

# Potomac ALMANAC

Fran Kline, Kelly Horne, Jackie Balish, and Tom McLaughlin dig for artifacts on the grounds of the Josiah Henson Park during Montgomery County Heritage Days last weekend.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

JUNE 28 - JULY 4, 2017

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The home where Josiah Henson's owner lived.



Front door and stairs of the Riley House.



Kitchen in the Riley House.

## Exploring History During Heritage Days

**J**osiah Henson Park is the former plantation property where the Rev. Josiah Henson was enslaved from 1795-1830. The park was one of several venues highlighted by last weekend's Montgomery County Heritage Days.

Henson's 1849 autobiography, "The Life of Josiah Henson, Formerly a Slave," inspired Harriet Beecher Stowe's novel, "Uncle Tom's Cabin." The park is currently open only during a limited number of dates each season. All events are free and open to the public.

According to the Montgomery Parks' website, the Josiah Henson Park is part of the National Park Service National Underground Railroad Network to Freedom program.

Ongoing archaeological excavations seek to find where Henson may have lived on the site. Henson's quarters, described by him in his autobiography as a "log hut," and part of a "village of log huts" were located somewhere on the plantation grounds.

The house in the park that stands is the slave-owning family's house, the Riley House, dating from 1800-1815. It is also known as the Riley/Bolten House for its later owners as well, and is listed as such



Angela Kramer with Montgomery County Parks talks about the Riley House in Josiah Henson Park with Joan Weigel, Mary Ann Barnes, and Ellen and Abby Epstein during Montgomery County Heritage Days last weekend.

on the National Register of Historic Places. The Boltens altered the house to give it a Colonial Revival appearance and put on a rear addition between 1936- 1939.

The Josiah Henson Park had been in pri-

vate ownership for its entire history, until it was acquired by the Montgomery County Department of Parks, part of the Maryland-National Capital Park and Planning Commission in January 2006.



The living room in the Riley House.



The den in the Riley House.

PHOTOS BY DEB STEVENS/THE ALMANAC



The area under the blue tarp inside the fenced in area is where the artifacts were found.



Some of the artifacts dug up from under the blue tarp.



# OPINION

## Killing the Poor to Pay Millionaires

Even employer provided insurance would suffer; coverage caps and exclusions of pre-existing conditions could return.

**T**he U.S. Senate bill to repeal the Affordable Care Act would take more than \$600 billion (yes with a B) from poor children, poor elders and people with disabilities to give a tax cut to people who make more than \$200,000 a year. Households with income of \$1 million, would gain \$50,000 in tax cuts per year. It is a massive transfer of wealth to the wealthiest households in America taken from the most vulnerable and neediest people. It would lead to more sick people and thousands of preventable deaths every year.

While much of the damage is done by massive cuts to Medicaid, affecting poor children, people with disabilities and most people in nursing homes, some of the changes will result in damage to the quality of insurance for those who get their insurance from their employers as well.

What could go wrong?

❖ Millions of people lose their health insurance — 22 million fewer would have health insurance by 2026 according to the Congressional Budget Office analysis.

❖ Loss of coverage for pre-existing conditions, including cancer survivors, people who had transplants, people with asthma, arthritis, high cholesterol, hypertension, obesity,

mental health issues, ADD, etc.

❖ States could opt out of the law's essential health benefits measure, which requires insurers to cover 10 main benefits, including hospitalization, prescription drugs and other services. That is, companies could sell health insurance that wouldn't actually be health insurance.

❖ Ending annual and lifetime coverage caps would also impact people who get health insurance from their employers and the private insurance market. For example, a serious accident or an illness that requires repeated surgeries or bone marrow transplants could put any one of us over the coverage cap.

❖ Medicaid pays public schools for many services for special education students, but the Senate bill removes schools from eligible Medicaid providers.

❖ \$800 billion plus in cuts to Medicaid puts the funding for most people who are currently in nursing homes at risk. Many of these are people who were middle class and but outlived their savings and coverage.

❖ Medicaid pays for much of the fight against opioid addiction, including treatment. Cuts would be devastating to efforts to counter the wave of overdose deaths and other effects of addiction.

❖ Coverage for mental health treatment, in-

cluding addiction treatment, is threatened both by cuts to Medicaid and by changes in the private insurance market.

❖ There will be greater need for Medicaid over time. More seniors will be poor, as fewer people who are retiring have pensions or adequate retirement savings. The demand for nursing home beds will be increasing as the population ages.

(This is by no means a comprehensive list of problems.)

If a version of the Senate bill were to pass, the results will be harmful to tens of millions of Americans. Call your senators. Maryland's U.S. Senators, Ben Cardin and Chris Van Hollen, are both Democrats pushing back against this bill. But let them know you expect them to do the extraordinary to hold this up. Call the senators listed below and tell them to vote against it.

Ask family and friends to call their senators today.

If you have family or friends who live in West Virginia, Louisiana, Maine, Nevada, Alaska or Ohio, their calls are especially important. Senators Shelley Capito (R-WV); Bill Cassidy (R-LA); Susan Collins (R-ME); Dean Heller (R-NV); Lisa Murkowski (R-AK); Rob Portman (R-OH) are among those reported to be possible opponents of this proposal.

The U.S. Capitol Switchboard number is 202-224-3121, and a switchboard operator will connect you directly with the Senate office you request.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Take Precautions for Summer Temperatures

**W**ith excessive temperatures and humidity forecast, county officials are urging residents to take precautions to protect themselves, and their pets, against heat-related illnesses such as heat stroke and heat exhaustion. Residents are also asked to check on elderly friends, relatives and neighbors who may be isolated to be sure they are not showing signs of heat-related illnesses. County facilities, including libraries, swimming pools, recreation and senior centers, as well as regional services centers, will be open and may provide respite from the heat.

The Montgomery County Police Animal Services Division also wants to remind community members to be especially careful with all pets during times of increased heat. Animals that are outdoors must have access to shade, shelter, and plenty of fresh water.

The following precautions will help residents remain safe and comfortable during excessive heat days:

❖ Stay indoors, whenever possible. Visit nearby air conditioned buildings in your community if your home is not air-conditioned. In addition to county facilities, residents can visit shopping malls, movie theaters and museums. A hyperthermia plan for homeless shelters has been activated and shelters that are normally closed during daytime hours will remain open so that individuals can stay indoors. Progress Place in downtown Silver Spring will remain

open from 8 a.m. to 6 p.m. for all homeless individuals.

❖ Be careful to avoid strenuous activities that can result in overexposure to the sun, such as sports and gardening. If you must do a strenuous activity, do it during the coolest part of the day, which is usually in the morning before 9 a.m.

❖ Drink plenty of water. Dehydration, cramps, exhaustion or heat stroke can result from not drinking enough fluids. Water is the safest liquid to drink.

❖ Avoid drinks containing alcohol or caffeine.

❖ When outdoors, wear proper protection from the sun. Light-colored clothing, a hat, sunglasses and sunscreen protection are recommended.

❖ Never leave pets or young children in a car for any amount of time, even with the window open, because the temperature inside parked cars can reach 130 degrees in only a few minutes.

❖ Monitor those at high risk. Those at greatest risk of heat-related illness include:

- Infants and children up to four years of age;
- Individuals 65 years of age and older;
- Individuals who are ill or on certain medications; and
- Individuals who are overweight.

Knowing the signs of heat exposure can prevent serious illness from becoming life threat-

ening. Should any of the following occur, get out of the heat, loosen any tight or heavy clothing, and drink plenty of water:

❖ Heat cramps: symptoms include painful muscle spasms, usually involving the abdominal muscles or legs;

❖ Heat exhaustion: first signs are cool, moist, pale or flushed skin, dizziness, nausea, headache and weakness; and

❖ Heat stroke: the most serious sign of overexposure. Symptoms include red, hot, dry skin, weak pulse, rapid breathing and changes in consciousness.

Seek medical attention by calling 9-1-1.

❖ Pet Safety: The Director of the Montgomery County Police Animal Services Division, Thomas Koenig, will be enforcing Executive Regulation 10-10AM, Anti-Cruelty Conditions for Dogs, Section 11-D, which states, "A person must not tether a dog under circumstances that endanger its health, safety, or well-being, including: unattended tethering of a dog during a weather emergency." The penalty for this violation is a fine of \$500. This regulation will be enforced whenever forecast temperatures could endanger the well-being of dogs.

For general information about County programs and services, call 3-1-1. Sign up for the County's Alert Montgomery notification system at alert.montgomerycountymd.gov to receive emergency alerts regarding weather and other emergency information.

## POTOMAC ALMANAC

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PHOTO CONTRIBUTED

From left are Farah Khan, Nadeem Khan, County Executive Isiah Leggett, and Amir Khan, son of Nadeem Khan.

## Bringing People Together

400 attend  
iftar dinner.

BY SUSAN BELFORD  
THE ALMANAC

Montgomery County Executive Isiah Leggett, in partnership with the Montgomery County Muslim Foundation and the Montgomery County Muslim Council hosted Iftar Dinner on June 15 at the Montgomery County Council Executive Office Building in Rockville.

Iftar is the meal that Muslims eat to break their fast after sunset during Ramadan. After maghrib prayer, a full-course meal, consisting of soup, salad, appetizers and main dishes is served.

Iftar is a social event which involves family and community members. It is common for Muslims to host others for dinner, or gather as a community or to invite and share food with those less fortunate. The spiritual reward for charitable giving is considered to be especially significant during Ramadan.

The iftar dinner was attended by more than 400 guests including a large number of Montgomery County residents who serve as faith leaders from the Muslim, Christian, Jewish and Buddhist faiths. In addition to Leggett, the event was attended by Montgomery County Council President Roger Berliner, and Councilmember Marc Elrich. In addition to the above, U.S. Rep. John Sarbanes, Maryland Delegates Aruna Miller and Dr. Hassan Jalisi were also present in the event.

Besides the elected representatives, several Montgomery County and Maryland State officials attended the event which included representatives from the Office of the Montgomery County Police Chief Thomas Manger, Officials from Human Right Commission, Special Assistant to the County

Executive Chuck Short, Interfaith Community Liaison Rev. Mansfield Kaseman, Director of the Office of Community Partnerships Bruce Adams and several others.

During the event, the County Executive and County Council issued a joint Proclamation declaring May 27, 2017 to June 24, 2017 "Muslim American Ramadan Heritage Month." In their comments, both Leggett and Berliner appreciated the contributions made by the 65,000 resident Muslims in diverse professions and trades in the Montgomery County. Sarbanes in his address admired the significant role played by the Muslim community in Maryland in all walks of life.

The highlight of the program was a "Certificate of Special Congressional Recognition" awarded to the Montgomery County Muslim Foundation by U.S. Rep. John K. Delaney.

The citation reads as follows: "In Celebration of the 2017 Annual Iftar Dinner and for your dedication to encourage and promote Interfaith activities and dialogue in the community. Your commitment to creating community development services to reduce hunger in Montgomery County is a testament to your dedication to serve the needy."

MCMF members were also active in charitable events during Ramadan. They launched a Ramadan refugee project in which they served meals to more than 400 refugees, distributed 150 Toys R Us gift cards to refugee children, donated cars to help refugees drive to work, distributed more than 2,000 items of clothing to low-income residents and aided in the monthly food pantry distribution to low income residents of Montgomery County.

Tufail Ahamad, chairman of MCMF, expressed his thanks to the County Council for their support for the mission of the MCMF. He also mentioned that lack of office space is preventing the efforts of MCMF to expand its various programs.

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Doctor of Audiology

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## Attractive Upgrades that Make for a Safer Bathroom



Times have certainly changed when it comes to the bathroom. The very things that make your bathroom safer and easier to navigate—large, walk-in showers; higher toilets; natural lighting—are also some of the latest design trends.

The terms have changed over the years but their purposes have remained the same. Grab bars are now being called “shower rails”. Higher-seated toilets are “comfort height.” And easy-to-use lever handles and handheld showers are “ergonomic.” Items once avoided by homeowners are not only sought after, but in high demand.

What's wonderful about incorporating these design components into your bathroom is how it relates to “visitability” which means making your home welcoming to people of all ages and abilities.

Some features to consider when planning for safety in the bathroom:

- Create the right lighting with natural light, sconces and a night-light
- Widen doorways and switch from knobs to levers
- Enlarge the shower and go curb-less
- Use wall mounted sinks that allow space underneath for someone seated
- Look for slip-resistant tile or vinyl
- Choose grab bars that match towel racks and other fixtures
- Think about a walk-in tub



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of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

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## NEWS

# Pediatrician Makes House Calls

Practice launched in January.

BY SUSAN BELFORD  
THE ALMANAC

**T**ake a step back in time: When a child had a fever, a constant cough and couldn't keep food down, the mother called the doctor who came to the home as quickly as possible to care for his young patient. Growing up 70 or more years ago meant doctors often made house calls. The doctor was almost a part of the family and, in an era where all moms did not drive or have access to a car, house calls were a necessity as well as a blessing.

Fast forward to 2017 in Montgomery County: Dr. Ashley Moss is treating pediatric patients in their homes. “I launched my practice in January 2017 because I wanted to establish more continuity, to get to know my patients really well and have more time to spend with them,” she said. “I found that I learn so much about my patients by visiting the home, meeting family members and seeing where the child lives, sleeps and plays. I believe this is a unique and special way to deliver medical care.”

Moss cites her rationale for setting up her home-based practice. “It's better if young children who are sick do not have to leave their homes. It's also healthier for well children if they are not around the germs that sick children bring to the office. Another benefit is that children are often very frightened of doctors and nurses in a cold and sterile medical office. Doctor visits are not as scary for children when I come to exam them in the home; they

are curious about me and much more talkative and open. I also find that vaccinations are much less traumatic.”

She continued, “Additionally, the pace is different. In a big practice, it's one appointment after another. In my practice, I leave a lot of time between appointments in case my visit runs longer. The doctor-patient relationship is more rewarding because I know and understand the patient and his/her family so much better — and they get to know me too. When I visit a child at home, they feel safe and secure with me. I absolutely feel this is a wonderful way to practice medicine. I am able to blend the high quality of modern medicine with the nurturing commitment of traditional house calls and emphasize the priority of the child's health.”

Some of the services offered by Moss include screenings, vaccinations, sports physicals, house calls for routine well-child appointments as well as same-day appointments for sick children, 24/7 access to Moss via cell-phone, weekend and after-hours appointments, a complimentary pre-natal visit and newborn expertise. Her car is outfitted with the necessary medical items for a house call and includes a refrigerator. After speaking with the parent about the child, she determines exactly what will be needed for her visit. If x-rays or other tests are required, she will refer to the proper medical facility.

Moss is a graduate of Princeton University and the Medical College of the University of Virginia. She completed her pediatric residency at New York Presbyterian Hospital – Weill-Cornell Medical Center in 2006. After working at the Pediatric Emergency Department of the Greater Baltimore Medical Center, she was in private practice for 10 years. In her new



**Dr. Ashley Moss**

practice, she plans to provide her services to residents of Maryland and the District of Columbia. Moss serves as vice president of the Montgomery County Pediatric Medical Society. She and her husband, also a physician, have three children and reside in Chevy Chase.

“My vision is to reaffirm the important and meaningful connection among doctors, children and families so as to provide the highest quality medical care in a caring and nurturing environment,” she said. “In our ever-changing world, full of great advances in health and technology, the patient-physician relationship remains the ultimate cornerstone to healthy families and strong communities. I am committed to fostering the bond between families and physician to keep our children and communities healthy.”

To learn more about Ashley Moss Pediatrics, visit [www.ashleymosspediatrics.com](http://www.ashleymosspediatrics.com). Contact her at 301-807-6884 or via email at [Ashley@mospediatrics.com](mailto:Ashley@mospediatrics.com).

## 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.

### INDEPENDENCE DAY

**Free Sober Rides.** Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in

the app's “Promo” section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberide.com](http://www.soberide.com).

### 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.

### 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

SEE BULLETIN BOARD. PAGE 7

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# Report Supports Student Loan Refinancing Authority

**T**he Montgomery County Council received a report from the Office of Legislative Oversight (OLO) at its June 27 meeting entitled "Student Loan Refinancing Authority" that shows it would be feasible to establish a student loan refinancing authority in Montgomery County.

The report states that student loan debt in the United States reached \$1.28 trillion in 2017, with 44.2 million residents having an average monthly payment of \$351. Refinancing a student loan can help borrowers by lowering interest rates or reducing the length of the loan period — lowering monthly payments and/or lowering the overall amount of repayment.

Neither the state of Maryland nor Montgomery County currently have a student loan refinancing authority. In 2016, the Maryland General passed legislation to allow Montgomery County to establish a Student Loan Refinancing Authority (SLRA).

Before the county can establish a SLRA, the legislation requires that the county conduct a study that, among other things, examines feasibility and demand and studies the operations of similar refinancing authorities in other systems.

A summary of the characteristics of the programs studied by OLO finds that, typically, the programs are offered to residents

of the state or to out-of-state residents attending a school within the state. A few programs are open to all U.S. citizens or permanent residents.

On average, a borrower or co-signer must be employed and/or have a minimum income (typically \$20,000 to \$40,000). Borrowers generally had to have FICO credit scores between 670 and 720 — or meet other credit standards. Most programs do not require borrowers to have completed degrees.

The programs typically provide for loans from \$70,000 to \$150,000. The minimum

loans range from \$7,500 to \$10,000. Some have no minimums.

The report found that state student loan refinancing programs typically receive initial funding from loan proceeds from a state loan authority's private loan program — generally between 10 and 15 percent of the total loan amount for the refinance program is needed for collateral (assets pledged as a recourse to a lender if a borrower defaults on an initial loan).

Most of the state student loan refinancing programs started their first year as a pilot program, with an average of about

\$7.5 million in loan refinancing, and then increased funding in their second year.

The report offers two recommendations if the county is to consider implementing a student loan financing authority. They are:

- ❖ Determine technical and policy characteristics; engage a consultant to conduct a market demand study.

- ❖ If the council wants to establish a student loan refinancing authority, consider establishing it as a component of the Montgomery County Revenue Authority.

The complete OLO report can be found at <http://tinyurl.com/y8cd3v5n>.

## BULLETIN BOARD

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and caregiving resources for adults and caregivers. Call 240-777-0690 or email [lisbeth.herer@montgomerycountymd.gov](mailto:lisbeth.herer@montgomerycountymd.gov).

### FRIDAY/JULY 7

**Application Deadline.** The Montgomery County Commission for Women is both an advisory board to, and a department of, county government. The Commission's primary focus is to improve women's lives through identifying inequities in laws, policies, practices and procedures and providing recommendations that promote remedies. The Commission is staffed by an Executive Director who works with a 15-member citizen advisory panel. Commissioners are appointed by the County Executive and confirmed by the County Council to serve three-

year terms, without compensation. Enabling legislation requires that nine commissioners be endorsed by organizations addressing the needs of women, and six must be individuals who apply on their own behalf. Commissioners are asked to contribute four hours per week in service to the Commission, identifying and investigating issues, advocating remedies and providing public education. Visit [www.montgomerycountymd.gov/cfw/](http://www.montgomerycountymd.gov/cfw/).

### 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

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**THE CONNECTION**  
Newspapers & Online  
**Special Edition**

**PET Connection**

Publishes: July 26, 2017 • Ads close: July 19, 2017

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets. Reach pet owners where they live in a section sure to attract and hold their attention.

The Pet Connection will publish on July 26, 2017, and photos and stories of your pets with you and your family should be submitted by July 19. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults.

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Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
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- Burke Connection
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- Fairfax Connection
- Fairfax Station/Glenn/Lorton Connection
- Great Falls Connection
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MEET MATA AMRITANANDAMAYI, RENOWNED HUMANITARIAN AND SPIRITUAL LEADER

**WASHINGTON, DC**  
**JULY 4 - 5, 2017**

Programs include inspirational music, meditation, spiritual discourse, and personal blessings

**July 4 — FREE PROGRAM**  
10:00am, morning program  
7:30pm, evening program

**July 5 — FREE PROGRAM**  
10:00am, morning program

**July 5 — DEVI BHAVA FREE PROGRAM**  
A celebration devoted to world peace  
Program begins at 7:00pm

**LOCATION**  
Crystal Gateway Marriott  
1700 Jefferson Davis Hwy  
Arlington, VA 22202

**PARKING / TRANSPORTATION**  
\$15.00 Hotel Parking (free parking available after 4pm at neighboring lots)  
Crystal City Metro .02mi  
Free shuttle to and from Reagan National Airport

For info about Amma's charities visit [embracingtheworld.org](http://embracingtheworld.org)

PLEASE PLAN TO ARRIVE AT LEAST 90 MINUTES BEFORE THE PROGRAM TO RECEIVE A FREE TOKEN IF YOU WOULD LIKE TO HAVE AMMA'S EMBRACE. TOKENS MAY BE LIMITED BY TIME CONSTRAINTS.

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OM LOKAH SAMASTAH SUKHINO BHAVANTU

MAY ALL BEINGS EVERYWHERE BE HAPPY



# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/  
THE ALMANAC

## April, 2017 Sales, \$1,020,000~\$1,100,000

IN APRIL 2017, 59 POTOMAC HOMES  
SOLD BETWEEN \$2,200,000-\$415,000.

**5 13309  
Deerbrook Drive  
— \$1,062,280**



**3 12001 Piney Glen Lane — \$1,080,000**



**4 11013 Homeplace Lane — \$1,075,000**



**2 8121 Hackamore Drive  
— \$1,095,000**

**1 8323  
Turnberry Court  
— \$1,100,000**



**7 7600 Hackamore Drive — \$1,020,000**

Address .....	BR	FB	HB	Postal	City	Sold Price ...	Type .....	Lot AC ..	PostalCode .....	Subdivision .....	Date Sold	
1 8323 TURNBERRY CT .....	4	..	3	.	1	POTOMAC ...	\$1,100,000 ...	Townhouse ....	0.17 .....	20854 .....	AVENEL .....	04/28/17
2 8121 HACKAMORE DR .....	5	..	4	.	1	POTOMAC ...	\$1,095,000 ...	Detached .....	0.34 .....	20854 .....	RIVER FALLS .....	04/12/17
3 12001 PINEY GLEN LN .....	4	..	4	.	1	POTOMAC ...	\$1,080,000 ...	Detached .....	2.04 .....	20854 .....	PINEY GLEN FARMS .....	04/26/17
4 11013 HOMEPLACE LN .....	5	..	4	.	1	POTOMAC ...	\$1,075,000 ...	Detached .....	2.00 .....	20854 .....	PINEY GLEN FARMS .....	04/28/17
5 13309 DEERBROOK DR .....	4	..	4	.	0	POTOMAC ...	\$1,062,280 ...	Detached .....	0.24 .....	20854 .....	PINEY GLEN VILLAGE .....	04/21/17
6 10 MASTERS CT .....	5	..	3	.	1	POTOMAC ...	\$1,060,000 ...	Detached .....	0.38 .....	20854 .....	RIVER FALLS .....	04/20/17
7 7600 HACKAMORE DR .....	5	..	4	.	1	POTOMAC ...	\$1,059,000 ...	Detached .....	0.36 .....	20854 .....	RIVER FALLS .....	04/19/17
8 9420 TURNBERRY DR .....	3	..	3	.	1	POTOMAC ...	\$1,020,000 ...	Townhouse ....	0.13 .....	20854 .....	AVENEL .....	04/27/17

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## CONNECTION FAMILIES

# A Week of Area Independence Day Celebrations

### FRIDAY/JUNE 30

**Independence Fireworks.** 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Fireworks with Mansion Tour: \$34 for adults; \$24 for youth; No Mansion Tour: \$30 for adults; \$20 for youth. Call 703-780-2000 or visit [www.mountvernon.org](http://www.mountvernon.org).

### SATURDAY/JULY 1

**Fireworks at Lake Fairfax Park.** 10 a.m.-10 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine Park, boat rentals, live music, food, puppet show, camping and fireworks. \$10 per car. The rain date is Sunday, July 2. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lakefairfax/](http://www.fairfaxcounty.gov/parks/lakefairfax/).

**Workhouse Arts Center Festivities.** 5-9:30 p.m. at The Workhouse, 9518 Workhouse Way, Lorton. \$20. Golf course lecture, hole-in-one challenge, fireworks. Visit [www.workhousearts.org](http://www.workhousearts.org).

**Independence Fireworks.** 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Fireworks with Mansion Tour: \$34 for adults; \$24 for youth; No Mansion Tour: \$30 for adults; \$20 for youth. Call 703-780-2000 or visit [www.mountvernon.org](http://www.mountvernon.org).

### MONDAY/JULY 3

**History Day Tours.** Tours at 11 a.m. through 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Test your knowledge of U.S. history at Sully Historic Site with political trivia, games and fun facts. \$7 for adults, \$6 for students, and \$5 for seniors and children. Call 703-437-1794 or visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov).

### TUESDAY/JULY 4

**Firecracker 5K.** 8-10 a.m. Reston Town Center, Reston Town Center, 11900 Market St. Live music and American flags while rooting for the runners in the "Battle of the Branches" competition. Call 703-912-4062 or visit [restontowncenter.com](http://restontowncenter.com).

**Autism Speaks 5K.** 8 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac, Md. Fundraiser for autism. Registration, packet pick up at 6:30 a.m. Call 202-955-3111 or email [AutismSpeaks5K@AutismSpeaks.org](mailto:AutismSpeaks5K@AutismSpeaks.org).

**Great Falls Hometown Celebration.** 8 a.m.-1 p.m. at at Great Falls Village Centre, 776 Walker Road, Great Falls. Great Falls 5K Walk/Run starts at 8 a.m. and then view the floats, antique cars, horses and the bike brigade in the



FILE PHOTO

**People capture the firework display on cell phones and cameras during Alexandria's birthday celebration July 9, 2016.**

4th of July Parade at 10 a.m. After the parade, food, music, field games and festivities on the Village Centre Green. At 6 p.m., the gates open at Turner Farm Park featuring music, games, contests and food trucks until the Fireworks Show gets underway just after dusk. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

**Mount Vernon Independence Day.** 9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Troop inspection, wreath laying, citizen naturalization, music, fireworks and cake. Call 703-780-2000 or visit [www.mountvernon.org](http://www.mountvernon.org).

**Fairfax Independence Day Parade.** 10 a.m. On Main Street in downtown Fairfax. Visit [www.fairfaxva.gov/about-us/special-events/independence-day-celebration](http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration).

**City of Fairfax Evening Show.** 5:30 p.m. at Fairfax High School, 3501 Rebel Run. Children's activities (inflatables, face painting, and balloon artists), Oon-stage entertainment with a fireworks display that follows. The rain date for the fireworks only is July 5. Items that may puncture the synthetic turf, smoking, alcohol and animals (except service animals) are not permitted on the football field. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) or call 703-385-7855.

**Fairfax Station Holiday Crafts Day.** 1-4 p.m. at the Fairfax Station

Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Crafts will highlight the holiday and the railroads. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or call 703-425-9225.

**Great Falls Fireworks.** 6 p.m. at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. As part of the Village of Great Falls Independence Day celebration, Christ the King Lutheran Church invites members, friends, and members of the community to gather on the church's front lawn to enjoy the fireworks from this premium vantage point. Visit [www.gflutheran.org](http://www.gflutheran.org) or call 703-759-6068.

**Arlington Independence Day.** 5-10 p.m. at the Long Bridge Park, 475 Long Bridge Drive, Arlington. Family-friendly activities including live music, food vendors, games, and a view of the Washington, D.C., fireworks display. Games and activities will include face painting, balloon art, moon bounces (weather permitting), cornhole, bocce, and more. No on-site parking at the event. Free event shuttles will run continuously from 4:30-10:30 p.m. between Long Bridge Park and the Pentagon City and Crystal City Metro stations. Free. Visit [parks.arlingtonva.us/july-4th/](http://parks.arlingtonva.us/july-4th/).

**Vienna July 4 Festival and**

**Fireworks.** 6:30 p.m. at at Yeonas Park, 1319 Ross Drive SW, Vienna. Food available from the Vienna Little League snack bar, those who register can get their taste of America in the form of two eating contests: Children ages 5-10 can sign up onsite to participate in a pie-eating contest. Adults can give their chomping skills a try in Vienna's second annual hot dog-eating contest. Visit [viennava.gov](http://viennava.gov) or call 703-255-6360.

**Herndon Independence Day Celebration.** 6:30-10 p.m. in Bready Park at the Herndon Community Center, 814 Ferndale Ave. Games, patriotic arts and craft activities, live music, family games, bingo, food, balloon artists and fireworks at 9:30 p.m. Visit [herndonva.gov](http://herndonva.gov).

**McLean Independence Day.** 6:30 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Musical entertainment by a local disc jockey, as well as food trucks selling a variety of entrees and snacks. Off-site parking and shuttles available. Admission is free. In case of inclement weather, the fireworks show will be presented at 8 p.m. on the rain date, Wednesday, July 5. Call 703-790-0123, or visit [www.mcleancenter.org](http://www.mcleancenter.org).

**Herndon Independence Day Celebration.** 6:30-9:30 p.m. in Bready Park at the Herndon Community Center, 814 Ferndale

Ave. Family-fun event featuring games, patriotic arts and craft activities, live music, family games, bingo, food, balloon artists and more. Visit [herndon-va.gov/recreation/special-events/4th-of-july](http://herndon-va.gov/recreation/special-events/4th-of-july).

**Falls Church Celebration.** 7-10 p.m. at George Mason High School, 7124 Leesburg Pike, Falls Church. Live music. Visit [www.fallschurchva.gov/](http://www.fallschurchva.gov/).

**Montgomery County Sparkles.** 7:30 p.m., Albert Einstein High School, 11135 Newport Mill Road, Kensington. Montgomery County celebrates Independence Day with live music featuring Gringo Jingo. Fireworks are at 9:15 p.m. Shuttle bus at Westfield Wheaton North Building. Handicap parking only available at Einstein High School. Food vendors on site. Raindate is July 5 for fireworks only. Call 240-777-0311.

**Free Sober Rides.** Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberride.com](http://www.soberride.com).

### THURSDAY/JULY 6

**Patriotic Music.** 1-2 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. \$2 or free for residents. Visit [www.holidaypark.us/](http://www.holidaypark.us/).

**Summer Under the Stars Concert.** 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong Street, Fairfax. Main Street Community Band. Visit [fairfaxva.gov](http://fairfaxva.gov) or call 703-385-7855.

### SATURDAY/JULY 8

**USA/Alexandria Birthday Celebration.** 5-10 p.m. at Oronoco Bay Park, 100 Madison St. Event to celebrate the 241st birthday of the USA and the 268th birthday of the City of Alexandria, featuring entertainment, cannon salute during the 1812 Overture, food and beverage sales, and fireworks at 9:30. Call 703-746-5592 or visit [www.visitalexandriava.com/alx-bday/](http://www.visitalexandriava.com/alx-bday/).

**Riverfront Fundraiser.** 7:30-10:30 p.m. Del. Mark Levine's house, at 805 Rivergate Place, Alexandria. Refreshments include "impeachment punch," "Orange Russians," wine and beer, soft drinks, and food. And great views of the fireworks which begin at 9:30 p.m. Come early to get a good lawn seat or come later after the festivities next door at Oronoco Park.



PHOTO CONTRIBUTED

## Independence Day

**On Tuesday, July 4 the Autism Speaks 5K, 8 a.m. at Potomac Library, 10101 Glenolden Drive. Fundraiser for autism. Registration, packet pick up at 6:30 a.m. Call 202-955-3111 or email [AutismSpeaks5K@AutismSpeaks.org](mailto:AutismSpeaks5K@AutismSpeaks.org) for more.**



**Celebrate Independence Day at 144 Maple Ave. E., Vienna. Food, water games, pie eating contest and more. Visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.**

PHOTO BY  
TOWN OF VIENNA



# ENTERTAINMENT

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

**Pups on the Patio.** 4-7 p.m. every Thursday at Silver, 7150 Woodmont Ave., Bethesda. Guests can enjoy drinks, appetizers and dinner with their pets outside on Silver's patio. Visit [www.eatatsilver.com](http://www.eatatsilver.com) for more.

**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/](http://waverlystreetgallery.com/) for more.

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

**Contra and Square Dance.** Fridays



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

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.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

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

**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).

**Textures in Glass Exhibit.** Various times through June 3 at the Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit [www.creativeglassdesign.com](http://www.creativeglassdesign.com).

## THURSDAY/JUNE 29

**Cardio and Core.** 7-8 p.m. at the Damascus Community Recreation Center, 25520 Oak Drive, Damascus. For ages 13 and up. Get fit through movement, stretching, and aerobics for your cardio and core and so much more. One staff to 10 participants. Cost \$30. Register online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) under activity #34776.

## FRIDAY/JUNE 30

**Opera and Musical Theater.** 7:30 p.m. at Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. Presentation of "Sweeney Todd" 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/](http://www.bethesdapresbyterian.org/) or call 301-986-1137 for more.

**Movie on the Lawn.** 8-10 p.m. at the Clara Barton Community Recreation Center, 7425 MacArthur Blvd. Free. "The Lego Batman Movie," Visit [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) or call 240-777-4910 for more.

## SATURDAY/JULY 1

**Opera and Musical Theater.** "Sweeney Todd" at 2:30 p.m. and the "Magic Flute," at 7:30 p.m. at Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. 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 [bethesdapresbyterian.org/](http://bethesdapresbyterian.org/) or call 301-986-1137 for more.

## TUESDAY/JULY 4

**Autism Speaks 5K.** 8 a.m. at Potomac Library, 10101 Glenolden Drive. Fundraiser for autism. Registration, packet pick up at 6:30 a.m. Call 202-955-3111 or email [AutismSpeaks5K@AutismSpeaks.org](mailto:AutismSpeaks5K@AutismSpeaks.org).  
**Montgomery County Sparkles.** 7:30 p.m., Albert Einstein High School, 11135 Newport Mill Road, Kensington. Montgomery County celebrates Independence Day with live music featuring Gringo Jingo. Fireworks are at 9:15 p.m. Shuttle bus at Westfield Wheaton North Building. Handicap parking only available at Einstein HS. Food vendors on site. Raindate is July 5 for fireworks only. Call 240-777-0311.

## THURSDAY/JULY 6

**Patriotic Music.** 1-2 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. \$2 or free for residents. Visit <http://www.holidaypark.us/> for more.

## FRIDAY/JULY 7

**Damascus Day Parade.** 6 p.m., parade travels down Route 27 to Lewis Drive. To register to be in the parade, applications are available at the center. The theme of this year's parade is Halloween, celebrating Damascus. Free/Gratis. Call 240-777-6840 for more.

**Opening Reception.** 6-9 p.m. at the New Masters Art Gallery, 12276 Wilkins Ave., Rockville. The New Masters Art Gallery presents "Shared Journeys," an insight to four artists' paths. Featuring the art of Ron Jensen, Elise Mahaffie, Isabella Martire, and Gail Poe. The show will run through Friday, July 28. Visit [www.newmastersartgallery.com](http://www.newmastersartgallery.com).

**Artists Reception.** 6-9 p.m., at Artists & Makers Studios, 11810 Parklawn Drive, Suite 210, Rockville. Black Artists of DC (BADDC) are in the two main galleries with work by Daniel T. Brooking, James Brown, Jr., T.H. Gomillion, Gloria C. Kirk, Glenda Richardson, Janathel Shaw, Russell D. Simmons, Nanno Smith, and Eugene Vango. Email [Judith@ArtistsAndMakersStudios.com](mailto:Judith@ArtistsAndMakersStudios.com) or visit [www.artistsandmakersstudios.com/](http://www.artistsandmakersstudios.com/)

**Rob Patrick Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## SATURDAY/JULY 8

**Plein-Air Painting Workshop.** 8 a.m.-4 p.m. Rocklands Farm & Winery, Courtney's Farm, 14525 Montevideo Road, Poolesville. Limit 12 participants. Email [info@mocoalliance.org](mailto:info@mocoalliance.org) or call 301-461-9831 for more.

**Cooking Demo.** 12:30-1:30 p.m. at Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring. Free. Call 240-777-8085 for more.

**Artists Reception.** 5-7 p.m. at Photoworks Gallery, Glen Echo Park, 7300 MacArthur Blvd. Flying Solo: An exhibition of photographs by Tanguy de Carbonnières. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Viki Ryan Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## SUNDAY/JULY 9

**Introductory Waltz Workshop.** 2:45-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. 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. \$10. Call 202-238-0230 or Glen Echo Park at 301-634-2222, of visit [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org)

## WEDNESDAY/JULY 12

**Tom Saputo Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

**Two "open to all" events to help you age-in-place in the home you love...**

**Social Lunch**  
Tuesday, July 11, 12 noon  
Tally Ho Restaurant, Potomac Village  
Participants pay for their own meal

**and... A Pot Luck Dinner!**  
Thursday, July 20, 6 p.m.  
Potomac Community Center  
For info and to RSVP, 240-221-1370

details at 240-221-1370  
[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

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## News

# Bill To Expand Off-leash Sites

Montgomery County Councilmember Sidney Katz introduced Bill 21-17 on June 20 that would ensure that dogs could be off-leash in dog parks that are established by municipalities in the county.

Dogs currently can be off-leash (technically "at large") in dog parks in Montgomery County established and overseen by the Maryland-National Capital Park and Planning Commission (M-NCPPC). However, M-NCPPC regulations regarding dog parks do not apply in dog parks that are established by municipalities within the county.

Councilmembers Roger Berliner, Marc Elrich and Craig Rice are co-sponsors of Bill 21-17. A public hearing on the bill is tentatively scheduled for July 11.

The bill will not impact county laws that call for dogs to be on leashes in public areas.

## BULLETIN BOARD

FROM PAGE 7

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](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@hospicecare.org](mailto:Pennyg@hospicecare.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).

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# Infusing is Rarely Amusing

By KENNETH B. LOURIE



Four weeks out of every five, it appears as if I don't have cancer. Fortunately, I don't look the part. Nor do I act the part – in my opinion. However, there is one week out of every five when I most definitely feel the part: the week after my chemotherapy infusion, when eating is a particular challenge. The look, feel, taste and thought of food and/or drink is nearly impossible to swallow – literally and figuratively. And though I'm not in any pain during this post-chemotherapy weak, I am compromised nonetheless.

Friends and family who are familiar with my "normal" eating habits (I'd order off the children's menu if I could) have joked that since I'm unable to eat any of the usual and customary Kenny selections, perhaps I should try eating foods that I would never select: Brussels sprouts, grapefruit, tuna fish in a can, fresh fish on a platter, all condiments other than mayonnaise, all legumes and a million other foods that you probably love. Plain and boring is how I roll (a potato roll is my preference), repeatedly.

The problem is that when I'm post chemo, nothing satiates: salty, sweet or "snacky;" hot, cold or medium; fast or slow; store-bought, home-made or restaurant-ready. It's all merely a variation on a theme where my back stiffens, my head tilts back and down and my eating mind says "no." It's been this way for about two and a half years now. And though I don't look the least bit undernourished, I am overwhelmed by these week-long post-chemotherapy eating fits and non-starts.

Naturally I have discussed this side effect with my oncologist. When asked how long this situation lasts, my seven-ish day struggle seems about average, according to my doctor, maybe even slightly shorter than some other patients he treats who are infused with the same chemotherapy drug as I am. Apparently, there are other patients where the eating challenges last even longer than mine. And since there's nothing to be prescribed/recommended to affect this eating problem/lack of outcome, all I can do is live with the consequences of my treatment. Live being the operative word. So unless I stop treatment, this eating challenge will persist, presumably. (Although, there's scant clinical information regarding side effects on stage IV, non-small cell lung cancer patients still living after eight years and four months as we're a patient population that doesn't much exist. We're not exactly unicorns, but neither are we ponies at the Fair.)

Fairness – and normalcy for me was officially gone on Feb. 27, 2009, the date of my diagnosis and the initial Team Lourie meeting with my oncologist. But so what. As of that date, my perspective/orientation became about living forward, not recriminating backward. Sure, the present was important, but the future was more important, and the past, well, it had passed. No more could I afford to consider who, what, where, when, why and how I ended up in this predicament. My goal was to remain positive, take the bad with good, survive until the next drug approval by the FDA (of which there have been half a dozen in the last two years specifically for the treatment of lung cancer) and try not to impose my problems on anyone else.

Which I believe I've succeeded in doing. Oh sure, I've imposed myself on you regular readers, but what I've imposed on you have been my experiences. Considering the context, I'd like to think I've shared, not self-indulged. Moreover, I'd like to think we're all better off for the 'experience.' I know I am.

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



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