

WELLBEING

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Hope Gamper visits with Patrick the pig at the Poplar Spring Animal Sanctuary last weekend.

Potomac ALMANAC

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Traffic Relief

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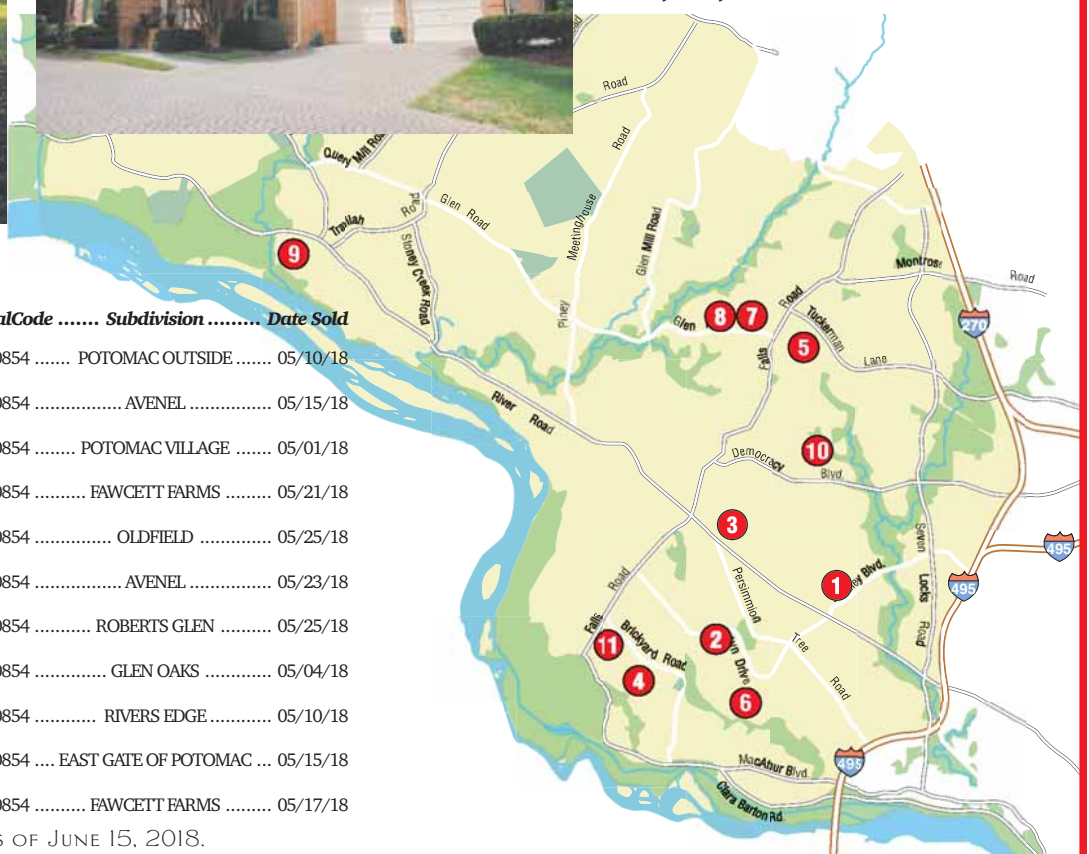
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Shared Management

Operational responsibility of
Glen Echo Park given to county.

BY PEGGY MCEWAN
THE ALMANAC

Working together to protect and improve the buildings, history and arts programs at Glen Echo Park, Montgomery County and the National Park Service signed a new agreement for cooperatively managing the park in a ceremony Friday, July 20.

The new agreement changes the shared management arrangement between the county and NPS in place since 2002, according to David Dise, director of Montgomery County Department of General Services.

In 2002 there was a 15-year agreement [for shared management] struck between the county and National Park Service but there have been some issues, Dise said. So, three or four years ago the county approached the National Park Service to work out some of the those problems.

"Under the new agreement, Montgomery County will be responsible for operation, maintenance and day-to-day management of the park," according to a press release from the National Park Service. "The county will continue to work with the Glen Echo Park Partnership for Arts and Culture to provide public art programs, studio exhibits, performances and social dances, which have been a tradition in Glen Echo Park for more than 120 years."

The National Park Service will continue



Acting National Capital Regional Director Lisa Mendelson-Ielmini, U.S. Sen. Chris Van Hollen, Montgomery County Executive Ike Leggett, Glen Echo Mayor Willem Polak and representatives from the Glen Echo Park Partnership for Arts and Culture celebrate the signing of a new 10-year agreement for Glen Echo Park.

to own the park, Dise said.

Dise said that the county is in a position to be more responsive to issues at the park and that he has already sent people to replace lights in the parking lot, the sort of maintenance the county can provide faster than the Park Service.

The arrangement will benefit the community and protect the nationally significant history of Glen Echo according to a press release from the National Park Service.

"The cooperative agreement ... meets all

contemporary laws and policies and ensures that visitors will continue to enjoy the Glen Echo Park they have known and loved for generations," according to the press release.

Acting NPS National Capital Regional Director Lisa Mendelson-Ielmini and Montgomery County Executive Isiah Leggett signed the agreement in front of Glen Echo's historic 1921 Dentzel Carousel.

"This partnership demonstrates how federal and local government can work together to care for places that are important

to our communities," Mendelson-Ielmini said. "We move forward together confident that Glen Echo Park is prepared to host more special memories."

Leggett said that Glen Echo is one of Montgomery County's crown jewels.

"With this new agreement, the county looks forward to working with the National Park Service and the Glen Echo Partnership to even further enhance everything that Glen Echo has to offer," he said.

Several politicians attended the ceremony including U.S. Sen. Chris Van Hollen and Glen Echo Mayor Willem Polak.

"I am excited for the local community because Glen Echo Park is a unique jewel that will continue to be a cherished educational and cultural asset in Montgomery County thanks to this continuing partnership with the National Park Service," said U.S. Sen. Ben Cardin, a senior member of the Senate Environment and Public Works Committee.

"For over a century, the 9.3-acre park has served the region as a center for education, entertainment, and cultural development. The National Park Service has managed Glen Echo Park since 1971 and it officially became part of the National Park System in 1976. Since 2002, the National Park Service has partnered with Montgomery County and Glen Echo Park Partnership for Arts and Culture to provide public programming and day-to-day management," the National Park Service press release said.

Preparing for 35th Annual Mediterranean Festival

"Sharing our culture
with the community."

BY COLLEEN HEALY
THE ALMANAC

Saints Peter & Paul Antiochian Orthodox Christian Church is holding its 35th annual Mediterranean Festival Sept. 21-23. Last week preparations began with a grape leaves cooking session, one of many planned to prepare for the festival.

Hala Paskaleva enjoys coming to the annual cooking sessions because she learns how to make Arabic food. As a child, she was taught to make traditional dishes by her mom and feels "it is fun to come here and see different techniques and learn from the ladies of the church. What's nice is that we are from all over the Arab world. There are third and fourth generations here. I am the first generation to be born in this country. Now I bring my daughter who gets to put her hands in the dough and learn the names of the food. Food is memories. We eat when we are sad, and when we are happy we celebrate with food. At the festival all the food is made with love. We welcome everyone and want to show them what it is like to be a part of our family. We



From left: Sam Khalil, Steve Simon and Abe Fanoney prepare grape leaves for rolling.

hope people get to know us and our culture." Steve Simon added, "This event is more than fundraising; it is about sharing our culture with the community. It is about maintaining traditions and understanding customs and there is no better way to share



Parishioners prepare to stuff the grape leaves with a meat and rice mixture.

than through food. It is fun to see many generation working together to prepare the different dishes."

Saints Peter and Paul Antiochian Orthodox Christian Church's 35th Annual Middle Eastern Festival features authentic Middle



From left, Steve Simon and John Abraham remove the stems from the grape leaves.

Eastern food, music, giftware, raffles, pastries and jewelry. Free parking, free admission, carry out available. Saints Peter & Paul is located at 10620 River Road, Potomac. For more information call 301-765-3400 or visit www.peterpaulpotomac.org.

POTOMAC ALMANAC ♦ AUGUST 1-7, 2018 ♦ 3



PHOTOS BY DEBORAH STEVENS/THE ALMANAC



Tiara Harvey pets the deer.



A groundhog makes an appearance.

Weekend with Animals

Poplar Spring Animal Sanctuary welcomed visitors last weekend as part of the annual Montgomery County Farm Tour and Harvest Sale. One of the barns held goats and cows.



Petra, Domonic and Natalia Garosi and Liliana Schuster with a deer.



Kim and Emma Trebel, Pat Myers, and Nelson the goat.



Amanda Wight and Ben Mills with a friendly deer.

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.

ONGOING

Cancer Support Groups. Held at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Free. Weekly support groups for people with all types of cancer, caregivers, people with advanced cancer and a bereavement group. An ovarian/gyn support group and group for young adults with cancer are offered twice a

month, as are monthly groups for people with breast cancer, bladder cancer, blood cancers, and gastrointestinal cancers. Orientation sessions are held every Monday at 11 a.m. and the second and fourth Thursday of each month at 6 p.m. in Bethesda. RSVP at 301-634-7500 or info@hopeconnectionsforcancer.org.

AUG. 1-SEPT. 12

Trauma Arts Therapy. Wednesdays, 2-4:30 p.m. at Family Justice Center Rockville, 600 Jefferson Plaza #500, Rockville. A safe space for creative engagement using art therapy and trauma-informed care for healings survivors and allies. Come find

community with other survivors and take control of your story. Workshop includes free childcare and reimbursement for transportation. Reach out to request interpretation, childcare or transportation. Workshop is free. Call 240-671-7266 or visit dvpr.org for more.

WEDNESDAY/AUG. 8

Executive Roundtable: Synthetic Drugs of Abuse. 8:30 a.m.-12:30 p.m. at Courtyard Marriott Chevy Chase, Mayfair Room II, 5520 Wisconsin Ave., Chevy Chase. The use of synthetic drugs of abuse by Americans of all age demographics has led to thousands of

hospitalizations and overdose deaths over the past several years. The seminar will conclude with a discussion of best practices in seized drug analysis and what changes in regulation may be necessary to stay ahead of the epidemic. Visit vuvanalytics.com/drugs-of-abuse-east-coast-2018/ to register.

Skin Care for Women. 6:30-8 p.m. Held at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Free. A breast cancer survivor, Carol Ranney will share with other women that what we put on our body is just as important as what we put in our body. RSVP at 301-634-7500 or info@hopeconnectionsforcancer.org.

POTOMAC ALMANAC

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Newspaper of **Potomac**
A Connection Newspaper

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

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Alexandria, Virginia 22314

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Potomac Almanac is published by Local Media Connection LLC

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State Working on Proposals for Beltway Traffic Relief

Multi-step process underway to deal with I-495 and I-270 congestion.

BY PEGGY MCEWAN
THE ALMANAC

More than 300 people attended a Maryland Department of Transportation State Highway Administration workshop to get an update on plans to relieve beltway and I-270 traffic congestion Wednesday, July 25 at Thomas W. Pyle Middle School in Bethesda.

Wednesday's meeting was the last of four public meeting in July to discuss stage two of the five-part plan to study needs and alternatives, analyze environmental and technical alternatives, develop an environmental impact statement and make a final decision on improving the I-495 in the state and I-270 from its connection with I-495 north to I-70.

The planning process began this spring with "Scoping," the announcement of the intent to study the traffic problem and open a 45-day comment period.

"We were really pleased," Cathleen Gillen, a spokesperson

with the State Highway Administration, said about the number of attendees. "These are the people who sit in the traffic."

With the scoping stage complete, Lisa Choplin, project director of I-495 & I-270 P3 O and Jeff Folden, deputy director, provided an update on the status of the study and presented a preliminary list of alternative congestion solutions along with a list of screening criteria for evaluating the alternatives.

This five-part plan is a National Environmental Policy Act (NEPA) recommended process, one which requires federal agencies to evaluate the environmental effects of their proposed actions.

Fifteen proposals were provided at the meeting offering a range of lane additions and shifts according to traffic flow and considering the use of rail and bus. They can be viewed at https://495-270-p3.com/wp-content/uploads/2018/07/julyworkshops_widescreen.pdf

Maryland has the second high-

est commuting time in the nation — after New York. Marylanders spend 32:3 minutes, on average, commuting to work, according to MDOT website <https://495-270-p3.com>.

The top five highest volume freeway sections in Maryland are within study areas where, on av-

erage, severe congestion lasts for 7 hours each day on I-270 and 10 hours each day on I-495 according to MDOTSHA.

Comments are still being taken for the range of alternatives and can be emailed to 495-270-P3@sha.state.md.us; by calling toll free at 833-858-5960 or by

mail at Maryland Department of Transportation State Highway Administration I-495 & I-270 P3 Office 707 North Calvert Street Mail Stop P-601 Baltimore, MD 21202.

Gillen said MDOTSHA encourages citizen input, questions or comments.

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WELLBEING

Required Vaccinations for School

Local clinics offer free immunizations.

BY MARILYN CAMPBELL

As parents compile back-to-school task lists, health officials say that along with backpacks, notebooks and pencils, parents add the vaccinations that are required by Maryland and Virginia state laws in order for students to attend school. Now is the time to get those immunizations to avoid the back to school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year," said Mary Anderson, Montgomery County Department of Health and Human Services. "We urge parents to go now and not wait. We offer vaccines at clinics every day of the week at four different locations."

Appointments are not required for immunization visits in Montgomery, Arlington and Fairfax counties. The Alexandria Health Department, however offers services by appointment only.

"We would certainly encourage parents to make an appointment now," added John Silcox, Fairfax County Health Department. "Appointments fill up quickly, and there are some walk-in appointments, but the closer you get to school the more crowded our clinics get."

Fairfax County has five clinics which offer vaccines. "School-required immunizations are always free at our clinics, whether a person has insurance or not," said Silcox. "We highly encourage parents to call the clinic that is most conveniently located to them so that they have you vaccines in time for school."

Parents must bring a copy of the child's existing immunization record. "A parent or designated adult must be with the child when they go to get vaccines," said Anderson. "If a parent doesn't have or can't



PHOTOS COURTESY OF FAIRFAX COUNTY

Parents are encouraged to get required vaccines now to avoid the back-to-school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year. We urge parents to go now and not wait."

— Mary Anderson, Montgomery County Department of Health and Human Services

find their child's record, we can try to reconstruct it."

As recently as May, the Washington, D.C. region saw a case of a vaccine preventable disease, says Anderson. "There was a case of measles that this particular individual had contracted outside of the country," she said. "But this is a reminder about the importance of vaccinations because if you had come in contact with this individual and hadn't been vaccinated you could have gotten sick."

Some students may be granted an exemption from the Virginia and Maryland state requirements for religious or medical reasons. "There is an exemption form that people would need to get filled out and turn into their school in order to be exempt from the state requirement."

Health Department Offers Free Vaccines

MONTGOMERY COUNTY

<https://www.montgomerycountymd.gov/HHS/RightNav/SeventhGradeImmunizations.html>

Immunization Requirements

MARYLAND

<http://www.montgomeryschoolsmd.org/info/immunizations/>

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ENTERTAINMENT



On Stage

Emily Morrison as Hope and Ruthie Rado as Melody in Unexpected Stage Company's production of "Be a Good Little Widow," through Aug. 5 in the Fireside Room of the River Road Unitarian Universalist Congregation building. www.UnexpectedStage.org

PHOTO BY
RACHEL ELLIS

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

potomac@mygym.com.

ONGOING

"Be a Good Little Widow." Through Aug. 5 at River Road Unitarian Universalist Congregation Building, Fireside Room, 6301 River Road, Bethesda. The Unexpected Stage Company presents a comedy about life, grief, and longing by Bekah Brunstetter ("This Is Us," "The Cake," "The Oregon Trail"). Tickets, priced \$10 to \$29.50, are on sale via phone at 800-838-3006, online at www.unexpectedstage.org, and at the door. Call 301-337-8290 or visit www.unexpectedstage.org.

THURSDAY/AUG. 2

Live Music: Tom Bailey. 8 p.m. at the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. The Thompson Twins' Tom Bailey, with a new band, will be touring and performing The Thompson Twins' hits. \$55-65. Call 240-567-5301 or visit www.montgomerycollege.edu/pac for tickets.

FRIDAY/AUG. 3

Three Exhibits/Two Locations. 6-9 p.m. Artists & Makers Studios on Parklawn Drive and Wilkins Avenue in Rockville are featuring three exhibits at two locations with the three gallery Olney Art Association Invitational, Cherie Redlinger & Klaudia Levin, and Jabari C. Jefferson in the galleries of both studio centers. Opening Reception. 6-9 p.m., Friday, Aug. 3, 2018 at Artists & Makers Studios 1, 11810 Parklawn Drive, Suite 210, Rockville, and Artists & Makers Studios 2, 12276/12280 Wilkins Ave., Rockville. These exhibits at both locations continue through Aug. 29, 2018. Viewing hours coincide with office hours and are 10 a.m.-4 p.m., Tuesday-Saturday, and Sundays/Mondays by chance or appointment. Visit www.artistsandmakersstudios.com.

SATURDAY/AUG. 4

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/AUG. 5

Waltz Dance. 2:45-3:30 waltz workshop; 3:30-6 p.m. dance at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Green Light Karma with 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 Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

FRIDAY/AUG. 10

Tie Dye Party. 4-5:30 p.m. at My Gym Potomac, 11325 Seven Locks Road, Potomac. 1.5 hours of fun games, tie dye, and pizza for the family. Cost is \$20/members; \$25/non-members. Bring something white to tie dye and they provide the rest. Contact Ronni Oppenheim at

SATURDAY/AUG. 11

Black Card Declined. 8 p.m. at Cissel-Saxon American Legion Post 41, 905 Sligo Ave., Silver Spring. The show that combines stand-up comedy and a hilarious game show about Black culture. Hosts Michele Sometimes and Charity Sade will let four comedians vie for stage time by answering questions about African American history and culture. For every question the comics get wrong, they lose a minute of their stage time and the audience gets a chance to answer. Audience members also participate and can win prizes. Cost is \$20/\$25/door. Tickets at www.eventbrite.com/e/black-card-declined-a-comedy-game-show-about-black-culture-history-tickets-47147049093.

AUG. 11-12

"The Melting Pot." At Temple Beth Ami, 14330 Travilah Road, Rockville. The premiere production of the new Jewish Community Theater of Montgomery County. This is the play that popularized the phrase "melting pot" as a nickname for America. Written in 1908 by Israel Zangwill, it takes a hard look at anti-Semitism and anti-immigrant hatred, while still finding room for humor, romance, and hope. Visit facebook.com/JCTMCtheater

TUESDAY/AUG. 14

PCV Social Lunch. Noon-1:30 p.m. at Tally Ho Restaurant, 9923 Falls Road, Potomac. An opportunity for Potomac Community Village members and non-members to chat over lunch. Participants pay for their own meal. Call 240-221-1370, email info@PotomacCommunityVillage.org or visit www.PotomacCommunityVillage.org for more.

SUNDAY/AUG. 19

Waltz Dance. 2:45-3:30 waltz workshop; 3:30-6 p.m. dance at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Waverly Station Trio with 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 Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

SATURDAY/AUG. 25

Protecting the Canal: 1861-1865. 2-3 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Boulevard, Potomac. Explore Civil War efforts to protect the C&O Canal and the effect of war on families living along it. Space limited to 25 people; make reservations at chohvip@gmail.com. Park entrance fees may be charged at Great Falls Tavern Visitor Center but park ranger programs are free. Call 301-767-3714.

THURSDAY/AUG. 30

Ice Cream Social. 2:30-4 p.m. Call for location. Enjoy ice cream with fellow members. Non-dairy treats will be available for those who don't or can't eat ice cream. For Potomac Community Village members only. Call 240-221-1370, email info@PotomacCommunityVillage.org or visit www.PotomacCommunityVillage.org for more.

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Fortitude For a Fortnight



By KENNETH B. LOURIE

Intestinal or otherwise. "All hands to the pump," (Downton Abbey), emotionally speaking. The weight of it all is not too much to bear, but it is pretty close to it:

- ❖ 24-hour urine collection on Tuesday;
- ❖ Pre-chemotherapy lab work and quarterly CT Scan on Wednesday (not often occurring on the same day but this cycle unfortunately they did);
- ❖ Balance of Wednesday and Thursday waiting for lab results which ultimately determine whether I'm approved for chemotherapy on FRIDAY;
- ❖ Thursday through Monday (or longer): waiting for scan results from previous Wednesday (my life doesn't hang in the balance exactly, but it's definitely hanging somewhere);
- ❖ Friday: my actual chemotherapy;
- ❖ Sunday through Thursday (post chemotherapy): feeling lousy, hardly eating, irregular sleep, tired all the time (typical post-chemotherapy side effects)
- ❖ And finally, per my July 25 column entitled "Phoning It In," talking with my oncologist over the phone to discuss my scan, my treatment going forward, my life, etc.

In summary: Tuesday, July 24 to Monday, Aug. 6, two weeks of cancer "centricity."

Considering this first paragraph, no wonder I used the word hope and expressed per pen the written emotion so much in my previous two columns. When cancer or any other treatment for a serious disease, operation, recuperation, physical therapy and so forth is concerned, ultimately, what else is there?

Whether you're following doctor's orders and/or supplementing it with non-Western, holistic-type alternatives, rarely are there any guarantees other than as they say "death and taxes" and for a time was said in the 1940s and 50s: "The Washington Senators finishing last in The American League."

Nevertheless, hope springs eternal, as a formerly long-suffering life-long member of Red Sox Nation can attest: three World Series Championships since 2004 after breaking/braking the "Curse of the Bambino," (the 86-year drought since the Red Sox had last won the World Series in 1918 – Babe Ruth's last season playing for the Red Sox).

And as I live on/write on nine years and nearly eight months past a "13-month to two-year" prognosis diagnosed back in late February 2009, I am eternally hopeful – and always forever grateful.

And in spite of my amazing, miraculous good fortune, the last thing I do, and I mean the absolute last thing I do, is take any of it for granted. That is why the emotion so often expressed in pen and in person is hope. I am never going to betray/dismiss who and/or what has power over my outcome/life expectancy.

I mean, at the end of the day (heck, at the beginning of the day), I am a mere mortal and don't presume for a minute (or even a second) that living in the "Kenny lane" is sufficient to defeat the greatest advisory mankind has ever known: cancer. And though I am generally positive and optimistic, I am cautiously so.

After all, I'm just not supposed to blow by (live through) my original prognosis as if it was an arbitrary statement. It was the real deal, and when you first hear it, it's a surreal one at that. But here we are, late July, 2018.

At this actual real-time Friday-morning moment, I am on hold with oncology confirming that my pre-chemotherapy lab results are acceptable for today's infusion. (Otherwise, this fortnight will be extended by seven days.) As any cancer patient under treatment knows, one's presence is never really confirmed until the medical staff advises you. Soon, I will be advised.

In all the intervening moments, I am still waiting to hear back concerning the results from my CT Scan on Wednesday. Hopefully (there's that word again), we will hear before the weekend. It's so much easier to suffer through/anticipate the fortnight when news is known sooner rather than later.

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

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