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Potomac ALMANAC

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Living
Fall 2018

Potomac
ALMANAC

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FIELD NOTES

Lessons from a Sanctuary

21st annual open house and fundraiser
benefits rescued animals.

BY CAROLE DELL
THE ALMANAC

That's the kind of day it was. One of those beautiful Sundays reserved for fall. The sky showed its particular blue, the freshly mown fields wafted perfume in a breeze so enticing it was difficult not to throw myself down on the spot and close my eyes. And, more than 1,800 people felt the same way last Sunday when they visited Poplar Spring Animal Sanctuary's Open House and fundraiser.

There, its residents, the farm's 250-plus rescued farm animals, reigned supreme.

"This is our biggest event of the year and the funds, over \$90,000, helps us to continue to rescue and provide a permanent home for our animals," said Terry Cummings, who with her husband, Dave Hoerauf are co-founders and directors of Poplar Spring. They work ceaselessly to provide a safe haven for these lucky animals who graze on 400 acres of pristine pastures, live in cozy, straw-filled barns and thrive in safety and peace thanks to the volunteers and friends who help care for them.

These are the lucky ones.

Their counterparts, all those pigs, chickens, calves, cows, steers, sheep, turkeys, and goats whose meat will grace our tables at restaurants and at home, live a very different and tragic life. The life Poplar Spring's residents escaped.

Confined to cages, each of the millions of factory farmed animals has a personality as distinctive as the ones who were being petted and admired by the guests that Sunday. I looked at a huge pig lying in a pool of mud, happy in the sun.

But, how about all those other individuals, and they are that, who are stuffed in those rattling metal slaughterhouse trucks and headed for hell? Then one escapes. Why that one? Is it luck or do some have that extra impulse to defy death?

It is enough to make me become a vegetarian, but I am not.

But, what I can be is an advocate to help



At Poplar Spring, this Guinea hen and rooster share their wealth: a cozy barn and a bed of straw. Possibly it is because of a sense that they are safe and can live out their lives here without fear.



PHOTOS BY CAROLE DELL/THE ALMANAC

Volunteer Deb Durant, of Arlington, Va., is a landing spot for these lovers. Nicky the pigeon loves Stevie the hen; or is it Stevie the pigeon loves Nicky the hen, Deb isn't sure. He gives her pecking kisses, which she bravely tolerates. They are inseparable, showing how all beings can care deeply for each other. We humans should take notice.

advance more humane treatment for these individuals who will die for our table. All of us can do this.

And, thanks to the internet, not always our friend, the tragedy of farm animal treatment has awakened millions of people to their plight. It is slowly changing the way animals are treated because advocates have a platform to spread the word about abuse in all aspects of animal care.

On Sunday, I met a woolly sheep in her shed and felt her thick coat. When she looked up at me, her eyes were soft with trust. I talked to Vivien Straume, a volunteer, who said she loves these sheep who now act like pets. We spoke about the others, the ones sheared for our wool. About

SEE LESSONS, PAGE 11



One little egg. A calling card from a lucky chicken who had the freedom to lay it and leave.



Visitors enjoy a field of goats at the 21st annual Poplar Spring Animal Sanctuary's Open House at 15200 Mount Nebo Road, Poolesville.



Daniel, Kai, and Marco Elliot pet Lily.

Upclose and Personal

Open house provides opportunity to visit with rescued animals.



Maelie Jantzem and Spencer Dixon pet Madison.



Tedy cools off.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Rockwood Manor To Host Upcycled Wedding Fair

Gently used wedding items on sale.

BY PEGGY MCEWAN
THE ALMANAC

Now there is a chance for brides, past, present and future, to network, exchange ideas and tips and celebrate their futures. It is also a place where wedding party supplies can be bought and sold.

It is the Upcycled Wedding Fair to be held from 11 a.m. to 2 p.m. Sunday, Oct. 14 at Rockwood Manor, 11001 MacArthur Blvd. Potomac.

"You never know what you are going to get," Allison Fuentes, manager of Rockwood Manor, said. "It's like a big wedding yard sale."

Fuentes said she spoke with one Rockwood neighbor whose garage is a storage depot for table cloths, runners, glassware, and other items from her daughter's recent wedding. That neighbor was happy to learn about the Upcycled Wedding Fair, she said.

Fuentes also said 75 people have already registered to attend the event, which is free for shoppers. Those wishing to sell items are charged \$20 and must register so a place can be set up for them. Registration for vendors is at: <https://bit.ly/2vz1CGG> (Activity #: 56653).

This Month's wedding fair is the second at Rockwood, the first was April 22, Earth



PHOTO COURTESY MONTGOMERY PARKS

Table display of items for sale at April's Upcycle Wedding Fair at Rockwood Manor. Another fair is scheduled this month.

Day, when it was tied to the idea of reusing wedding items.

"It's good for the planet," Fuentes said. It was a beautiful April Day, Fuentes said, and the event was "quite successful."

"The feedback I got was that people just enjoyed hanging out," she said.

Visitors are encouraged to walk around and become acquainted with Rockwood Manor, a 30-acre former estate operated by Montgomery Parks, Fuentes said.

"People are discovering Rockwood, it's so exciting," she said.

An extra bonus of the Upcycled Bridal Fair will be the raffle. Montgomery Parks is offering the use of Brooke Hall, one of the party/meeting rooms in the Manor House, for an eight-hour event.

For more information or to register for the Upcycled Wedding Fair call 301-563-7510 or email RockwoodManor@Montgomeryparks.org.

OPINION

Endless Challenges Facing Residents

By GINNY BARNES
WMCCA PRESIDENT

Summer is usually a slower time for monitoring new development plans, policy changes, and what has become a parade of Zoning Text Amendments. But, the County Council and Executive are facing term limits with November elections and with that comes a number of efforts to push through dubious proposals; some without benefit of public hearings or discussion among civic and environmental groups of needed amendments.

ZTA 18-03 which, as written, is not an agricultural use but a distribution point for alcohol trucked in and accommodates large tasting rooms and events. It is completely out of scale.

WMCCA has joined partners in the Agricultural Reserve in asking the council to deny or at least delay action until completion of the taxpayer-funded study on agrotourism now underway which will address many of the issues being raised about size, traffic, environmental impacts, and compatibility. For more information, go to: <http://www.mocoalliance.org/news/alcohol-production-in-the-rural-zone-lets-get-this-right>.

Another troubling proposal is MR2018012 PSSM at Fire Station # 30 on Falls Road just outside the Village to build a 189-foot monopole on 1.47 acres. The applicant is the Montgomery County Department of Technology Services (DTS). Planning Board staff recommended denial because the site is too small for such a tall tower and too close to existing residential houses. Now, County Executive Ike Leggett has resubmitted it to MNCPPC. This tower would never be allowed if proposed by any private cell tower company. Yet, as a Mandatory Referral, any Planning Board decision is advisory only. Though WMCCA and nearby private property owners have protested and even sought legal counsel, it may be that only political pressure on the current Executive or the three candidates for the office will carry weight. This impacts the health and safety of nearby residents who are being ignored to accommodate the convenience of DTS who continues to maintain this is the best placement for the tower.

Information is available at: <http://eplans.montgomeryplanning.org/daiclinks/pdoxlinks.aspx?apno=MR201801>

These are only two of the issues we are monitoring, but having a strong membership willing to speak up makes WMCCA a more effective advocate for our community and our Master Plan. Please plan to join the Association and attend the Oct. 10 meeting. You are always welcome.

Next Meeting

The next meeting of the West Montgomery County Citizens Association will be Wednesday, Oct. 10, 7:15 p.m., at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

Rick Meyer, president of Montgomery County Coalition for the Control of Cell Towers (MC4T.ORG), will speak on "Wireless Towers and Cell Poles in Potomac: What's here and what's coming ..."

MC4T is fighting for fair, transparent, and accurate regulation of cell poles and cell towers to minimize adverse impacts to surrounding land uses, respect the harmony and aesthetic character of the communities, and protect the safety of all residents.

SUBDIVISION AND ASSISTED LIVING FACILITY

By SUSANNE LEE:

❖ Legal challenge to Glen Mill Road Subdivision in Piney Branch Special Protection Area (SPA):

WMCCA has filed a civil action in Montgomery County Circuit Court challenging a Montgomery County Planning Board subdivision approval that blatantly violates the county stream and Maryland wetland buffer requirements. The Planning Board's action was particularly egregious given the heightened standards applicable to development in county SPAs. WMCCA is working closely with neighbors that abut the property who have filed their own civil action opposing the Planning Board's decision.

❖ Large Assisted Living Facility Proposed for Low Density Residential Neighborhood:

Vesta Senior Living, LLC is seeking approval of a conditional use application in order to build a 107-bed assisted living facility at 14100 River Road in an RE-2 neighborhood next to Blockhouse Point Park and close to Pennyfield Lock in the C&O Canal National Historic Park. WMCCA is joining with abutting neighbors to oppose the application. The application is pending before the Office of Zoning and Administrative Hearings, but a scheduled Nov. 2 hearing was postponed indefinitely at the request of the Planning Board. The Planning Board has yet to issue a recommendation on the proposal.

LAWSUIT, REDEVELOPMENT, SEDIMENT CONTROL

By GINNY BARNES

❖ WMCCA Joins Voices Supportive of Canal Cruisers Lawsuit Against the U.S. Department of Homeland Security for illegally restricting access to the Potomac River. Without following procedures required by law or engaging in any kind of transparent process, the U.S. Coast Guard has decided to prohibit the public from paddling along one of the most popular

stretches upstream of Violette's Lock. The rationale is the President's safety when at his golf course on the Virginia side. Americans deserve the right to enjoy recreation on this iconic river.

❖ Cabin John Center Expansion - Site Plan No. 820190020 - northeast corner of intersection of Seven Locks Road and Tuckerman Lane. New owners have applied for redevelopment of the 14.57 acre property with approximately 45,000 sq.ft. of new commercial use and up to 131,000 sq.ft. of new residential uses, consisting of 48 single family attached dwelling units. WMCCA is concerned with the intensity of development, loss of existing forest, and additional traffic on two already congested roads. Cabin John Center goes to the Planning Board on Oct. 4.

❖ Congressional Country Club - Violation of Forest Conservation Law - On Sept. 28 a Forest Conservation Inspector from MNCPPC and a Sediment Control Inspector from the Department of Permitting responded to complaints of extensive tree cutting on the site and determined the club had failed to get a sediment control permit for cutting and clearing more than 5,000 square feet of tree canopy. Since there is a sediment control law violation, there is a forest conservation law violation. The inspector estimates that between 20,000 and 30,000 sq.ft. of canopy was removed. The area of tree cutting has been stabilized with turf or seed. A fine or replanting requirement has yet to be determined.

5G CELL ANTENNAS

By CAROL FALK:

ZTA 18-11 would change zoning laws to allow private companies to stack 5G wireless system antennas on utility poles and buildings near homes and schools without public knowledge or consent.

WMCCA Board member Carol Falk testified on Sept. 26 before a packed Montgomery County Council public hearing. She noted that over 240 scientists and doctors from 41 nations have appealed to the United Nations to reduce wireless exposure to people. In addition, last year 180 scientists submitted a declaration to the European Union (EU) calling for a moratorium on 5G cell antennas due to health risks. She told the council the 5G systems are unsightly and proven to negatively impact property values as most people do not choose to live near them, not only because they're unsightly but because the radiation emanating from these towers can pose a serious health risk to residents, especially children, according to many experts in the scientific community. On behalf of WMCCA, she urged the council to oppose ZTA 18-11, which will be the subject covered by our October speaker.

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.

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 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 Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

WEDNESDAY/OCT. 3

Medicare Seminar. 3-4:30 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Attendees will learn what plans may be needed at what time, what coverage Medicare provides for hospital and nursing facility care, how to avoid mistakes and optimize benefits and get answers to the many questions seniors may have as they approach the Oct. 15-Dec. 7 enrollment period. For more information, to volunteer or get volunteer

help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org.

SATURDAY/OCT. 6

Blessing of the Animals. 4 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. Bring your furred, finned, or feathered

SEE BULLETIN, PAGE 9

POTOMAC ALMANAC

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Traveling in the Golden Years

BY MARILYN CAMPBELL

Last summer Jim and Debbie Patera of Bethesda traveled to Greece with their adult children and two grandchildren. While sharing the splendor of the Acropolis with their offspring was one of the most rewarding experiences of their lives, the couple, both 75, had considered canceling their long-planned trip because they felt the stair-climbing and suitcase lugging that goes with international travel would be overwhelming.

"We started working with a personal trainer about four months before our trip," said Debbie Patera. "We worked on improving our balance and stamina, and that made a huge difference for us. We still got tired at times, but not to a point where it ruined the trip for our grandchildren."

From walking down cobblestone streets to lifting luggage into an overhead bin, the physical demands of international travel can come with a risk of injury for those who are not in shape. While those travelers over the age of 65 might run a higher risk, fitness preparation before a trip is a key to prevention, says personal trainer Christian Elliot of TRUE Whole Human.

Building stamina can make travel more

enjoyable and running out of energy can put a damper on a trip, particularly for those who, like the Pateras, take multi-generational trips.

"The more lead time they have the better, but even a period of two weeks is enough to see some positive changes in ability," said Elliot. "The simplest activity anyone can engage in with the most far-reaching benefits is walking everyday. Depending on ability level, increase the time spent walking by 5-15 minutes each week until walking for an hour without a break is no problem."

Paying attention to your feet and ankles can help prevent unpleasant injuries that can ruin a trip, advises Margaret Hennessy, who leads international Christian missions trips. "Make sure that you have good, supportive shoes if your trip will include a significant amount of walking," she said. "Don't skip on shoes, buy the best that you can afford and wear them to break them in before your trip so that you don't get blisters. Also make sure that your ankles are in good shape."

Take time to improve balance, advises Elliot. "Do some one-legged exercises," he said. "Hold on to something for balance until you don't need to use it. For an extra challenge, trying doing it on an unstable

surface. As your confidence grows, so will the enjoyment of your vacation. Especially if your vacation involves being on a boat."

Planning each part of a vacation and familiarizing oneself with the activities that each will entail can avoid unpleasant surprises.

"Don't assume that because you're active in your everyday life, that you'll be fine when you travel," said Joan Foley, a personal trainer in Fairfax, Va. "Walking around your neighborhood for exercise is different from climbing narrow stairs or walking on rocky terrain at a high altitude. Take the time to do research to determine the physical elements of the trip and train for those conditions."

Practice getting up and down off the floor 10 times from a seated or lying position, advises Elliot. "As we age we tend to neglect this simple motion and its use it or lose it," he said. "Even better, try the classic cross-legged, stand test. If you can't do that from the floor, and most people can't, sit on a surface where you can do it, and as it gets easier with time, slowly



PHOTO COURTESY OF TRUE WHOLE HUMAN

Getting in shape before travel can reduce the risk of injury, particularly for seniors says Christian Elliot of TRUE Whole Human.

use a lower and lower starting surface until doing it from the floor is possible."

Getting in shape before a trip can make travel more enjoyable, safer.

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SENIOR LIVING

Rx for Life After Retirement: Stay Connected, Active

BY MARILYN CAMPBELL

Oliver Moore couldn't decide between code breaking during the Civil War, the music of 20th century French composers or instruction on transforming his own ideas into poetry. He weighed his options while perusing the class listings at centers at two local colleges and finally decided in favor his literary predilections and chose a poetry class at The Osher Lifelong Learning Institute (OLLI) at George Mason University. OLLI is also offered at American University.

"I spent 40 years practicing law and when I stopped working, suddenly there was this void that my work and my colleagues used to fill," said Moore, a 72-year old who lives in Fairfax. "My daughter reminded me that I'd always had all these ideas of things I thought were interesting and wanted to learn about but never had time. I enjoy the cultural and social activities and meeting people whose backgrounds and interests are similar to mine."

A recent study by the American Academy of Neurology confirms Moore's observations. Researchers found that staying socially active and engaged reduced the risk of dementia, depression and other mental and physical illnesses among seniors. Moore's quest to fill his days with engagements that mirrored the energy and mental rigor of those offered by his law career could actually boost his brain health, according to a report by the National Institute of Mental Health, which found cognitive decline was 70 percent lower in seniors who maintained social connections.

However, due to factors like retirement, physical limitations, or the death of a spouse or close friends, staying connected is fraught with complications.

"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks," said Natasha Sacks, a mental health therapist and, Program Director for Lifelong Learning Institute, at Montgomery College. "The research shows that social interactions are invaluable for emotional well-being,

brain plasticity, and support in crisis or everyday living."

"Opportunities for social interactions are especially important to seniors, who are at risk of becoming isolated as they age," said Sue Fitzgerald, Ph.D, a geriatrics counselor in Arlington. "It takes extra effort to stay connected, but doing so is so very critical. ... Sometimes you have to be creative in finding opportunities to engage with others, and it might even feel contrived at first, but the benefits are well worth the effort."

One of the ways that seniors stay active and socially connected is through educational institutes established for older adult like OLLI and the Lifelong Learning Institute, Montgomery College.

"I enjoy learning just for the sake of learning and exploring something new," said Alma White, a retired nurse who lives in Bethesda and has taken classes with the Lifelong Learning Institute, Montgomery College.

VOLUNTEER WORK offers a chance for social engagement that also offers one a sense of purpose, says Carmen LaGrange, LCSW, a therapist who works almost exclusively with older patients. "Having a feeling that you're contributing to something greater than yourself can help people feel like their life has meaning and that they're here for a reason," she said.

LaGrange recommends Senior Corps, a government organization that matches seniors with organizations in need of volunteers.

"Many of our students serve on committees and volunteer to give back to the community and in the process build meaningful social connections," added Saks.

Spirituality can also offer a source of companionship while simultaneously boosting one's well being, advises Fitzgerald. "A sense of community is a central to most faith groups," she said. "Relationships are found, made and strengthened through activities like a choir, religious study or prayer groups, where people can spend time with others who are like minded and share some of their beliefs."

For those who had a strong identity attached to work and enjoyed the resulting social connections that it brought, they might consider part-time work.

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SENIOR LIVING

Run, Dixon, Run

BY MARY JANE DYE
GOLDEN GAZETTE

“He leaned and I didn’t,” says 93-year-old Dixon Hemphill, appraising last year’s upset loss in the 60-meter dash.

The race took place at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico. Hemphill was facing just one competitor, Orville Rogers.

He had already beaten Orville in four other events. A YouTube video, which went viral, continues to tell the story of the 60-meter dash. At the shotgun start, Hemphill blazes ahead, confident and steady. Suddenly, 99-year-old Rogers kicks it up a bit, and ... they are neck and neck. As they near the finish line, Hemphill clearly remembers thinking he’d still win.

But then, Orville stretches his upper body forward, just a bit, and edges him out by a fraction of a second. The winning time for Orville was 18.00 seconds to Dixon’s 18.05.

Runner’s World wrote about the race and rivalry, posting the video under the headline, “99-Year-Old Upsets 92-Year-Old in Thrilling Sprint.”

HEMPHILL SAYS THAT, despite the loss, he was impressed that a man seven years his senior could beat him. Nevertheless, losing by a mere fraction of a second immediately nagged at him. Dixon wanted a rematch. “I was not going to let Orville beat me ever again.”

So, he began to strategize for the next race. “It’s just the way I am. I knew that I could improve.” Hence, the sport’s newest and oldest rivalry would continue in Landover, Md. at the 2018 National Masters Indoor Track and Field Championships.

According to Dixon, the two World War II Navy veterans enjoy an adversarial relationship, but genuinely like each other.

When possible, they go out to dinner. They discuss future races via email. “He



Dixon Hemphill with Laurie Strickland, fitness director at South Run Rec Center in Springfield.

“You you can get a lot done from age 50 to 90.”

— Dixon Hemphill , 93,
Champion runner

bought my dinner after I lost the race in Albuquerque. He’s a good guy. We care about each other.”

Originally from Connecticut, Dixon is practically a native to the Washington Region, arriving in 1965. He spent many years owning and operating two running centers—one in Fairfax and one in Alexandria, while also raising four children with his wife. After selling his businesses, he went into race management.

Since age 50, he has competed in more than 60 triathlons and won many championships. Before that, he played a little golf and tennis, however in his youth, he was a college athlete.

“You are never too old to start something new.”

— Dixon Hemphill , 93,
Champion runner

At 74, he was hit by a car while training on his bike for a triathlon. He spent more than a month in the hospital, but that did not deflate his enthusiasm for running.

“I was seriously injured, but knew I’d compete again.

“You know, you can get a lot done from age 50 to 90,” he laughs.

Laurie Strickland, fitness director at South Run Rec Center, says Dixon has a shuffle when he runs; common for older runners. To address this, she said, “I helped him to increase the length of his stride by improving flexibility.” Strickland chides Dixon for being a good student but “not practicing.” Hemphill admits it’s true.



Dixon Hemphill, 93, was a pole vaulter in college.

“I am disciplined with the running, just not the stretching exercises.”

But obviously he did something right. Because when the rematch took place last March— with double the number of entrants—he beat Rogers handily.

“I knew he had slowed down,” he said. “After all, he is 100 now.”

With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. “I really see the glass as half full.” Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

“You are never too old to start something new.” In fact, at 94, he turned his hobby of converting wind-up clocks into electric ones has turned into a business.

“Why not?” he says.

Watch for Dixon and Orville when they compete in the 2019 National Masters Championship, March 1-3, in Winston-Salem, North Carolina.

A version of this story first appeared in the Fairfax County “Golden Gazette.”

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League of Women Voters on issues

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NEWS

MCPAW Receives \$13,000

The Montgomery County Department of Liquor Control (DLC), in a partnership with Tito's Handmade Vodka and Breakthru Beverage Group, raised \$8,000 over the past year to support the nonprofit, Montgomery County Partners for Animal Well-Being (MCPAW). The partnership's efforts increased the two-year total of contributions to MCPAW to more than \$13,000.

During the month of August, for every bottle of Tito's vodka sold at DLC retail stores, \$1 was donated to MCPAW (up to \$5,000). The full \$5,000 donation was reached. In addition, 25 local restaurants

joined the campaign featuring Tito's drink menus in their businesses for the month. These county restaurants raised another \$1,000. The 2018 DLC campaign also raised more than \$2,100 from donation boxes placed at the 25 DLC retail stores, for a total of more than \$8,000.

MCPAW aims to reduce the number of pets that come into the Montgomery County Animal Services and Adoption Center, protect and provide for the animals while they are in the center and educate and engage the community in animal welfare causes. More information on MCPAW can be found at <https://www.mcpaw.org/>.

BULLETIN BOARD

FROM PAGE 4

friend to the annual St. Francis Day Blessing of the Animals. The service of blessing will take place on the front steps of the church, weather permitting, or the main room undercroft in case of inclement weather. Donations of old towels and blankets for the comfort of local animals in shelters are welcome. Visit www.stjamespotomac.org for more.

TUESDAY/OCT. 9

Public Forum. 7:30 p.m. in the Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council is seeking public comment on the Community Grants Program. All stakeholders are encouraged to share their experience with the Community Grants program and make recommendations on program

changes. Nonprofit organizations, Grants Advisory Group members, County staff and other grant-making departments, and outside agencies are invited to participate. Those interested in testifying at the public forum can sign up online at www.montgomerycountymd.gov/council/phsignup.html or by calling 240-777-7803. The deadline to sign up is Tuesday, October 9 at 10 a.m. Visit the Council Grants website at www.montgomerycountymd.gov/COUNCIL/grants/council_grants.html.

SUNDAY/OCT. 21

Workshop: Faith and Local Waters. 3-5 p.m. at Beth Shalom Congregation 11825 Seven Locks Road, Potomac. Friends of Cabin John Creek & Interfaith Partners for the Chesapeake invite Congregation Representatives to a workshop: Faith and Local Waters. Visit www.cabinjohncreek.org for more. RSVP required at rsvp@cabinjohncreek.org, by Oct. 7.



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ENTERTAINMENT

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

SATURDAY/OCT. 6

Taste of Bethesda. 11 a.m.-4 p.m.

Taste of Bethesda is located on Norfolk, St. Elmo, Cordell, Del Ray and Auburn Avenues in the heart of Bethesda's Woodmont Triangle with nearly 50 restaurants. Five stages showcase musical and cultural performances, and a children's area featuring art and craft activities, balloons and face painting will provide additional entertainment for young visitors. Admission is free. Tickets will be sold on-site to "taste" different foods; tickets are \$5 for four tickets and a serving costs one to four tickets. Call 301-215-6660 or visit www.bethesda.org.

2018 DC-Metro Modern Home

Tour. 11 a.m.-5 p.m. The 9 homes on this year's tour are located in the following towns and neighborhoods: Takoma Park, Bethesda, Chevy Chase, Pinehurst Parkway Park, Arlington, and McLean. Modern Home Tours give people a chance to explore and view examples of modern architecture via a self-guided tour. 12 and older. \$40. Visit www.dcmetromodernhometour.com.

Dulcimer Music. 12:30-3 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Live music by the Mountain Dulcimers of Northern Virginia. Visitors can try playing. The programs at Great Falls Tavern are free, but there is an entrance fee to the park of \$10 per single vehicle (subject to change). Call 301-767-3714.

Taste in Potomac. 6:30-11:30 p.m. at The Bolger Center, 9600 Newbridge Drive, Potomac. Taste in Potomac brings together leaders in the community, advocates for children and friends who care together. Guests enjoy an evening of fabulous auctions and delicious food from Potomac area restaurants. Nearly 30 restaurants donate their fare for the enjoyment of our guests and to help Adoptions Together raise awareness and funding to find homes for children in foster care. Call 301-503-6741 or visit www.adoptionstogether.org.

Piano Trio Gems by Ravel and Tchaikovsky. 8 p.m. at Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. Pressenda Chamber Players present piano trio gems by Ravel and Tchaikovsky as part of the 2018-19 Washington Conservatory Concert Series. Free, with donations welcome at the door. Visit www.westmorelanducc.org/.

Live Comedy. 8 and 10 p.m. at The Highwood Theatre, 914 Silver Spring Ave., Silver Spring. As fall gets chilly, the Highwood Theatre gets hot with laughter as Marianne Sierk (Comedy Central, 98Rock) headlines two shows at the intimate Highwood Theatre. Line-up includes locals: Dominic Rivera (DC Improv, Kennedy Center), Theresa Concepcion (Arlington Drafthouse) and Liz Barlow. \$20 at the door; \$15 at www.eventbrite.com/e/stand-up-at-highwood-tickets-50013536835. Call 301-351-2096 or email improbablecomedy@gmail.com.

Toast in Potomac (The After Party). 10 p.m.-12:30 a.m. in The Bolger Center - Franklin Room. The Toast in Potomac welcomes our next generation of community partners and emerging champions to enjoy an evening of dancing, mingling, food from Potomac area restaurants, the A-List beauty bar, and much more... The after party proceeds benefit Adoptions Together and FamilyWorks Together. Limited tickets are available, reserve early. Call 301-503-6741 or visit



'The Diary of Anne Frank'

The truth found in Anne's diary fills the stage with the thoughts and feelings of a 13 year-old girl, forced into hiding with her family after the Nazis stripped away their lives because they were Jews. Timeless and at the same sadly timely, Anne's diary also tells the stories of millions of others who shared her fate. Friday-Saturday, Oct. 5-6, 8 p.m., Sunday, Oct. 7, 2 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Visit www.rlt-online.org/ for tickets.

PHOTO BY HARVEY LEVINE
Julie Kashmanian as Anne Frank

www.adoptionstogether.org or www.familyworkstogether.org.

SUNDAY/OCT. 7

Waltz Dance. 2:45-3:30 waltz workshop; 3:30-6 p.m. dance at the Bumper Car Pavillion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Sugar Beat 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.

MONDAY/OCT. 8

10 String Symphony. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The Institute of Musical Traditions (IMT) is a nonprofit 501(c)(3) organization which preserves and promotes American and international folk music traditions, and nurtures new styles evolving from these cultural roots by presenting concerts, workshops, and educational programs. \$20 advance, \$25 door. Students and children: \$15 advance, \$20 door. Visit www.imtfolk.org or call 301-960-3655.

OCT. 10-NOV. 3

Art Exhibit: Paintings and Sculpture. Gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B presents the October exhibit, a group show by Nihal Kececi of Gallery NK, featuring work by Nadia Arditti, Claudia Cappelle, Gulten Imamoglu, Nihal Kececi and Eric Westbrook. Visit www.bethesda.org.

THURSDAY/OCT. 11

Teen Read In. 4-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Celebrate Teen Read Week 2018. Relax, meet friends and read a favorite book for Teen Read Week. Read a book and discuss it with other teens. Snacks provided. Visit www.montgomerycountymd.gov/Library/branches/potomac.html.

FRIDAY/OCT. 12

Fall Rummage Sale. 9 a.m.-3 p.m. at St. James' Episcopal Church Parish Hall, 11815 Seven Locks Road, Potomac. Rummage sale items include: antiques and collectibles; art; bicycles; books; clothing—from infant to adult; jewelry; electronics;

furniture; household items; kitchenware; sports equipment; tools; and toys. Call 301-762-8040 or visit stjamespotomac.org.

Opening Reception: Paintings and Sculpture. 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B presents the October exhibit, a group show by Nihal Kececi of Gallery NK, featuring work by Nadia Arditti, Claudia Cappelle, Gulten Imamoglu, Nihal Kececi and Eric Westbrook. Visit www.bethesda.org.

SATURDAY-SUNDAY/OCT. 13-14

Bethesda Arts Festival. Saturday, 11 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m. at Bethesda Row, 4841 Bethesda Ave., Bethesda. The 21st Annual Bethesda Row Arts Festival, one of the region's premier arts festivals, brings together 190 national artists in a free outdoor art gallery. Free. Call 301-637-5684 or visit www.bethesarowarts.org.

SUNDAY/OCT. 14

50+ Expo. Noon-4 p.m. at the Silver Spring Civic Center in downtown Silver Spring. This annual expo is designed for older adults and their families, featuring the winning works of the Beacon's Celebration of the Arts contest, as well as free health screenings, fitness classes, flu and pneumonia vaccines, door prizes and entertainment for older adults and their families. Dozens of informative exhibitors — including government agencies, nonprofits and local businesses — will provide giveaways and helpful information. Free. Visit www.thebeaconnewspapers.com.

Waltz Dance. 2:45-3:30 waltz workshop; 3:30-6 p.m. dance at the Bumper Car Pavillion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Some Assembly 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.

MONDAY/OCT. 15

The Stitching Club. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Join other stitchers and share ideas while working on individual needle craft projects, bring personal supplies. For ages 8 and up. All skill levels welcome. Meets once a month. No registration required. Free. Call 240-777-0694.

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10 ❖ POTOMAC ALMANAC ❖ OCTOBER 3-9, 2018

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FIELD NOTES



These sheep share their barn with goats and any other animal that may need a warm place to rest. Each is healing or has recovered from a traumatic experience with the aid of shelter and a loving hand.



Maddie is 10-years-old. She was not meant to live this long. Because pigs are very social, and can sleep together, their life in factory farming, where they are kept isolated in cages until they are slaughtered, is horrific. Here, Maddie just returned from a good root and with no one to wipe her nose, Maddie still says hello.

Lessons from a Sanctuary

FROM PAGE 2

how they are thrown, with eyes bulging in fright, and stepped on to be sheared. When it is over, they are then shoved aside bleeding and traumatized, only to have it happen again when the wool grows back. They don't die, no, but maybe this is worse.

Later, I was introduced to Ivan, the turkey, who must have squeezed out through the slats of a slaughterhouse truck. He found freedom as he tumbled to the side of the road. A vegan passerby, that's what I was told, found him lying there with a broken wing. Today, he struts his stuff minus that wing, a huge white explosion of feathers with the bearing of a prince.

Then there is the odd couple. Stevie, the hen and Nicky, her mate, a pigeon.

At least those are the names that Deb Durant of Arlington, Va., a volunteer at Poplar Spring for 12 years, told me. She said she could have it backwards. Regardless, Nicky loves Stevie. Really loves the hen. They are inseparable. He dances his pigeon circles around her, sits on her back and gives pecking kisses, which she tolerates.

In a shelter, they fell in love and were determined to stay together. When Stevie went to the vet; Nicky followed. They were rescued in tandem by Poplar Spring and will live there happily ever after.

It was a good day. Visitors would tell you that. As they left, arms loaded with silent auction items, the music of the Dave Kitchen band still in their heads, kids proud of their painted faces and telling their parents about how they were really able, really, to hug that huge wiry-haired pig and how cute the chickens were. They would tell you all of that.

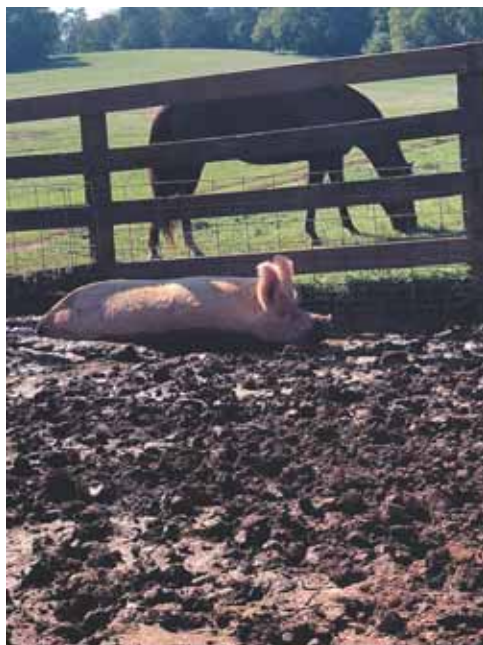
And so would Terry and Dave, who oversaw this day and who devote themselves

to this glorious farm where their only goal is to make sure that their charges are healthy and safe for the rest of their lives.

Poplar Spring Animal Sanctuary is a 501(c)3 organization supported only by individual donations. To volunteer or donate, go to www.animal-sanctuary.org.

Want to have thanksgiving dinner with the turkeys? They eat first.

Saturday, Nov. 17, 2018, noon – 4 p.m. Call 301-428-8128.



Horse and pig cozy up at Poplar Spring Animal Sanctuary where they welcome all farm animals rescued from tragic situations. Horses, pigs, goats, chickens, sheep and myriad other farm animals somehow understand their fortunate turn in life because they find a way to live together in a peaceful manner that many human beings would be wise to emulate.

PHOTOS BY CAROLE DELL/THE ALMANAC

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No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain – the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper – literally – and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as her purrs himself to sleep.

Now let me ask you all a few questions: How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

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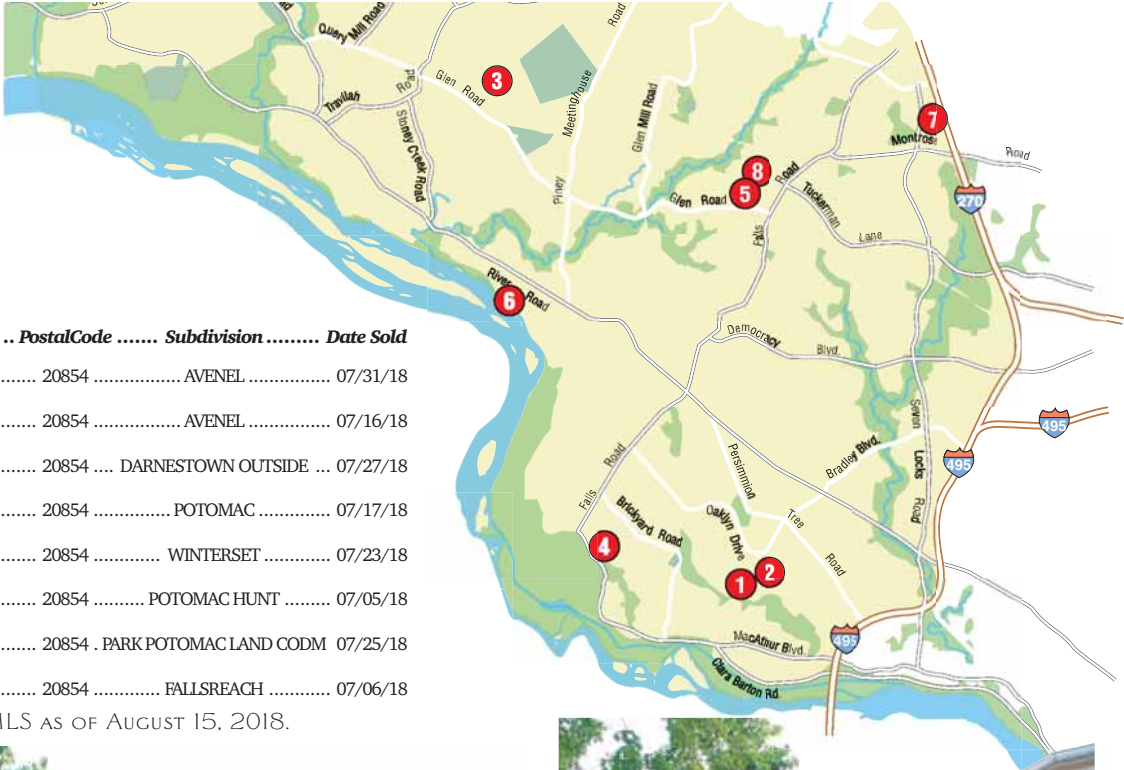
5 9416 Winterset Drive — \$970,000



8 12029 Trailridge Drive — \$945,000

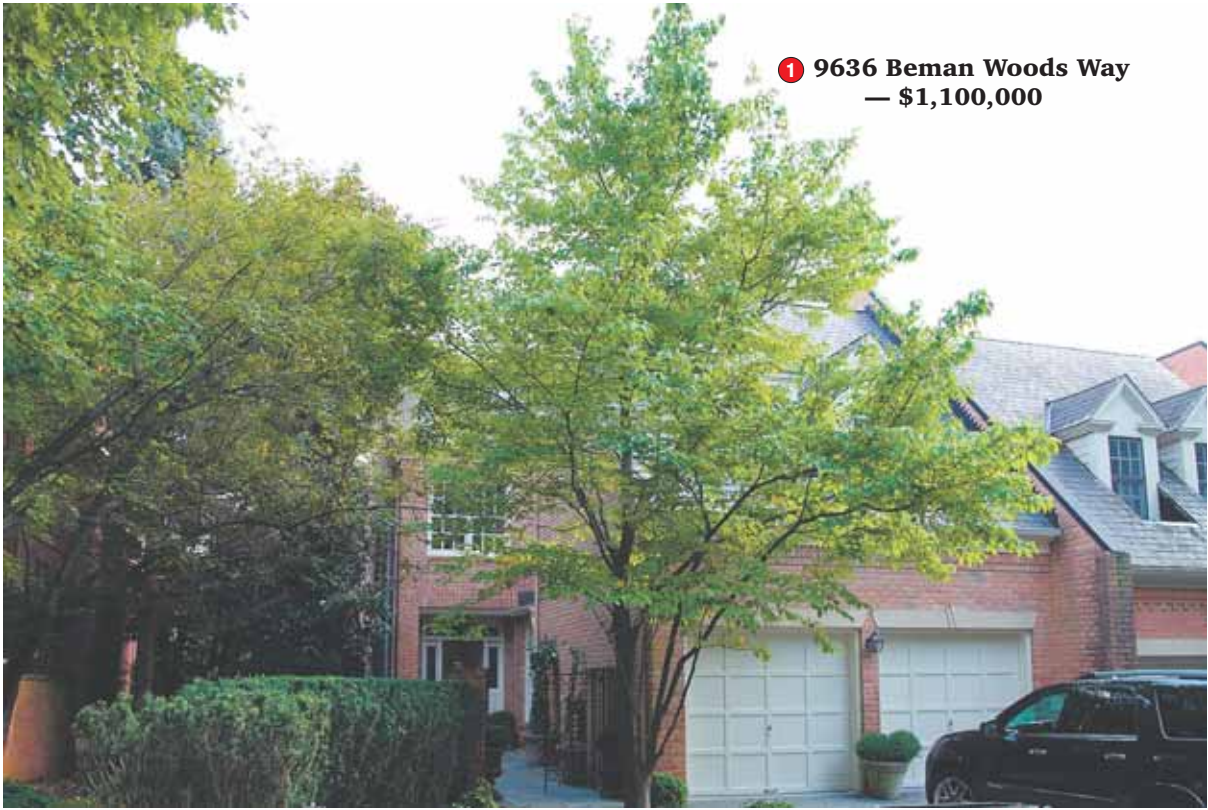


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5 9416 WINTERSET DR	4	4	1		POTOMAC	\$970,000	Detached	0.49	20854	WINTERSET	07/23/18
6 10809 ADMIRALS WAY	4	3	0		POTOMAC	\$950,000	Detached	1.06	20854	POTOMAC HUNT	07/05/18
7 12500 PARK POTOMAC AVE#206N 2	2	2	1		POTOMAC	\$950,000	Hi-Rise 9+ Floors		20854	PARK POTOMAC LAND CODM	07/25/18
8 12029 TRAILRIDGE DR	4	3	1		POTOMAC	\$945,000	Detached	0.37	20854	FALLSREACH	07/06/18

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1 9636 Beman Woods Way — \$1,100,000



2 9455 Turnberry Drive — \$1,070,000