a variety of outdoor activities — including Dixon's favorite: face-painting.

"Everything about this day is beautiful," Dixon said. "There is too much violence in the world. What politicians and other important leaders need to learn is that we'd be better off if everyone just loved all people. That's the message of KEEN: love everyone."

KEEN offers a variety of programs for 5-year-old children through 25-year-old young adults who struggle with the kinds of disabilities that can otherwise prevent them from enjoying recreational activities. This year's Sports Festival included just a few of these activities; on one side of the park, volunteers led group dances, and, on the other side, two vibrant, multi-colored bounce houses were set up for people to jump around and climb through. In between, casual games of soccer and catch ensued.

"We've done the Sports Festival in the rain and in the heat," said Karen Migdail, KEEN's board secretary and long-time volunteer. "It's always a huge success, but this year has even more energy and excitement than the previous ones I've been to. The weather is amazing. Everyone is enthusiastic and this year is just fantastic."

"What politicians and other important leaders need to learn is that we'd be better off if everyone just loved all people. That's the message of KEEN: love everyone."

— Dale Dixon

KEEN's annual Sports Festival is a crucial part of the organization's year because it is the one event that brings everyone together.

"KEEN started out as a very, very small program in Montgomery County," said Migdail, who also runs the adult fitness programs. "All the kids who participated were in one place. We knew everyone — all the kids and all the volunteers. Now, we are growing and diversifying activities so getting everyone together is really important, and reinforces the community we have at KEEN."

Early in 2017, as KEEN launched its 25th anniversary year, board members set forth some major goals for the organization. At the time of the Sports Festival, not even halfway through the year, the organization was already close to completing these initiatives, which perhaps made the 2017 Sports Festival even more of a celebration for those who are typically behind the scenes.

"We've grown in every way, every year," Board Chair Burt Braverman said of KEEN during his nine years of overseeing the non-profit. "We serve more kids with more programs and more sessions, in more locations. This year, to mark our 25th anniversary, we challenged ourselves to start three new programs, in three new locations, one each in D.C., Virginia and Maryland, including one in Baltimore. These launches have been very successful, and are further steps in our goal to have KEEN programs for special needs families throughout the entire Washington-metropolitan area."

The annual Sports Fest is a part of the

SEE SPORTS FESTIVAL, PAGE 11



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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.

Tally Ho Toastmaster's Club. First and third Mondays each month, 7:30-8:30 p.m. in the Potomac Community Center, 11315 Falls Road.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. 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

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.glenechopark.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.glenechopark.org.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park,



Art Exhibit

Artist Sandra Sedmak Engel has an exhibit through July 1 at the Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit waverlystreetgallery.com/ for more.

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.glenechopark.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.silverworksglenechopark.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 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.

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.

THURSDAY/JUNE 15

Cooking Demonstration. 1:30-3 p.m. at the North Potomac Senior Center, 13860 Travilah Road, Rockville. Cooking demonstration using only fruits and vegetables, part of National Fresh Fruit and Veggie Month. Free. Visit ActiveMONTGOMERY.org or call 240-777-6995 for more.

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. There will be complimentary appetizers; discounted beer tastings and beverages, door prizes and the opportunity to network. The first 20

who sign up for this event will receive a ticket for a free flight of beer. Visit rockvillechamber.org.

SATURDAY/JUNE 17

Artist Talk and Encaustic Demonstration. 1-4 p.m. at the Waverly Street Gallery 4600 East West Highway, Bethesda. The Encaustic Paintings by Sandra Sedmak Engel will be on exhibit June 7-July 1. Email waverlygallerybethesda@gmail.com or call 301-951-9441 for more.

JUNE 19-AUG. 9

Toca Summer Soccer Camp. 6-8 p.m. at Avenel LP, 10051 Oaklyn Drive. Improving skills, making friends and staying fit. Email info@tocajuniors.com, or call 301-221-8305 for more.

THURSDAY/JUNE 22

Señorita Sunshine's USO Show. 1-2 p.m. at the Damascus Senior Center, 9701 Main St., Damascus. Variety show with different elements of surprise and intrigue. Free. Visit ActiveMONTGOMERY.org or call 240-777-6995 for more.

Bowling for Hope. 6:30-8:30 p.m. at Bowlmor Lanes Bethesda, 5353

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SATURDAY/JUNE 24

Meditation Workshop. 11 a.m. at the at Potomac Library, 10101 Glenolden Drive. David Newcomb presents "Meditation: A Tool to Balance Your Life," connecting meditation and spiritual development. Free. Visit www.montgomerycountymd.gov/library/ or call 240-777-0690.

Montgomery Countryside Alliance

Fair. 4-9 p.m. Boyds. Piano playing chicken plus a kid's music legend Barry Louis Polisar and Justin Trawick at Field and Fiddle. Farm address will follow ticket purchase. Email info@mocoalliance.org or call 301-461-9831 for more.

Opera and Musical Theater. 5 p.m. at Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. Presentation of Art Songs Recital and Opera to Pop Concert at 7:30 p.m. is part of the Bethesda Summer Music Festival (BSMF) promoting Opera and Musical Theater for children, grades 9-12, college students, and young emerging professionals. \$20, children free. Visit / www.bethesdapresbyterian.org/ or call 301-986-1137 for more.

Cardio 'n' Core. 7 p.m.-8 p.m. at the Damascus Community Recreation Center, 25520 Oak Drive, Damascus. Get fit through movement, stretching, and aerobics for your cardio and core. \$30. Visit ActiveMONTGOMERY.org under activity #34776 or call 240-777-6870 for more.

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 or call 301-515-0753 for more.

SUNDAY/JUNE 25

Waltz Dance. 2:45-3:30 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Introductory Waltz Workshop, first lessons until 3:30 followed by dance, band is Green Light Karma. \$10. Go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

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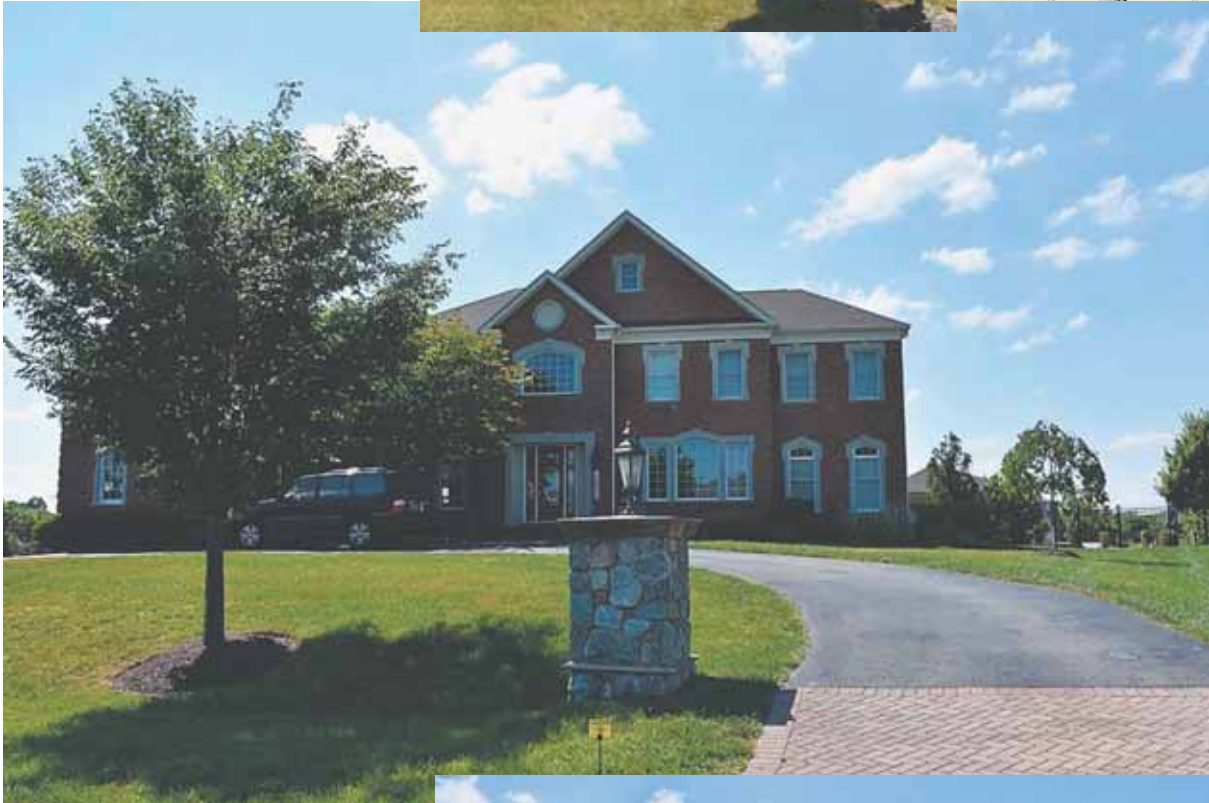
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8 11340 Palatine Drive — \$1,375,000



1 11211 Marwood Hill Drive — \$2,200,000



9 9726 The Corral Drive — \$1,355,000



2 9814 Hall Road — \$1,875,000



5 8805 Mary Mead Court — \$1,562,500



7 10 Oaklyn Court — \$1,399,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 11211 MARWOOD HILL DR	6	7	1	POTOMAC	\$2,200,000	Detached	0.81	20854	MARWOOD	04/18/17
2 9814 HALL RD	5	6	3	POTOMAC	\$1,875,000	Detached	0.46	20854	HERITAGE FARM	04/14/17
3 11520 FRONT FIELD LN	5	5	2	POTOMAC	\$1,855,000	Detached	2.00	20854	PINEY SPRING	04/27/17
4 10609 ALLOWAY DR	6	6	2	ROCKVILLE	\$1,630,000	Detached	2.21	20854	POTOMAC RANCH	04/28/17
5 8805 MARY MEAD CT	5	6	0	POTOMAC	\$1,562,500	Detached	2.00	20854	FALCONHURST	04/28/17
6 11400 PATRIOT LN	5	4	2	POTOMAC	\$1,450,000	Detached	0.36	20854	POTOMAC CREST	04/28/17
7 10 OAKLYN CT	7	4	2	POTOMAC	\$1,399,000	Detached	2.00	20854	POTOMAC OUTSIDE	04/10/17
8 11340 PALATINE DR	5	4	1	POTOMAC	\$1,375,000	Detached	2.00	20854	PALATINE SUB	04/28/17
9 9726 THE CORRAL DR	5	3	2	POTOMAC	\$1,355,000	Detached	2.05	20854	POTOMAC MANOR	04/28/17

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NEWS

Sports Festival

FROM PAGE 7

growth strategy because of the attention it garners among people who had never before heard of KEEN.

"Twenty-five years ago, KEEN started with just five kids in a gym," Braverman said. "Today, KEEN serves 500 young people. Volunteers are essential for KEEN's programs, and, a big, unifying event like the Sports Festival provides a great way to introduce KEEN to new volunteers. We meet new kids here, too, who will become regular KEEN athletes. We invite everyone in the community to participate, and we've even had times where people who just happened to be walking or driving by stop in to see what it's all about, and wind up becoming part of KEEN. It's fabulous, because, we want all kids with special needs to be a part of KEEN."

As KEEN has grown its community of families and volunteers, it has also increased in its offerings. 25 years ago, KEEN held biweekly open-gym time for children with disabilities to get in some casual exercise. The gym full of equipment and volunteers enabled the athletes to incorporate much-needed, regular physical fitness in their lives while their parents and caretakers could pursue some alone time. Today, KEEN has programs to provide an array of activities to its athletes, including Zumba, dance, music, swimming, tennis, and martial arts.

KEEN has also added a program for adults with special needs so that, as Migdail said, "even when the athletes grow up, they can still get a taste of KEEN."

Braverman said that in its strategic planning, the board never loses sight of exactly how valuable KEEN is to families that include someone with special needs.

"We know we need to be constantly working on expansion," he said. "It's important to be accessible to as many families with someone with special needs as possible."

The more KEEN has changed, the more it's stayed the same: Everything is still free-of-charge, and the organization has never rejected anyone, despite the severity of their physical, mental, or emotional limitations.

Migdail said that a significant portion of the KEEN community made an appearance at the 2017 Sports Festival. Among the faces she didn't recognize, she said she hopes many of them will become KEEN volunteers. She knows personally just how remarkable KEEN can be for a volunteer's life.

"I encourage everyone to volunteer," she said. "I guarantee that it will be one of the most rewarding experiences of your life. Twenty-five years ago, just months after the organization started, I was looking for a volunteer opportunity that was limited to weekends. But, I went the first time and I was taken by the concept of KEEN and the people involved. There is no commitment for volunteers. You can volunteer once, or at every event. I don't know anyone who volunteers just once, though. It becomes a part of your life, of your family's life. It certainly has with mine."

For more information on KEEN, including volunteer opportunities, visit the organization online at www.keengreaterdc.org.

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-Thomas A. Edison

Spontaneous Confusion



By KENNETH B. LOURIE

Since I have some alone-time; just me and the cats, I thought I'd try to write my next column a few weeks ahead and take a bit of the time-sensitive deadline pressure off. Not that meeting my weekly commitment has been too much of a problem over the years (nearly 20 in fact), still, I thought I'd put pen to paper, literally, and see what comes out.

So far what has come out is that I'm having creative difficulty writing something that's to be published two weeks hence. It seems/feels that writing in the present about something to be published in the future is awkward, sort of. It's somewhere between wishful thinking and a prediction. Neither of which is characteristic of who I am or how I think. I guess my writing nature is that I like to react to reality and then address it in print, rather than anticipate it and then respond to it. Typically I prefer to be current in my thinking and honest in my prose. Apparently, I have nothing else to share so trying to explain that void is the semi point of this column.

And I suppose, without being too self-indulgent, that if a stage IV cancer patient — yours truly, who shares everything with you regular readers; highs, lows and in-betweens, has nothing of particular interest to share, perhaps it's because I'm experiencing a comparatively easy fortnight between 24-hour urine collection, pre-chemotherapy lab work, every-five-week infusions, and quarterly scans followed by my quarterly face-to-face appointment with my oncologist, so I have minimal cancer-related business to preoccupy my life. It's almost as if I'm unencumbered by my underlying problem: non-small cell lung cancer. And I have to admit, it's a heck of a feeling to not have my conscious and unconscious minding my business and reminding me that I have an incurable form of cancer. Which of course I never need reminding of; as opposed to ending a sentence with a preposition which obviously I do need to be reminded of.

Getting back to the substance — if you can even call it that, of this column: my difficulty writing weeks ahead of publication. What's puzzling about this difficulty is how uncharacteristic of my personality it is. I am not spontaneous. I rarely do anything spur of the moment other than getting off the couch, changing the channel on the television, switching radio stations in the car, deciding what to wear, eating/drinking/going to the bathroom and/or miscellaneous other household-type duties and responsibilities. Yet the problem I'm experiencing now — related to my June 14 column, is that since I'm not being spontaneous, I'm unable to create?

How can that be a problem? That's who I am all the time. I do everything in advance — of consequence, that is. Maybe I'm making too much out of nothing? (Oh, really.) Maybe I'm simply stuck in my head and need to get out of my own way. Not that I make mountains out of mole hills but sometimes, and I've told by my oncologist that I can blame my having cancer for everything, I might not think so clearly and get bogged down emotionally. Ergo, I will lay the blame for this column and it's lack of substance, on having "terminal" cancer.

Cancer doesn't work in mysterious ways (well, perhaps it does to researchers), it works in destructive ways: physically, mentally and spiritually. Logical becomes illogical — and vice versa; rational becomes irrational — and vice versa; and manageable becomes unmanageable — and vice versa. For cancer patients/survivors, expecting that one's life will go merrily along is totally unrealistic. Expecting the unexpected is the path of least resistance.

This week's column/dilemma is simply another example/reminder of how cancer intrudes and deludes and affects those of us who naively thought we would be unaffected.

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

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