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PHOTO BY PEGGY McEWAN/THE ALMANAC ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 7

JUNE 27-JULY 3, 2018

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

April, 2018 Sales, \$999,000~\$1,160,000

IN APRIL 2018, 68 POTOMAC HOMES SOLD BETWEEN \$4,125,000-\$459,000.



8 14429 Pettit Way
— \$999,000



3 10602 Maplecrest Lane
— \$1,100,000



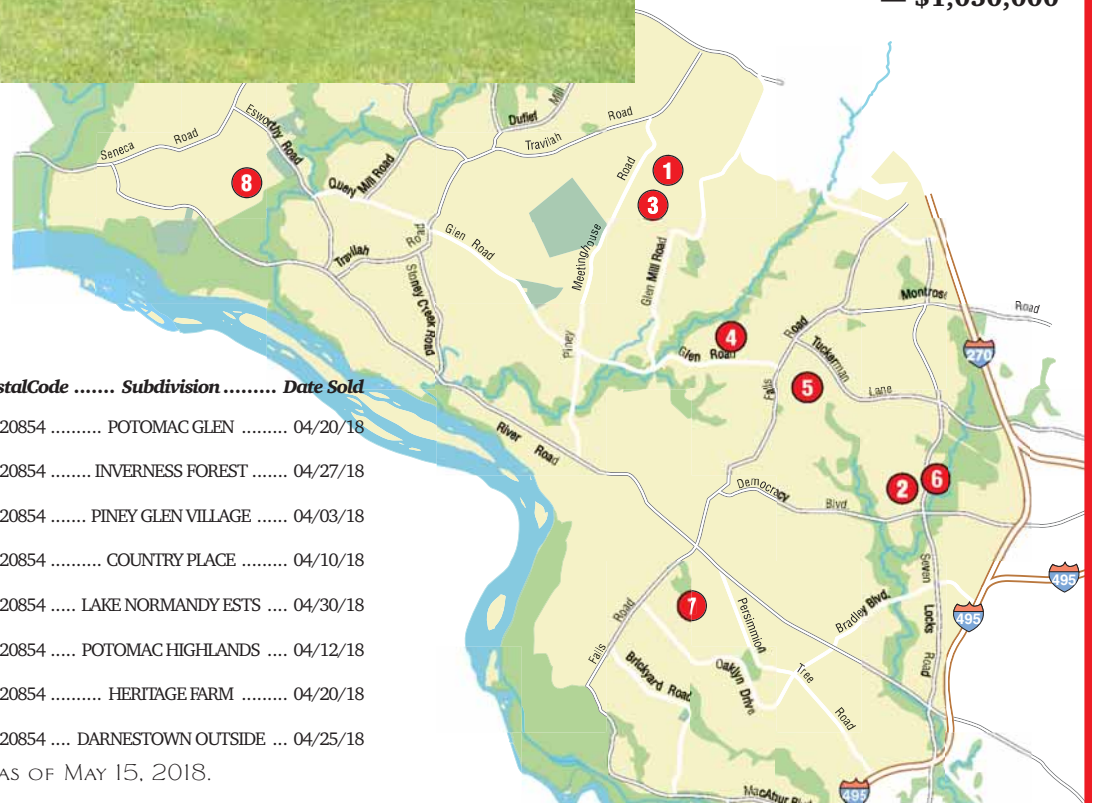
5 9009 Cherbourg Drive
— \$1,055,000

2 10405 Democracy Lane
— \$1,157,500



6 133 Bytham Ridge Lane
— \$1,050,000

7 9321 Falls Bridge Lane
— \$1,000,000



Address	BR	FB	HB	Postal City	Sold Price ...	Type	Lot AC ..	PostalCode	Subdivision	Date Sold	
1 13503 BROADFIELD DR	6	..	4	1 POTOMAC	... \$1,160,000	... Detached	0.23	20854	POTOMAC GLEN	04/20/18
2 10405 DEMOCRACY LN	5	..	4	1 POTOMAC	... \$1,157,500	... Detached	0.44	20854	INVERNESS FOREST	04/27/18
3 10602 MAPLECREST LN	5	..	4	1 POTOMAC	... \$1,100,000	... Detached	0.27	20854	PINEY GLEN VILLAGE	04/03/18
4 11808 GREGERSCROFT RD ...	6	..	4	2 POTOMAC	... \$1,080,000	... Detached	0.49	20854	COUNTRY PLACE	04/10/18
5 9009 CHERBOURG DR	4	..	3	1 POTOMAC	... \$1,055,000	... Detached	0.42	20854	LAKE NORMANDY ESTS	04/30/18
6 133 BYTHAM RIDGE LN	3	..	3	1 POTOMAC	... \$1,050,000	... Townhouse	0.08	20854	POTOMAC HIGHLANDS	04/12/18
7 9321 FALLS BRIDGE LN	5	..	3	1 POTOMAC	... \$1,000,000	... Detached	0.43	20854	HERITAGE FARM	04/20/18
8 14429 PETTIT WAY	4	..	3	1 POTOMAC	... \$999,000	... Detached	2.84	20854	DARNESTOWN OUTSIDE	04/25/18

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PHOTOS CONTRIBUTED



Participants at the 2017 Autism Speaks 5K.



The finish line at the 2017 Autism Speaks 5K

Local Businesses Support Autism Speaks 5K

Annual event takes place July 4.

BY SUSAN BELFORD
THE ALMANAC

The tsunami of autism is not disappearing — it is only getting worse. A new statistic has just been released by the Centers for Disease Control and Prevention (CDC): In its biennial update on the prevalence of autism among the nation's children, one in every 59 children has a diagnosis identifying him or her on the autism spectrum disorder by age 8. The numbers have increased by 15 percent in just two years and 150 percent since the first Potomac Autism Speaks Race was launched in 2000. Several years ago, the statistics cited 1 in 68 with an autism spectrum diagnosis and previously it was 1 in 88.

Potomac residents can support the battle against autism in many ways. Shop at the Market at River Falls on July 1 and 20 percent will go to Autism Speaks. Sign up to run or walk in the Autism Speaks 5K Run/Walk or run virtually from any location on July 4. Initiate or join a team and support it by participating or donating or make a donation to Autism Speaks.

Potomac will host the 18th annual Autism Speaks 5K Race and Fun Walk on the morning of Wednesday, July 4 at 8 a.m. The Race/Walk begins and ends at the Potomac Library and will draw more than 1,500 racers, walkers and families committed to the cause.

Potomac resident and Autism Speaks Developer of Field Events Susan Pereles says, "We have runners, walkers, families and teams that return year-after-year to take part in the event. Seventy percent have someone in the family or circle of friendship that is affected by autism."

She founded the event in 2000 when she learned that her 2-year nephew had been diagnosed with autism. In her first effort, \$100,000 was raised for Autism Speaks. The race will celebrate its 18th anniversary this



Yasmin Abadian and James McWhorter

July 4 — expecting to raise more than \$250,000.

Three local business owners have consistently committed their resources in helping Autism Speaks. Yasmin Abadian and James McWhorter, owners of the Market at River Falls, have selected Autism Speaks as the recipient of their July 1 "Community First" day in which they donate 20 percent of their proceeds.

"We are a community business and we believe it is our duty to support those who support us," McWhorter said. "Autism is becoming more prevalent. We have friends and regular market customers who have autistic children and we want to help all who are affected by it. Autism Speaks, and the 4th of July run are a Potomac institu-



Adam Greenberg, president of Restaurant Zone and owner of Potomac Pizza



Steve Kirstein of BOWA

tion and this will be our fourth year of gladly lending our support."

Adam Greenberg, president of Restaurant Zone and owner of Potomac Pizza, donates tons of pizza for the after-race party.

"At Potomac Pizza we have always lived by the philosophy that you need to support your neighbors and greater community," he said. "When Susan Pereles initially called me, almost 19 years ago, to ask for our support, it was a very easy yes. I did tell her, it is the 4th of July and in Potomac, everyone goes away so I didn't think many people would show up, but Potomac Pizza would be there. Boy was I wrong and happy to be so."

Potomac resident Steve Kirstein serves on the board of directors for Autism Speaks and has led his team, "Richie's Racers" since the founding of the event. Every year BOWA is a presenting sponsor and Richie's Racers raises more than \$20,000 through teamwork.

"This is BOWA's 18th year of supporting this important event," said Kirstein. "We became involved originally because my son Richard is on the autism spectrum, but it's become so much more to all of us at BOWA. It's a way to help rally the greater community around this important cause and give back to a community that's given so much to us. The run starts at 8 a.m. on Chicago Street, Dewey Beach and the runners and walkers run around Silver Lake and back. My son was less than 2 when he was diagnosed. He was probably 8 when we started our remote race at the beach. It's something not only my whole family, but many of our friends and neighbors look forward to as well. People come from Dewey, Bethany, Lewes and Ocean City. Richie is the official finish line-greeter and water bottle distributor. He also loves the team photo we take at the end. It wouldn't be summer without this run. It's very casual but much anticipated among the participants, many of whom have been doing this for 10 years or so."

Each year, an estimated 50,000 teens with autism age out of school-based services. Since autism is a lifelong condition for most people, these young adults, their parents and their communities are faced with the permanent issues of employment, housing and social inclusion.

Autism Speaks is dedicated to promoting solutions across the spectrum and throughout the life-span for the needs of individuals with autism and their families. They do this through advocacy and support; increasing understanding and acceptance of autism spectrum disorder; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

Make Independence Day a special day by running or walking in the Autism Speaks 5K, cheering on the runners or celebrating them at the post-party. Race details are listed on the website: www.autismspeaks.org. The Wednesday July 4 race begins at 8 a.m. with registration and packet pickup at 6:30 a.m. For more information, call 202-955-3111. New teams are always welcome.

Dripping Trees Leave Sticky Mess

Solving a sooty mold mystery.

BY PEGGY McEWAN
THE ALMANAC

A Potomac resident sought help in solving the mystery of the sticky black mess that was covering her patio, driveway, and plants.

"I have lived in Potomac for the past 30 years," Katherine Chen wrote. "This year I have noticed that the oak trees in my yard (have a lot) are dripping an especially excessive amount of honeydew/sap. This seems to result in black sooty mold on some of the plants that the residue drips on. The sticky residue is covering everything — other plants, grass, outdoor furniture etc. I have walked around and noticed that most of the neighborhood oak trees have this issue and that everything under and around them is covered in the sticky 'syrup.' I am wondering what is up, is there an oak tree disease in Potomac? Will this residue damage the other plants that it covers? Is there anything that can be done?"

A visit to the Burbank Drive home of Katherine and Tom Chen revealed tall Tulip Poplars, not oak trees, with black leaves, small growths on the branches, and the troublesome sticky substance coating the leaves and branches.

Tom Chen explained that because it was a rainy day, most of the sticky substance that you can feel while walking on the front path and driveway had been washed away but it would be back when the sun came out.

"I did some research," Katherine Chen said. "I guess it's called sooty mold. There is some kind of bug that eats [the leaves] and poops and the ground is very sticky. Its killing all the trees."

Katherine Chen was not able to connect the dots between bugs, their poop, the sticky substance and the health of the trees.

Two volunteers with Montgomery County



PHOTO BY KATHERINE CHEN

Black "sooty mold" covers the front walk of Katherine Chen's Potomac home. The black sticky substance comes from droppings from Tulip Poplar aphids. Photo shows before and after Chen power washed her walkway.

Master Gardeners put it all together at a plant clinic held each Saturday during the growing season at Quince Orchard Library in Gaithersburg.

Samples of leaves and a small branch from the Chen's trees were viewed by Sally Byrne and Mary McKnight at the plant clinic.

"These are great samples," they said. "It's a bad case of sooty mold," Byrne said immediately. "If it's sticky, it's generally aphids."

It turns out that the aphids, which are small plant sucking insects, generally ingest too much sap from their host plants and excrete a clear sticky fluid.

The droppings are called honeydew and that grows the black sooty mold, according to Mike

DeGregorio, an arborist with Bartlett Tree Experts in Rockville.

Most likely the Chen's trees have Tulip Poplar aphids, he said.

"Generally, they are not really harmful, more of a nuisance than anything," DeGregorio said. "And it treatable."

He said he has seen a lot of the sooty mold this year.

"It seems like it's worse this year than it has been," he said. "The winter is just not getting cold enough to kill off the overwintering insects."

Katherine Chen said she is happy to hear the problem is treatable and will be hoping for colder winters to come.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Science Rocks

Wendy and Flumpa present science lessons through music and movement at the Potomac Library, June 22. The free program was sponsored by the Friends of the Library-Potomac Chapter. Visit www.montgomerycountymd.gov/library.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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Chamber Accepting Award Nominations

BY PEGGY MCEWAN
THE ALMANAC

The Potomac Chamber of Commerce is seeking nominations for its annual awards honoring Youth of the Year, Businessperson of the Year and Citizen of the Year.

The awards are given in conjunction with Potomac Day, which this year will be celebrated Oct. 20.

Awardees will be recognized at the Potomac Day Parade and at an awards dinner Nov. 14.

The Youth of the Year award will be presented to a senior high school student in either public or private school who resides in or attends school in Potomac, or a nearby community such as Bethesda or Rockville, as is the case with Walt Whitman and Thomas S. Wootton high schools which draw students from the Potomac area.

According to Jennifer Matheson at the Potomac Chamber of Commerce, area schools are asked to nominate not more than two students.

"We usually get those in the fall," she said.

Students are judged on scholarship, leadership and community service. In nominating a student, provide information of the scholastic achievements of the nominee, information on the activities of the nominee in school and in the community, giving "concrete examples of how the nominee advances the goals of leading his/her peers towards good citizenship and high moral principles," according to the guidelines published by the Potomac Chamber of Commerce. "What contributions has the nominee

made to his/her peer group by example, persuasion, leadership?" Also, of interest to the judging committee is the community projects the nominee is involved in and how the nominee fulfilled his/her community service requirements.

There are a few other questions to be answered in nominating an individual including, "Why do you believe the nominee deserves this award?"

Nominees for Businessperson of the year must work or do business in Potomac, be a member of the Potomac Chamber of Commerce and have made contributions to the welfare of the community.

And to be selected as Citizen of the Year, nominees must be an individual or organization in Potomac and have "É made a contribution to the welfare of the citizens of the local, regional or national communities."

Completed nomination forms should be submitted as soon as possible to the Potomac Chamber of Commerce, PO Box 59160, Potomac, MD 20859.

For more information or nominating forms contact Matheson at 301-299-2170.

The Potomac Chamber of Commerce also published information for the Potomac Day Classic Car Show which will be held from 10 a.m. to 3 p.m. Oct 20. Applications are available at www.potomacchamber.org or from Matheson at jennifer@potomacpizza.com or 301-299-2170.

Business sponsorships are available for the Potomac Day festivities and booths are available for meeting with the public and presenting information about local services and retailing. For more information on having a booth, visit www.potomacchamber.org.

A message from your neighbors at Potomac Community Village...

Please consider volunteering – right here in Potomac. We especially need drivers to assist neighbors to age in place.

Come for a social lunch.

Thursday, July 12, 12 noon, Tally Ho Restaurant, to meet members, learn more.

Attendees pay for their own meal. Please RSVP

To learn more, to RSVP: 240-221-1370

www.PotomacCommunityVillage.org

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ENTERTAINMENT

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

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.

FRIDAY/JUNE 29

Parents Night Out. 6-9 p.m. at My Gym Potomac, 11325 Seven Locks Road, Potomac. Drop children off for 3 hours of non-stop action at My Gym including fitness games, active play, pizza and fun on Superhero Night. Potty independent please. \$40 for members; \$45 for non-members; discounts for siblings. Call 301-983-5300 or visit mygym.com/potomac/camp.

FRIDAY-SUNDAY/JUNE 29-JULY 1

Music at Bethesda Presbyterian Church. Friday, 7:30 p.m.; Saturday, 2:30 p.m. at Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. Reception following performances. All proceeds go to the Bethesda Presbyterian Church Bethesda Cares Homecoming Fund. Suggested donation, \$20; children, free admission. Visit bethesdapresbyterian.org or www.aamsopera.com for more.

❖ **Getting to Know...The Sounds of Music** by R & H: Friday, 7:30 p.m.

❖ **Getting to Know...The Sounds of Music** by R & H: Saturday, 2:30



Wes Tucker & The Skillets

Summer Concerts

Free evening concerts offer a range of music including rock, funk, jazz, swing, and reggae. Music by Wes Tucker & The Skillets (Rock) with food and drink by Momo Chicken & Grill. Thursday, July 5, 6-8 p.m. in Veterans Park, at the corner of Woodmont and Norfolk avenues in Bethesda. Call 301-215-6660 or visit www.bethesda.org.

p.m.

❖ **CiB Live Band:** Front Lawn, Saturday, 5:30 p.m.

❖ **Cosi fan tutte** by Mozart: Saturday, 7:30 p.m.

❖ **Cosi fan tutte** by Mozart: Sunday, 3:30 p.m.

SATURDAY/JUNE 30

Zumba Open House. 1:30-3 p.m. at My Gym Potomac, 11325 Seven Locks Road, Potomac. Children ages 4-12 will dance and party and play with Miss Jannine at My Gym

Potomac. \$15. Call 301-983-5300 or visit www.mygym.com/potomac/events.

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.

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.

JULY 4-28

Art Exhibit: Four Seasons. Wednesday-Saturday, noon-6 p.m. (noon-2 p.m. on Wednesday, July 4) at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. The exhibit will feature artwork by Aanen Nilsen, Tea Okropiridze, Antonio Scott and Joan Sarah Wexler. An opening reception for "Four Seasons" will be held Friday, July 13, from 6-8 p.m. Visit www.bethesda.org 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.

Library Updating To ADA Standards

BY PEGGY MCEWAN
THE ALMANAC

Parking spaces are sometimes in short supply now at the Potomac Library as construction continues to improve handicap access from designated parking to the library entrance.

According to a fact sheet posted at the library, "Under Title II of the Americans with Disabilities Act, Montgomery County Government is required to ensure that facilities, programs and services are accessible to people who have disabilities. This building has been surveyed for ADA compliance and the work planned will correct the accessibility issues identified by the survey."

David Payne, acting library manager, said that there have been no real complaints about the construction and fewer parking spaces. People, he said are just curious about what is going on.

"This is something that had to be done," he said. "Something that had to be better."

Work on the project was supposed to be completed June 22, weather permitting, but it is still in progress.

"It should be done by the end of this week, June 29," Judy Styles of the Montgomery County Office of Communications said. "The asphalt is going down today and after that dries it can be painted."

Potomac Library is located at 10101 Glenolden Drive. It offers a number of programs for all ages. Visit www.montgomerycountymd.gov/library/branches.

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Spreading God's Love

New pastor at Potomac Presbyterian Church.

By SUSAN BELFORD
THE ALMANAC

Pastor Emily D'Andreas is the "daughter of a preacher woman – and granddaughter of a preacher man" as the Dusty Springfield song proclaims. "I saw first-hand what being a minister is – and was thrilled when I felt the call to spread God's love and to understand it clearly," said D'Andreas. She grew up in West Hartford, Conn. observing and helping her mother who was the pastor at the United Church of Christ and her grandfather who served as a Baptist minister.

D'Andreas is both excited and pleased with her new calling to be the pastor of Potomac Presbyterian Church. She only has to venture across the Potomac River from her home in McLean to her new church — her third in the Presbyterian ministry. She was formerly at Lewinsville Presbyterian and Burke Presbyterian — thus has not had to venture far in her career moves. D'Andreas comes with a wealth of experience and a strong desire to bring "joy in faith" to the members of the church. Educated at both Princeton and Davidson College, she also enjoyed the opportunity to study other cultures and ministries throughout Asia and Europe. She is looking forward to introducing her husband Paul and children Beverly and JohnPaul to her new congregation.

"I feel the first three months are a listening period," D'Andreas said. "I want to take time to understand the culture, what's alive and happening and where I should put my energies. So far the congregation has been amazingly welcoming. However, with every new assignment, I think it is important to have several goals in mind. I am hoping to help my congregation share what is life-

giving about their faith and how they want to serve Christ. People are sometimes reticent to talk about Jesus and to express their faith and I want to help them do just that. I also hope to cultivate the high energy here and level of willingness and desire for service. Part of my call to preach the gospel joyfully and I will work to be a strong preacher. I am also looking forward to getting to know the interfaith community in Potomac and to build relationships within the community."

Last week — her third week with Potomac Presbyterian — D'Andreas traveled with 18 youth and four adults from the congregation to the Raleigh Youth Mission in Raleigh,

N.C. Every day they visited a different service organization and worked alongside of volunteers serving under-served communities in Raleigh.

"We sought ways to live out the Biblical mandate found in Micah 6:8 '... what does the Lord require of you but to do justice, love kindness and walk humbly with God' by working with refugees, visiting an addiction rehab center, working on a Habitat for Humanity work site, and eating at the co-operative, 'A Place at the Table' among other things," she said. "It was a full immer-

sion experience and a great way to get to know the youth and young adults at Potomac Presbyterian. Community is formed whether you realize it or not when you are sleeping on air mattresses on a church classroom floor and sharing close quarters with people you have just met."

She is looking forward to the September kick-off of the Sunday School educational program as well as the adult programs in the church. She invites all to come to the church services at 11 a.m. and/or to the Sunday School programs at 9:45. Additionally other programs for youth and adults will be starting back up in the fall.



Emily D'Andreas

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.

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.

through Thursday, July 5, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 5 p.m. on July 4 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

MONDAY/JULY 9

Vehicle Technology Workshop. 10:30 a.m. at Oasis at Macy's Home Store, 2nd Floor, 7101

WEDNESDAY/JULY 4

Free Sober Rides. Wednesday, July 4, 7 p.m.

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SEE BULLETIN, PAGE 8

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What Are Friends For (Not a Question)

By KENNETH B. LOURIE

Other than my wife, Dina, and my brother, Richard, there are few people with whom I regularly discuss – in more excruciating detail than weekly I do so with you, the world in which yours truly, a non-small cell lung cancer, stage IV "diagnossee" inhabits.

It just so happens that in this past week, I interacted with three of the other most main confidants, a rarity: my oldest, best friend from high school, Cary, with whom I spoke on the phone for nearly an hour (he lives in Massachusetts), a bi-weekly occurrence generally; my oldest, best friend from college, Rita, who I finally met for lunch (even though she lives in Alexandria and has been local ever since college), a much rarer occurrence (though we email regularly), a lunch that lasted four hours; and Veronica, my hair stylist, who I see every eight to 12 weeks – as I have for almost 20 years, whether I need to or not. (That's a joke. I have a full head of hair so needing a haircut is never the question, needing it is the answer.)

Over these many years, these three have heard everything I have to say; good, bad or indifferent, and yet despite having heard it all, still remain interested in hearing more and judging less. Together, we share stories and confidences, laughter and sorrow. Their support and encouragement has been above and beyond the call of duty.

Interacting with all three in the course of one night and two days reminded me of the actor George Peppard because this is my "A" Team." When I want to, they're who I go to, whenever the need arises or when the opportunity presents itself. And though they may not solve every problem, listening to as many of them as they have certainly has provided the kind of comfort and joy that has helped sustain me through thick and thin (not talking about my weight) and most importantly, during the past nine-plus years as a cancer survivor. There's not a "B.A." (bad attitude) among them, though they all wear jewelry.

I hope I'm not speaking out of turn here but, there are some subjects which are best left for friends – and the professionals, more so than family. Some topics which might betray a confidence or touch a nerve that when spoken of aloud might exacerbate a familial situation rarely discussed.

Sometimes, sorting through these pros and cons with friends, who likely suffer no consequences in the outcome, might present options that otherwise might not be heard. From the mouths of babes, so to speak. A fresh, unbiased perspective can be a welcome addition to any discussion of facts, especially when feelings are involved; and as often concerns family-oriented subjects, feelings are most definitely involved.

Not that there aren't feelings involved with friends; of course there are, it's more that old friends knew you when and know you now, and the passage of that much time, separate and apart from family, can often enlighten and inspire. Who wouldn't benefit from friends who've been there and seen you do that?

It's particularly important to have independent forces in your corner because like so many cancer patients, myself included, occasionally you exhibit signs of "chemotherapy-related cognitive impairment," otherwise known as "chemo brain," a side effect/condition of treatment which can blur a memory or two – or more. You may not even realize it when it disappears, and you may need someone to remind you of it. Hopefully it's not a memory gone forever, but just one gone until a friend helps retrieve it for you. And who better to retrieve these foggy memories than friends you've known for 49, 45 and 20 years, respectively?

And I do respect them, and appreciate them, and cherish them, as they are three of my pillars. Without them, the foundation of who I am and what I know, would likely crumble.

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

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PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Heritage Days

Amy Kean sings with the Lucky Cats Jazz Orchestra at Glen Echo Park during Heritage Days 2018 when 40 parks, museums, and historic sites were all open with free admission highlighting local history, culture, and outdoor recreation with live music, demonstrations and exhibits, tours, and special children's activities.



Heather and Bill Schoenborn and Dan and Bernadette Benz dance to the Lucky Cats Jazz Orchestra last weekend.

Potomac ALMANAC Special Edition

PET Almanac

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

Almanac readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Almanac will publish on July 25, 2018, and photos and stories of your pets with you and your family should be submitted by July 19.

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BULLETIN BOARD

FROM PAGE 6

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.

TUESDAY/JULY 10

Public Hearing. 1:30 p.m. in the Third

Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council will hold public hearings on Special Appropriation and Expedited Bills. Those interested in testifying at the public hearings can sign up online at www.montgomerycountymd.gov/council/phsignup.html or by calling 240-777-7803. The deadline to sign up is July 9 at 5 p.m. Call 240-777-7910 to obtain copies of the document or bills or visit www.montgomerycountymd.gov/COUNCIL/index.html.

WEDNESDAY/JULY 11

Journaling as a Healing Guide. 6:30-8 p.m. at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Deborah Ross, LPC will teach participants some key evidence-based principles on the value of journaling. Combined with findings in neuroscience, learn how to write for greater resilience and well-being. These techniques can be especially helpful if you've experienced chemo brain. For reservations or information, contact 301-634-7500 or info@hopeconnectionsforcancer.org.

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