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Potomac

ALMANAC



PHOTO BY HARVEY LEVINE/THE ALMANAC ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 11

Raging

NEWS, PAGE 4

Middy on June 15:
Witnessing the Potomac
River at flood levels.

One Last Goodbye to Potomac Elementary School

NEWS, PAGE 3

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Vote - June 26, 2018

To hold the line on taxes, Montgomery County needs more business job growth and sustainable spending. As the Washington Post recently stated "It's easy to overlook some ominous signs of fiscal and economic trouble ahead". A recent study by Sage Analytics found the Montgomery Co. economy is stagnant, we have fewer jobs than in 2006, the real estate market is soft and the tax base is shrinking.

But with a new focus and direction Montgomery County can continue to be a great place to live and raise a family.

**We recommend the following candidates.
They will work hard to make our County an even better place to live and work.**



Bill Conway
Council At-Large



Evan Glass
Council At-Large



Jill Ortman Fouse
Council At-Large



Hans Riemer
Council At-Large



Andrew Friedson
Council District 1

THE BRICKYARD BALLOT

State Senator District 15
Brian J. Feldman

State Senator District 16
Susan C. Lee

Council District 2
Craig L. Rice

Council District 4
Nancy Navarro

House of Delegates District 15
Kathleen Dumais
David Fraser-Hidalgo
Kevin Mack

House of Delegates District 16
Ariana Kelly
Marc Korman
Sara Love

Council District 3
Sidney Katz

Council District 5
Tom Hucker

This message has been authorized and paid for by the Brickyard Coalition, Inc., PO Box 60962, Potomac, MD. 20859, Keith Williams, Treasurer. This message has not been authorized or approved by any candidate.



PHOTOS COURTESY GREGG BARON, PRINCIPAL INTERN

Faculty, staff, some alumni and students give the school a “hug” (above left and below) and wave goodbye (above right) to Potomac Elementary School on June 13.

One Last Goodbye to Potomac Elementary School

Faculty visit school's temporary home.

BY PEGGY MCEWAN
THE ALMANAC

School is out but Potomac Elementary School faculty and staff went on a field trip on Monday. They piled into two Montgomery County Public School buses and went to visit Radnor Holding School in Bethesda where they and their students will be housed for the next 18 months during the building of an all new PES.

“We’re really excited as a staff to go to Radnor, to make it home,” Principal Catherine Allie said. “The parents know that what makes Potomac is the staff.”

There was real excitement about Radnor among the staff after the visit.

“It was good, I was pleasantly surprised,” said Liz Borra, school counselor. “The rooms are very large with lots of natural light.”

The windows are incredible, said first grade teacher Liz Siegel.

Borra said she is sure the school will be cleaned, up, painted and looking good when students arrive on Sept. 4.

“It will look good. Once you get color and bulletin boards, it will look welcoming,” she said.

Potomac Elementary families have an opportunity to add color to their new school by decorating a ceiling tile for a classroom at Radnor. Tiles can be picked up at the school until June 29.

“We are asking that families paint a calming or motivational image on the tiles,” art teacher Tori McDaid said.

McDaid said the painted ceiling tiles have been used in other schools and are not at all disruptive in a ceiling of white.

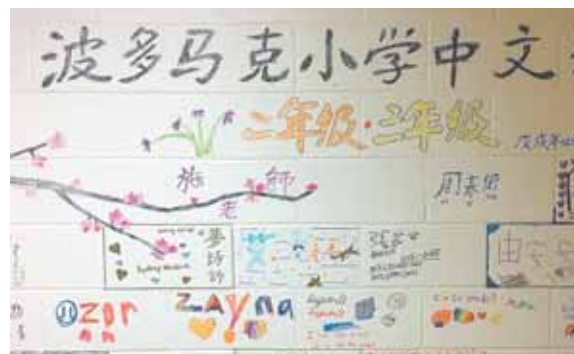
Potomac Elementary School is on the list of MCPS revitalization/expansion projects, which, according to the system’s website, “not only replace aging schools with more



efficient buildings, but also add space that can alleviate capacity concerns.”

The all new Potomac Elementary School is expected to open in January 2020.

“I think it will go quickly,” Allie said. “Excellence is the expectation, that’s where we’re heading.”



This wall was decorated by students in Potomac Elementary School’s Chinese Immersion Program.



Students at Potomac Elementary School were each allowed to decorate one block from the school as they said goodbye to the building.



Students from each grade level left their hand prints on the wall at Potomac Elementary School.

PHOTOS BY PEGGY MCEWAN/THE ALMANAC



PHOTOS BY HARVEY LEVINE/THE ALMANAC

Raging River

Midday on June 15: Witnessing the Potomac River at flood levels.

Benz Retires from Winston Churchill High School

Looking forward to travel.

BY SUSAN BELFORD
THE ALMANAC

“I have been so fortunate to have had such a glorious professional journey,” says retiring Winston Churchill High School (WCHS) Principal Joan Benz. “My years as principal of Churchill High have been so meaningful. I am so grateful to have had the opportunity to form wonderful relationships with students, staff and parents. Even though I’m retiring, these bonds will remain with me forever.” Over a span of 44 years at Montgomery County Public Schools, Benz has served as a special education teacher, teacher specialist, assistant principal of Mark Twain and Tilden, principal of the Regional Institute for Children and Adults (RICA), Poolesville Middle/High School and then Churchill for 21 years.

Originally from Oxford, Mass., Benz graduated with a BA in English from the University of Massachusetts and earned her Master’s in Special Education from Eastern Michigan University. In between assign-

ments at MCPS, she took a sabbatical to secure a PhD at Virginia Tech. After she earned her doctorate, her love of learning and exploration of new interests led her to earn yet another degree — this time in marriage therapy.

Benz’ accomplishments as principal of Churchill are numerous and include the US News and World Report selection of the number one high school in Maryland as well as one of the top high schools in the U.S. — honors that Churchill has consistently been awarded under her leadership.

“Some of the important achievements I take credit for are the initiation of the Churchill High Educational School Foundation to support the goals and interests of both staff and students. I also value my experiences with the Scotland Partnership for Excellence. Most recently, we implemented wellness programs in partnership with the Montgomery County Mental Health Association to identify sources of strength, promote communication skills among peers and give students and staff tools for dealing with stress and depression. I also have thoroughly enjoyed the diversity and exceptional talents of so many of the students and staff,” she said.

Her proudest moment every year is gradu-



Principal Dr. Joan Benz.

ation. “I’m so pleased to shake each graduate’s hand and know this is only the beginning of his or her journey. It’s just amazing that so many students come back after college and find jobs near our community so they can send their own children to the same schools they attended. That says a lot about their experiences at Churchill that they want their own children to continue the tradition.”

While she was at Churchill, Benz was fortunate to travel to China four times with

County Executive Isiah Leggett’s team, the College Board and with Churchill students. In China, she had the opportunity to visit many schools to observe the differences in Chinese and U.S. schools. “The schools in China have the most unbelievable facilities and I was thrilled with the quality of the education in China. I learned so much while I was there,” she said.

In her retirement, she is planning to travel more. “I have traveled a lot in my life and I plan to even do more now that I have the time — and don’t have to ask for permission to leave,” she said. Germany may be her first adventure — and she has already been asked to join some of the Churchill student trips next year.

What words of advice does she have for her successor? “The Churchill community is very demanding — but it has the most special people who give generously of their time, talents and financial resources to make their schools as good as it can possibly be. They value education and realize how important quality education is for the next generation. The students are also exceptional and always go the extra mile. I would tell the new principal to enjoy the community, the students and the staff — they are extraordinary.”

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Community Overturns Plans for Medical Cannabis Dispensary

Potomac Oak Shopping Center cancels lease agreement.

BY PEGGY MCEWAN
THE ALMANAC

Just a few weeks ago it seemed the petition circulating around the neighborhood surrounding Potomac Oak Shopping Center at Travilah and Glen roads was too little, too late.

Plans were moving ahead to open a medical marijuana dispensary at the shopping center. Its opening was expected for the end of summer, according to Darren Weiss, vice president and general counsel of Zen Leaf Dispensaries, which planned to operate the dispensary. Weiss spoke to the Almanac in late April.

“The owner of the shopping center has bowed to the community opposition and has terminated the lease,” Jason Levine, who started the petition on Change.org, wrote in an email. “The dispensary has been defeated.”

Levine sent a copy of the petition to County Councilmember Roger Berliner.

“I have been monitoring the developments regarding the proposed dispensary, and have heard the opposition expressed by your community and the tenants of the shopping center,” Berliner wrote to Levine. “This sentiment was further conveyed following the community meeting held by the proposed tenant, Mikran LLC (Zen Leaf Potomac), on Friday, April 27, 2018.”

He then shared with Levine the news he hoped for: “I have been notified that the manager of the Potomac Oak Shopping Center has terminated the lease with the dispensary owner, Mikran LLC. For your convenience, I have attached letters from the manager to Mikran LLC and to the tenants of the shopping center regarding the termination of the lease. It is clear that the voices of the community and other tenants regarding this matter were heard and responded to promptly by the shopping center owner.”

Meanwhile Guy Semmes, manager of Potomac Oak Shopping Center, responded to the outcry he heard too. Not only were several neighbors against the idea of the proposed medical marijuana dispensary, some of the current tenants of the center were too. In notifying Mikran LLC that he was terminating the lease, Semmes wrote, “It is with regret that I provide notice, ... of Landlord’s decision to terminate the Lease Agreement for the reasons provided herein. ...

“Recall that, pursuant to the Lease Agreement, Landlord was provided a limited right of termination ‘[i]n the event that (i) suit is filed against the Landlord, [and/or] (b) another tenant within the same shopping center as the Premises determines to terminate its lease with Landlord, in either case solely as a result of Tenant’s use of the Premises as a licensed medical cannabis dispensary.’ (Lease Agreement § 3).”

“As you know, after jointly conducting a number of meetings with neighboring tenants and the broader community, last week I was contacted by several of my existing tenants in the same shopping center as the Premises and advised that they would be terminating their leases solely as a result of Tenant’s use of the Premises as a licensed medical cannabis dispensary. Given the foregoing, I have determined to exercise the termination right set forth above. I can confirm that the termination decision is unrelated to Tenant’s action(s) or omission(s) and is solely a result of my notification from other tenants of their determinations to termi-

nate.”

Semmes does see a bright side to the controversy and discussions following the plan to open the dispensary. In a letter to the current tenants he wrote:

“I have been notified that the manager of the Potomac Oak Shopping Center has terminated the lease with the dispensary owner, Mikran LLC.”

— County Councilmember Roger Berliner

“After a great deal of research and reviewing [the planned tenants] from the standpoint of professionalism, I believe that they would have been a good tenant, but the time does not seem to be right. The feed-

back that some of you shared with me after the community meeting and the concerns that some of you were hearing from your clients or customers made me grateful for the quality of tenants you are, and I did not want to undermine that.

“The good news is that more people in the neighborhood are aware of our center now, and I plan to take advantage of this by asking our neighbors what they would like to see in their community shopping center. I plan to send an emailing out to all those who showed concern and give them a way to respond.”

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Don't Forget To Vote Primary Election on June 26.

BY PEGGY McEWAN
THE ALMANAC

The Maryland Primary Election for Republican and Democratic candidates is next Tuesday, June 26. Results of the voting will determine the candidates on the ballot for the General Election, which will be held Nov. 6.

For that election, the Republican and Democratic candidates will be joined by candidates running independently or from one of the minor parties.

Early voting, which started June 14, ends June 21.

The early voting is going well according to Gilberto Zelaya, voter outreach coordinator for Montgomery County Board of Elections.

"Early voting is an opportunity to strengthen the franchise and allow citizens to exercise their Constitutional right to vote," Zelaya said.

On Primary Election Day, there will be about 230 neighborhood precincts open throughout the county from 7 a.m. to 8 p.m., Zelaya said.

"Don't forget to vote," he said. "It's an opportunity we want everyone to take advantage of."

Conservation Group Offers Issue Guide

The Maryland League of Conservation Voters Education Fund (Maryland LCV Ed Fund) has released a Vision 2025: Issue Guide ahead of the 2018 Electoral Primary. Maryland's environmental laws and climate future are at stake in the upcoming 2018 Maryland election cycle and the 2019 legislative session. Voters throughout the state should be engaged on key issues, which are likely to grow in significance during the coming years. Maryland LCV Ed Fund released this guide as an asset to all Marylanders as they make their

voting decisions on June 26.

"It is our hope that through this issue guide Maryland voters will be prepared with information on environmental and public health issues and ask the candidates running for elected office what their views are on these important topics," said Karla Raettig, executive director of Maryland League of Conservation Voters Education Fund.

"With the federal administration attempting to gut life and land preserving environmental protections and defund critical support for the

Chesapeake Bay Program, Maryland must defend itself and establish protections for land, air, water, and communities through strong state leadership.

With the primary election just 22 days away, this Issue Guide will help inform voters in Maryland on the important issues the environmental community is collaborating on," said Chuck Porcari, board chair of Maryland LCV Ed Fund.

The guide can be found electronically at www.marylandconservation.org

Running for County Council At-Large

Seth Grimes

Democrat, 58, Takoma Park

The following response was received past deadline of the at-large candidate coverage. See <http://connectionarchives.com/PDF/2018/051618/Potomac.pdf>.

Public service is a passion for me, a calling. As a former elected official and a long-time community advocate – as a nonprofit board leader and frequent volunteer – I know the difference local government can make. Quoting the Seventh State, "Former Takoma Park City Council Member Seth Grimes's edge is his



experience ... During his two terms in office, Grimes passed legislation allowing 16-year-olds to vote in municipal elections as well as banning environmentally harmful pesticides and polystyrene containers. The latter two bills were models for similar county legislation."

Montgomery County has a trust gap. Residents and businesses are looking for leaders who will tame development and rework planning processes, who will build the school ca-

capacity we lack and create the transportation solutions we need, who will expand housing options and affordability and maintain the social safety net, all without breaking the bank, without more steep tax increases. Let's add to the challenge list climate change, economic growth, and equity.

I will address our challenges – I will build trust – via an inclusive approach that values and elevates community voices from every part of our diverse and vibrant county.

I will be the effective, responsive, passionate, progressive representative that County residents deserve.

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.

CANCER SUPPORT GROUPS

Hope Connections for Cancer Support offers ongoing, professionally facilitated support groups for people with all types of cancer, caregivers, people with advanced cancer and a bereavement group. People interested in attending a support group should first attend an orientation session to learn more about the benefits and the process of joining a group. Orientation sessions are held every Monday at 11 a.m. at the Beaumont House in Rockville. Additional orientation sessions are held on the 2nd and 4th Thursday of the month at 6 p.m. in Bethesda. Orientations are free, RSVP required at 301-634-7500.

CRISIS PREVENTION SERVICES

EveryMind Crisis Prevention and Intervention specialists are available by phone, text and chat every hour of every day. The community can also look to

EveryMind for mental health professionals who are prepared to talk about warning signs and ways anyone can help to prevent suicide from ending lives far too soon. EveryMind is an independent 501(c)3 nonprofit organization. Visit Every-Mind.org. More resources include:

- ❖ Call or Text Montgomery County Hotline: 301-738-2255
- ❖ Chat: Crisis Prevention Chat: <https://suicidepreventionlifeline.org/chat/>
- ❖ Call: National Suicide Prevention Lifeline: 1-800-273-8255
- ❖ www.every-mind.org/services/crisis/
- ❖ www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf
- ❖ suicidepreventionlifeline.org
- ❖ www.suicidology.org

THURSDAY/JUNE 21

Key To Clear Communications. 7 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Learn from Dr. Enid Portnoy how to be alert to non-verbal manifestations that can hijack communication among individuals, groups, parents and their children, partners or spouses, and just about anyone on the other end of the spoken word at Potomac Community Village's monthly gathering. Call 240-221-

1370, email info@PotomacCommunityVillage.org or visit www.PotomacCommunityVillage.org for more.

SATURDAY/JUNE 23

Grateful Shred. 9 a.m.-noon at the Clara Barton Community Center (CBCC), 7425 MacArthur Blvd., Cabin John. Bring unwanted documents to "The Grateful Shred," and watch an industrial-size shredder reduce papers to confetti, safe from fraud and identity theft. \$5 donation per one-cubic-foot parcel of paper. Proceeds help support events and programs at CBCC. Call 240-777-4910 or visit www.friendscbcc.org.

TUESDAY/JUNE 26

Opioid Overdose Training. 5-7 p.m. at Department of Health and Human Services, 401 Hungerford Drive, 1st floor conference room, Rockville. Residents concerned about a friend or family member with an opioid addiction are invited to learn about reducing unintentional and life-threatening opioid overdoses with the use of Naloxone, a prescription medication that reverses the effects of an opioid overdose. Training is free, but registration is required at OpioidResponseProgram@montgomerycountymd.gov

or 240-777-1836.

MONDAY/JULY 2

Drumming. 6:30-8 p.m. at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Ancient rhythm techniques have been shown to accelerate physical healing, boost the immune system and produce feelings of well-being. Join multi-instrumentalist Stream Ohrstrom as he leads a program of healing rhythms. Free for people affected by cancer and their loved ones. For reservations or information, contact 301-634-7500 or info@hopeconnectionsforcancer.org.

MONDAY/JULY 9

Vehicle Technology Workshop. 10:30 a.m. at Oasis at Macy's Home Store, 2nd Floor, 7101 Democracy Blvd., Bethesda. Technology is changing the driving experience. The brand-new AARP Smart Driver TEK workshop will enable participants to use the safety features in a current or future car. Learn about blind-spot warning systems, forward collision warnings, smart headlights, and more. \$5. Space is limited. Register at www.aarp.org/findaworkshop9 or call 1-877-805-4115.

POTOMAC ALMANAC

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PHOTOS BY DEB STEVENS/THE ALMANAC

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3 12500 Park Potomac Avenue #605
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6 8005 River Falls Drive
— \$1,200,000



5 8021 Horseshoe Lane
— \$1,225,000



2 8421 Crimson Leaf Court — \$1,250,000



4 7713 Hackamore Drive — \$1,225,000



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1 10038 CHARTWELL MANOR CT	5	..	4	..	2	POTOMAC	\$1,270,000	Detached	0.26	20854	AVENEL	04/30/18
2 8421 CRIMSON LEAF CT	6	..	6	..	1	POTOMAC	\$1,250,000	Detached	0.39	20854	AVENEL	04/14/18
3 12500 PARK POTOMAC AVE #605	2	..	2	..	1	POTOMAC	\$1,225,000	Hi-Rise 9+ Floors		20854	PARK POTOMAC	04/23/18
4 7713 HACKAMORE DR	5	..	4	..	1	ROCKVILLE	\$1,225,000	Detached	0.40	20854	RIVER FALLS	04/16/18
5 8021 HORSESHOE LN	6	..	4	..	1	POTOMAC	\$1,200,000	Detached	0.36	20854	RIVER FALLS	04/17/18
6 8005 RIVER FALLS DR	3	..	3	..	1	POTOMAC	\$1,200,000	Detached	0.36	20854	RIVER FALLS	04/06/18
7 9917 CONESTOGA WAY	4	..	3	..	2	POTOMAC	\$1,198,000	Detached	0.44	20854	POTOMAC VILLAGE	04/11/18
8 6 SPRINKLEWOOD CT	5	..	3	..	2	POTOMAC	\$1,168,000	Detached	0.29	20854	PINE KNOLLS	04/04/18

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Art Exhibit: Color Combustion.

Through June 27, office hours at Serendipity Labs, 4500 East West Highway, Suite 125, Bethesda. The Abstract Artists' Collective presents a group exhibition of work by women painters at Serendipity Labs. Eleven painters are included in the show: Tory Cowles, Lauren Chelec Cafritz, Camilla David, Jennifer Duncan, Patsy Fleming, Eleanor Glatty, Marthe McGrath, Michele Morgan, Hester Ohbi, Debra Perkins, and Helen Power. Visit serendipitylabs.com/our-locations/serendipity-labs-bethesda-md/.

Bethesda Painting Award

Finalists. Through June 30, gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Eight painters have been selected as finalists for the Bethesda Painting Awards, a juried competition and exhibition produced by the Bethesda Arts & Entertainment District. Nearly 300 artists from Maryland, Virginia and Washington, D.C. submitted work to the 14th annual competition created to honor regional painters. Visit www.bethesda.org for more.

Mule-Drawn Canal Boat Rides,

Great Falls Tavern. Through August, Call the C&O Canal National Historical Park at Great Falls visitor center, 301-767-3714 or visit www.nps.gov.

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 for more.

Children's Storytime.

Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children's stories. Free. Visit www.storelocator.barnesandnoble.com/event/4824850-21.

VisArts Cocktails and Canvas

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

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.

Mommy & Me (& Daddy, Too).

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

Chocolate Factory Tours.

Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main



Tory Cowles, # 849, 60" x 60"

Color Combustion

The Abstract Artists' Collective presents a group exhibition of work by women painters at Serendipity Labs. Eleven painters are included in the show: Tory Cowles, Lauren Chelec Cafritz, Camilla David, Jennifer Duncan, Patsy Fleming, Eleanor Glatty, Marthe McGrath, Michele Morgan, Hester Ohbi, Debra Perkins, and Helen Power. Through June 27, office hours at Serendipity Labs, 4500 East West Highway, Suite 125, Bethesda. Opening reception takes place Friday, April 20, 6-9 p.m. Visit serendipitylabs.com/our-locations/serendipity-labs-bethesda-md/.

St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. www.spagnvola.com.

Glen Echo Park Films.

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

SilverWorks Studio & Gallery.

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

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.

CAMPS, CLASSES & WORKSHOPS

CityDance School & Conservatory

Camp. Sessions through Aug. 24. Ages 4-14. At 5301 Tuckerman Lane, North Bethesda. CityDance's themed children and youth camps offer learning and fun through culture and creativity. Young dancers learn multicultural myths and themes from around the globe and are invited to explore how the tales relate to their daily lives. They take daily classes in ballet, modern, jazz, hip hop and world dance forms and learn challenging choreography in multiple styles. Visit www.citydance.net or

email.summer@citydance.net.

Montgomery County Recreation and Montgomery Parks

have hundreds of programs and classes to promote active and healthy lifestyles this summer. Summer registration is now open. To view the guide and register online, go to ActiveMONTGOMERY.org. Print copies are available at community recreation centers, park facilities, aquatic centers, senior centers and public libraries.

Art Explorers Open Studio.

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

Ceramic Classes.

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

DANCING

Weekly International Folkdancing.

Thursdays, 7:30-11 p.m. at Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Circle and line dances from Eastern Europe. Lesson at 7:30, followed by requests. Glen Echo Folkdancers welcome beginners of all ages; no partner needed. Wear comfortable shoes. \$7. Call 301-466-3018 or visit www.dancingplanetproductions.com.

Thang Ta.

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

Weekly Blues Dance.

Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. 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. Visit www.glencheopark.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.glencheopark.org, 301-634-2222.

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.glencheopark.org, 301-634-2222.

Live Music & Dancing.

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

THURSDAY/JUNE 21

Jay Byrd & The Musical Trust (Alt. Country).

6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Free. Part of weekly outdoor concerts produced by the Bethesda Urban Partnership. With food and drink by Hanaro Sushi. Contact 301-215-6660 or visit www.bethesda.org.

FRIDAY/JUNE 22

Science Rocks.

11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Flumpa and Friends LIVE! is recognized for their method of presenting science through original music and movement with full audience participation. This program is sponsored by the Friends of the Library-Potomac Chapter. Free. Call 240-777-0690 or visit www.montgomerycountymd.gov/library for more.

SATURDAY-SUNDAY/JUNE 23-24

Heritage Days 2018.

Noon-4 p.m. Visit 40 parks, museums, and historic sites all open with free admission highlighting local history, culture, and outdoor recreation with live music, demonstrations and exhibits, tours, and special children's activities. Local arts and culture as well as outdoor recreation, including biking, hiking, and walking tours, are also highlighted. Visit www.heritagemontgomery.org or call 301-515-0753.

SUNDAY/JUNE 24

Waltz Dance.

Workshop, 2:45-3:30 p.m.; dance, 3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Waltzing Stars Trio playing a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13. No partner required. Call 202-238-0230 or 301-634-2222, or visit www.WaltzTimeDances.org.

SEE CALENDAR, PAGE 11

Learn How To Communicate More Effectively

Attendees at the Potomac Community Village's monthly gathering June 21 will learn how to be alert to non-verbal manifestations that can hijack communication among individuals, groups, parents and their children, partners or spouses, and just about anyone on the other end of the spoken word.

"Non-verbal clues are the invisible cover which influence our communica-

tions habits," said Dr. Enid Portnoy, guest speaker for the upcoming event. "You can't help being affected by responses displayed when interacting with others." Portnoy will demonstrate how people can be detectives to discover how they impact their own daily behavior.

Portnoy is a retired associate professor of communications studies and gerontology, with degrees from Northwestern University

and West Virginia University. She resettled in Maryland after a 43-year teaching career in the Communications Studies Department at WVU, and is also a presenter at the Oasis organization. PCV's June 21 meeting takes place at 7 p.m. at the Potomac Community Center on Falls Road in Potomac. PCV is a non-profit network of neighbors and friends geared to enabling older Potomac residents to age in place in their existing homes by

creating social connections and providing volunteer services such as transportation, computer assistance and simple home repairs. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.

Talking to Children about Suicide

Creating safe environment is key to opening a discussion.

BY MARILYN CAMPBELL

The recent high profile deaths by suicide make it inevitable that children will ask questions and express a curiosity about the topic. However, some parents might feel a sense of uneasiness about answering those questions. Local mental health educators say that the steady increase in death by suicide each year since 1999 makes those conversations vital.

Parents can begin by creating a safe environment for an age-appropriate dialogue, says Linda Gulyn, Ph.D, professor of psychology at Marymount University. "As always, reassure young children that you are there for them no matter what," she said. "Don't feed into the anxiety. Teens understand it 100 percent, probably more than you realize."

"Encourage children to ask questions and answer them honestly," added Jerome Short, Ph.D., associate professor of psychology at George Mason University. "Parents should state that they will help their children handle any bad feelings or problems that happen."

Suicide can be a frightening topic for children and a difficult subject for parents to explain, advised Short. "Explain that people die in different ways and suicide means that people hurt themselves and died from it," he said. "A more detailed explanation is that our thoughts and feelings come from our brain, and sometimes a person's brain is sick. People feel alone, believe they are a burden on others, and are hopeless that it will change. Some people cannot stop the hurt they feel inside by themselves, but they can get help."

Parents should have a general understanding of suicide rates, signs and methods of preventing before embarking on a conversation with their children about the topic, advises Monica Band, Ed.D., assistant professor of counseling at Marymount University, who recommends the National Suicide Prevention and the American Foundation for Suicide Prevention as sources of information. "I would also recommend parents challenging their misconceptions and preconceived notions of [those who] who attempt and think of committing suicide because it is an issue that has an impact across cultures."

Some children might not understand the difference between feelings of sadness and clinical depression. "Explain that we all get sad and have good days and bad days," said Gulyn. "Usually we feel better. But kids who commit suicide are so sad that they don't know what to do to feel better. But the truth is there is a way to feel better, and there are very helpful adults in school and at home who are great to talk to."

However, some children might have difficulty grasping the concept of mental illnesses like depression. "Sad is normal, sad is part of life, and usually we feel sad when something outside of us happens,

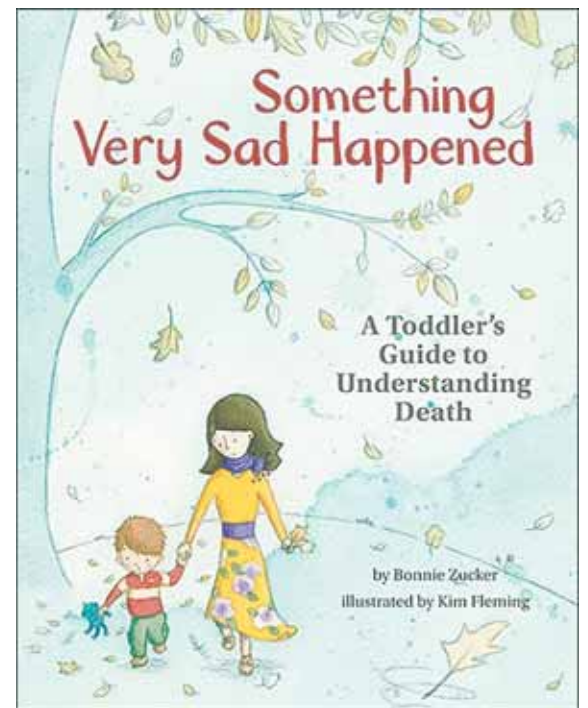


PHOTO CONTRIBUTED

Books like "Something Very Sad Happened: A Toddler's Guide to Understanding Death" by Bonnie Zucker can help parents explain concepts of mental health to their children.

like when a friend moves away. And we know that we will feel better," said Gulyn. "Depression is when someone feels hopeless that he or she won't be sad anymore. And that makes them not want to do fun things, or take care of themselves."

An awareness of warning signs of mental illness and the fact that depression is not a normal phase of adolescence are two factors that Gulyn underscores. "[Depression] is a serious mental health disorder for which there are effective treatments," she said. "Parents need to be aware of kids isolating themselves from others, especially peers. Other signs [include] not taking care of your physical appearance, consistently performing poorly in school, substance abuse, eating disorders, excessive or inadequate rest."

If a parent notices any of these symptoms or suspects that their child might be depressed, Gulyn advises a straightforward approach. Don't be afraid to ask your teen directly, "Do you think you are depressed?" or "Have you been thinking about hurting yourself?", she suggests.

Teaching a child healthy help-seeking behaviors will give them an invaluable tool when facing mental health issues, advised Monica P. Band, an assistant professor of counseling at Marymount University. "If parents raise the child to have specific religious or spiritual beliefs, this could be a way to begin the discussion of how one finds

strength, resilience, or peace in times when they feel like they're not in control," said Band. "Regardless of one's religious or spiritual beliefs, it is worth it if parents have an understanding and awareness of mood shifts or changes with their children and set an example and expectation with how to address these issues when things aren't feeling right or normal for their child."

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Special Edition

PET Almanac

Publishes: July 25, 2018 • Ads close: July 19, 2018

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ENTERTAINMENT



Photo by John Young



Photo by David Frey

United/Divided 2

Photoworks Gallery in Glen Echo Park Announces United/Divided 2 opening through July 1. Photoworks' latest exhibit strives to initiate a visual dialogue at one of the most divisive times in our Nation's history. The exhibiting photographers' work features everything from political protests to daily life in the D.C. region. Gallery hours at Photoworks, 7300 MacArthur Blvd; Glen Echo. Call 301-634-2226 or visit www.glenechopark.org.

CALENDAR

FROM PAGE 9

THURSDAY/JUNE 28

Yappy Hour. 6-8 p.m. at Elm Street Urban Park, 4600 Elm St., Bethesda. An evening of fun in downtown Bethesda for residents, visitors and their furry best friends will feature a pop-up dog park and live entertainment. Admission is free; food and drinks for sale. Call 301-215-6660 or visit www.bethesda.org for more.

SATURDAY/JUNE 30

Eat, Drink and Be Murdered. 7 p.m. at The Arts Barn, 311 Kent Square, Gaithersburg. Join Rockville Little Theatre as they conclude their 70th anniversary season. Tickets include the audience participation murder mystery comedy, "Eat, Drink & Be Murdered," hors d'oeuvres, cash bar, dessert, auction and prizes. General admission seating. \$40. Reserve tickets at eventbrite.com, search "Murder Mystery Fundraiser" in Rockville, Md.

JULY 2018

Autism Speaks Annual 5K run and one-mile walk benefits research on autism. Last year's event raised more than \$230,000. See www.autismspeaks.org or email autismspeaks5K@autismspeaks.org.

Montgomery County Fairgrounds 4th of July Fireworks activities include live music, games and food. Call 301-258-6350. See www.gaithersburgmd.gov.

The **Potomac Whitewater Festival** in late June or early July is an annual fundraising event that celebrates kayaking in the Potomac River. Offers races for kayakers and clinics and activities for the public. See www.potomacfest.com or anadventures.com.

WEDNESDAY/JULY 4

Independence Day Celebration. 7-10 p.m. at Mattie J.T. Stepanek Park in King Farm, 1800 Piccard Drive, Rockville. Activities include live music and food and beverage for purchase. Guests may bring their own food and beverage. No barbecuing or open flames allowed on the event site. This location offers ample and convenient parking. Free admission. Visit www.rockvillemd.gov for more.

THURSDAY/JULY 5

Wes Tucker & The Skillets (Rock). 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Free. Part of weekly outdoor concerts produced by the Bethesda Urban Partnership. With food and drink by Momo Chicken & Grill. Contact 301-215-6660 or visit www.bethesda.org.

SATURDAY/JULY 7

Dulcimer Music. 2:30-3 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Boulevard, Potomac. Join the Mountain Dulcimers of Northern Virginia for live music and try playing this unique instrument. Park entrance fees may be charged at Great Falls Tavern Visitor Center but park ranger programs are free. Call 301-767-3714.

SUNDAY/JULY 8

Waltz Dance. Workshop, 2:45-3:30 p.m.; dance,

3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Honeysuckle Rose will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13. No partner required. Call 202-238-0230 or 301-634-2222, or visit www.WaltzTimeDances.org.

THURSDAY/JULY 12

Sahel (African). 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Free. Part of weekly outdoor concerts produced by the Bethesda Urban Partnership. With food and drink by Rock Bottom Restaurant & Brewery. Contact 301-215-6660 or visit www.bethesda.org.

THURSDAY/JULY 19

Sojourne (Soul). 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Free. Part of weekly outdoor concerts produced by the Bethesda Urban Partnership. With food and drink by Flanagan's Harp & Fiddle. Contact 301-215-6660 or visit www.bethesda.org.

SUNDAY/JULY 22

Waltz Dance. Workshop, 2:45-3:30 p.m.; dance, 3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Summer Waltz Trio playing a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13. No partner required. Call 202-238-0230 or 301-634-2222, or visit www.WaltzTimeDances.org.

TUESDAY/JULY 24

Bethesda Outdoor Movies: Remember the Titans. 9 p.m. at the corner of Norfolk and Auburn avenues in Bethesda's Woodmont Triangle. The Bethesda Urban Partnership will present the 14th annual Bethesda Outdoor Movies: Stars on the Avenue, July 24-28 with five evenings of major motion pictures. Arrive early and bring lawn chairs. Admission is free. Call 301-215-6660 or visit www.bethesda.org for more.

WEDNESDAY/JULY 25

Bethesda Outdoor Movies: Casablanca. 9 p.m. at the corner of Norfolk and Auburn avenues in Bethesda's Woodmont Triangle. The Bethesda Urban Partnership will present the 14th annual Bethesda Outdoor Movies: Stars on the Avenue, July 24-28 with five evenings of major motion pictures. Arrive early and bring lawn chairs. Admission is free. Call 301-215-6660 or visit www.bethesda.org for more.

THURSDAY/JULY 26

Bethesda Outdoor Movies: The Big Sick. 9 p.m. at the corner of Norfolk and Auburn avenues in Bethesda's Woodmont Triangle. The Bethesda Urban Partnership will present the 14th annual Bethesda Outdoor Movies: Stars on the Avenue, July 24-28 with five evenings of major motion pictures. Arrive early and bring lawn chairs. Admission is free. Call 301-215-6660 or visit www.bethesda.org for more.

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Watching Some More and Wondering No Less



By KENNETH B. LOURIE

Recently, I bought my wife, Dina, the "Limited Edition, Downton Abbey, The Complete Collector's Set." Twenty-two discs, all the episodes, bonus features, etc. Now we can finally delete the saved content off our DVR; that should open up about half the available storage. Storage that we've happily used and accessed many times.

In its prime though, we did not miss a Downton Abbey episode when it was first broadcast on PBS (starting Jan. 9, 2011 and ending Jan. 3, 2016) and we've been recording, saving and watching ever since. We are two, of millions, who couldn't get enough viewing time of this period drama then and still can't to this day.

Ergo, the purchase. Now we are in control. If anything happens to our cable box – and it needs to be replaced/upgraded, we will not – as previously happened, suffer a potentially tragic loss of content in the exchange. Eliminating that worry alone has made the purchase worth the very reasonable price we paid.

Having the complete set in hand, Dina and I have decided to re-watch the series from start to finish. Heretofore, we had watched episodes in sequence, but not necessarily in chronological order – meaning season one, episode one through the final episode of season six. As a result of this decision, we have gotten reacquainted with story lines which had somewhat faded over time as there are some episodes we hadn't seen in years. We had saved many, but not all (when it was free to do so; now, the there's a cost, \$2.99 per episode to buy, I believe).

So far, we're through season two and we've thoroughly enjoyed the people, places and things – and the many nuances we may have missed or forgotten. However, this passage of time has caused Dina and I to rethink some of our opinions of characters and story lines.

There are two primary reassessments that oddly enough, Dina and I share.

One concerns Dr. Clarkson, the local/family doctor who runs the Downton Cottage Hospital. The other concerns Patrick Crawley (the cousin/original heir who was thought to have died when the Titanic sank in 1912) who reappears in season two as a convalescing Peter Gordon, a.k.a. P Gordon. As much as we like Dr. Clarkson, and are amused by his straddling the line between himself and the aristocracy, we have decided that we don't like some of his medical opinions: his hesitancy to even consider the treatment for dropsy for Mr. Drake that "cousin" Isobel (an experienced nurse) had proposed; his misjudgment of the possible psychological consequences of transferring the patient with gas blindness (with whom Thomas had developed a rapport) who subsequently killed himself – presumably rather than accept being transferred; and finally Matthew who suffered what Dr. Clarkson described as a transection of his spine when he and William were injured in battle which turned out to be a bruise.

An injury that he said would prevent Matthew from ever walking and – as later realized, fathering children either. In all three instances, Dr. Clarkson was proven to be wrong. As a consequence, if Dr. Clarkson was diagnosing my cancer, I'd ask for a second opinion.

As for Peter Gordon/P Gordon/Patrick Crawley and the story line concerning his reappearance as heir/heir pretender so many years after the family thought he had died – I would love to ask Julian Fellowes (writer and creator of "Downton Abbey") if this element was fact or fiction or simply a mere diversion for affect.

It all seemed so contrived, especially after "P" Gordon (who says he got his "name from a liquor bottle") leaves a note for the heartbroken Edith before there's any resolution. I mean, was he the heir or wasn't he? Did he leave because he felt the jig was up and the ruse was likely to fail? Or did he feel so betrayed and disrespected by his family (the Crawleys) that he felt his present and/or future could never be what he envisioned?

Consequently, there are two questions I'd like answered: was Peter Gordon actually Patrick Crawley and where did Dr. Clarkson get his medical training?

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



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CHEVY CHASE, MARYLAND
Boutique luxury condo building "5 units" largest floor plan available in the heart of Bethesda. 2 bedroom + a library. Hardwood floors, luxury finishes & spacious open floor plan. \$1,599,900
Nancy Itteilag 202-905-7762



AVENEL, POTOMAC, MARYLAND
Former Pardoe Builders model home with views of 16th & 17th fairways. Spacious 1st floor MBR suite. Renovated open kitchen/family room leads to decks adjacent to the golf course. 4BR/5.5BA. \$1,595,000
Nancy Itteilag 202-905-7762



AVENEL, POTOMAC, MARYLAND
NEW LISTING! Mitchell & Best residence sitting on a half-acre lot w/ views of 15th fairway. Spacious 4 bedroom, 3.5 bath w/ upstairs laundry. Lower level offers gym & second family room. 2 car gar. \$1,495,000
Nancy Itteilag 202-905-7762



POTOMAC, MARYLAND
Custom built one-of-a-kind floor plan in River Falls! 4 bedrooms, 4.5 bath with gorgeous details throughout, main level study, oversized FR. Wonderful backyard with wooded views & patio. \$1,465,000
Lisa Stransky Brown 202-368-6060



POTOMAC FALLS, POTOMAC, MD
NEW LISTING! Stunning property on 5 acres backing to parkland! Garden rooms & solarium overlook patios & exquisite grounds. Updates abound! 4BR, 4.5BA, Churchill. \$1,439,000
Adaline Neely 301-580-2214



POTOMAC, MARYLAND
Beautifully renovated & expanded 5 bedroom, 4.5 bath River Falls home! On a quiet cul-de-sac with great room addition, updated kitchen and baths. Amazing backyard with patio & pergola. \$1,400,000
Lisa Stransky Brown 202-368-6060



RIVER FALLS, POTOMAC, MARYLAND
NEW LISTING! Prepare to be dazzled indoors and out! Rare 5-bedroom River Falls jewel on glorious, private wooded lot. 3 blocks to Swim/Tennis Club. Whitman! 5BR/4.5BA. \$1,350,000
Adaline Neely 301-580-2214



AVENEL, BETHESDA, MARYLAND
Beautifully renovated 4BR, 3.5BA courtyard home in The Gates at Avenel. Sought after floor plan, large family room/kitchen w/FP. 2 car garage. Master BR w/sitting room. Fully finished LL. \$1,179,000
Nancy Itteilag 202-905-7762



POTOMAC, MARYLAND
Beautiful Colonial on lrg corner lot! 4BR/4.5BA w/ideal living & entertaining spaces! Gorgeous eat-in kit open to family room w/vaulted ceilings. Updated BAs, windows & roof. Finished LL, 2 patios, 2-car garage! \$1,175,000
Lisa Stransky Brown 202-368-6060



POTOMAC VILLAGE, MARYLAND
NEW PRICE! Walk to Potomac Village! Updated contemporary with all renovated baths. Light-filled, open floor plan. Lovely private yard. \$1,049,000
Delia McCormick 240-447-7701
James Gregory



POTOMAC, MARYLAND
Renovated Contemporary! Open flrplan, 10' great room w/custom fireplace. Sleek white kit w/SS appliances, updated BAs, great yard w/multi-lvl deck. \$919,000
Marsha Schuman 301-299-9598
Betsy Schuman Dodek 301-996-8700

