

Potomac ALMANAC

Senior Living

PAGE 5

William Slate riding Hoof Hearted was the winner of the Small Pony Race at the Potomac Hunt Races on Sunday, May 19.

Potomac Hunt Races Fun, Horses, Tradition

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Wayside
Celebrates 50 Years

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KEEN on Prom at Bullis

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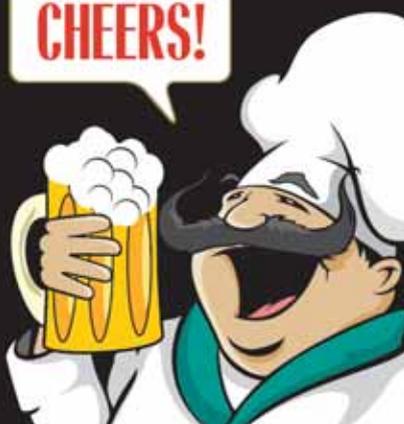



PHOTO COURTESY KEEN

Bullis students Emma Bookoff and Zak Khera pose with Keen Athletes at the beginning of the Bullis Prom.

Joy, One-to-One at the Prom

So many volunteers that KEEN Prom-goers had more than one date each!

BY PEGGY MCEWAN
THE ALMANAC

There were no wallflowers at The KEEN Prom Friday night. It was a night of being together, dancing, eating and having fun for Bullis High School students and athletes from KEEN of Greater DC.

KEEN, which stands for Kids Enjoy Exercise Now, provides children and young adults with physi-

cal and developmental disabilities with "non-competitive one-to-one programs of exercise, fitness and fun," according to its mission statement.

Surely it was mission accomplished Friday when about 80 KEEN Athletes and 110 Bullis students met in the school's gym for the fourth annual KEEN prom hosted by the students.

Each athlete was greeted by a volunteer with a large sign with his or her name on it asking them to be their date.

The idea was for each athlete to have one on one time with a Bullis student, but so many students volunteered for the event that many KEEN athletes had more than one date. "It's been so easy to reach out and get [volunteers]," senior Ethan Copeland, who chaired the prom with senior Sophia Fragoyannis and junior Charlotte Helmig, said. "Out of 400 high schoolers [at Bullis] 110 volunteers is a great turn out."

Many of the Bullis students work with KEEN athletes all year at a bi-weekly KEEN Club which meets at Tilden Middle School for physical activities. They also have special events and sometimes go on field trips.

"We serve every child, no matter what the disability," Colleen Kennedy, president of KEEN Board of directors, said. "They are like every other kid who likes to go out and see peers and see their coaches, who want to be with them."

Ravi, 22, was really looking forward to the prom, his mother Preeti Chojar said. He went last year too.

"He likes to wear his nice white shirt and black pants," she said. "He likes to dance."

But, she said, the best part is the people. He feels welcome.

Bullis senior Katelyn Foreman said she has been attending the KEEN Prom for three years.

"It makes them so happy; you can't help but smile," she said.

The Prom theme this year was "You've got the power" and the decorates reflected superheroes. Athletes were given superhero masks and capes and tables throughout the gym were decorated with "Boom" "Bang," "Whack," and "Pow" displays.

There was a photo booth, flowers for the guests courtesy of EDGE Floral, music was by A-Squad Entertainment and dinner was provided by Mamma Lucia.

Linda and Rich Blumenreich brought their son Brian to the Prom. He has been attending KEEN events for 17 years.

"It's given him friendship," Linda said. "When he comes, whoever is working with him is his friend. It's the one-on one that makes it special." KEEN is so special to their family that Rich joined the Board.

"I wanted to be sure other people could have these experiences too," he said.

For more information visit KEEN Greater DC at www.keengreaterdc.org.

WWW.CONNECTIONNEWSPAPERS.COM

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Wayside Celebrates 50 years

Great turnout in the newly rebuilt school.

BY PEGGY MCEWAN
THE ALMANAC

Wayside Elementary School celebrated its 50th Anniversary on Saturday, May 18, 2019, with a school carnival, open house and the unveiling of an anniversary work of art, and even a politician. Councilmember Andrew Friedson attended Wayside. Friedson said he began his advocacy work while an elementary student at the school.

Fifty years, and the school is now only two years old. Was it ‘back to the future?’ No. The original school was torn down and replaced by a larger, brighter, two-story building which opened in 2017.

For many former students it was a ‘blast from the past’ anyway.

Evan Schaffer and Carrie Begin, both from the class of

“I was here for the 30th and now I’m here for the 50th.”

— Principal Donna Michela

1988, visited with their fifth-grade teacher, John Graham. “He was our favorite teacher,” Begin said. “We had a Facebook page [for the anniversary] and people said, ‘I’ll go if Mr. Graham is there.’”

While they were talking, another alum, Brian Taff, came up and mentioned running the school store. It was a store on a cart, he said, because there was not room for a real store.

Schaffer said he ran the school store too and they compared what items were the best sellers. Though Taff left the school in 1979, the ten-year difference did not show much change in students’ taste.

They both remembered



Students enjoy face painting at the Wayside Elementary School 50th anniversary celebration.



Wayside classmates Evan Schaffer and Carrie Begin pose with their 5th grade teacher John Graham at the school’s anniversary celebration Saturday.

selling gummy erasers and chips. “It was the highlight of my career,” Taff said. He also said he did not stay in retail.

Marcelon Kert came back for the celebration. She was a second-grade teacher when the school first opened.

“Glen Road wasn’t paved,” she said. “There was one strip down the middle with gravel on both sides.”

She also told of getting the school ready to open.

“There were nine of us [teach-

ers] when we opened,” she said. “There was no running water in the school until the day it opened.”

No heat either. “We huddled together for warmth,” she said.

As teachers, former students and current students stopped to speak with her, Kert said she was

happy to be back.

“You can’t know how thrilled I am seeing people,” she said.

Another thrill for the day was

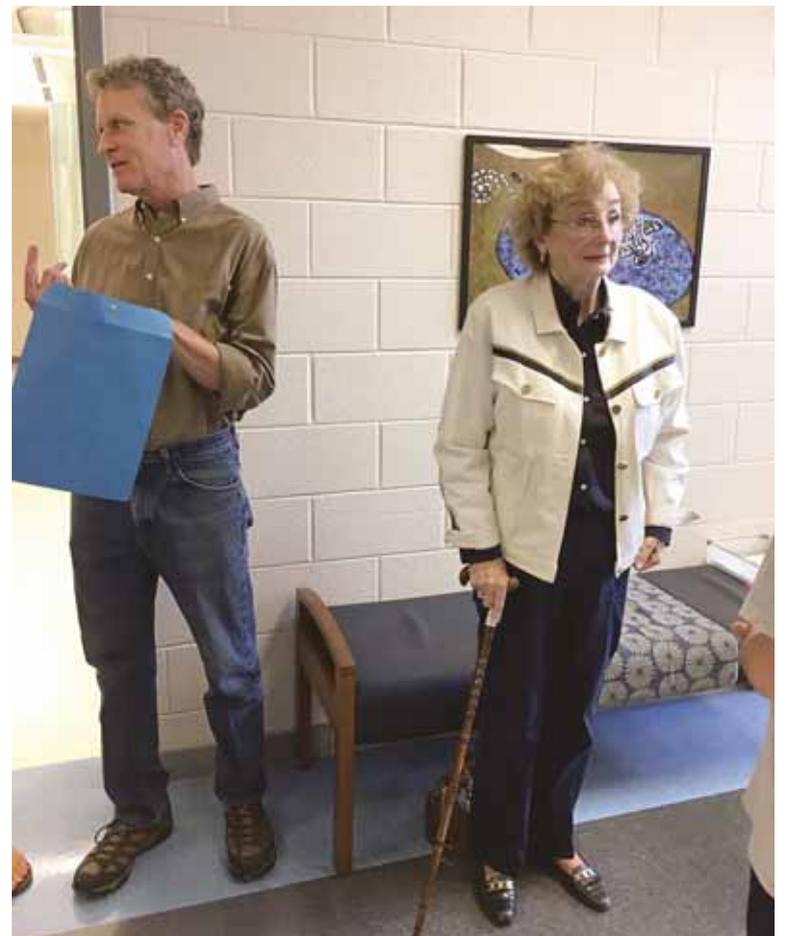
SEE WAYSIDE, PAGE 4

“There were nine of us [teachers] when we opened.”

— Marcelon Kert, taught second grade



Fifth grade teacher Lynn Stuart and student Justin look at the souvenir tee shirt signed by this year’s graduates and Wayside Elementary staff at the school on Saturday.



Marcelon Kert, right, taught second grade at Wayside when it opened in 1969. John Graham, left, taught at the school for nine years, beginning in 1986.

Want to know more about “aging in community” here in Potomac?

Bring a Friend Social Lunch
Thursday, May 23, 12 noon
Tally Ho Restaurant, Potomac Village

Wildflower Walk on the Canal
Wednesday, May 29, 10 – 12
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240-221-1370 to RSVP, learn more
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NEWS



PHOTOS BY PEGGY MCEWAN

Wayside Elementary School celebrated its fiftieth anniversary on Saturday. The school opened in 1969.

Wayside

FROM PAGE 3

the unveiling of the student art installation on the grass in front of the school.

During the last few months students and staff each painted a rock. These were embedded in a concrete “stream,” flowing with the rocks and ending in a circle containing the representation of a dolphin, Wayside’s mascot.

The unusual thing about the artwork, besides the fact that all the students participated in its cre-

ation, is the dolphin is embedded with synthetic crystals that glow in the dark. “It really is amazing to see what we did in art turn into this great project,” Justin, a fifth grader, said. Principal Donna Michela said she was surprised by the large turnout and pleased by the people who came back to the school from years ago.

She is a long-time Wayside staff member herself.

“I was here for the 30th and now I’m here for the 50th,” she said.

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.

TRAINING SITES WANTED

Montgomery County’s Opioid Response Program, which offers free Naloxone training for community members, is looking for locations at which to hold trainings. Training sessions can be offered privately for an organization or can be made available to the general public. Training sessions teach participants how to recognize and respond to an overdose and free Naloxone kits are provided. Organizations interested in hosting a training should contact email Overdoseresponseprogram@montgomerycountymd.gov or call 240-777-1836. Visit www.montgomerycountymd.gov/HHS/OpioidResources.html for a current schedule.

WEDNESDAY/MAY 29

“Public Safety Community Conversation.” 7 p.m. at the

Nancy Dacek North Potomac Community Recreation Center, 13850 Travilah Road, Rockville. Please join Montgomery County Council representatives for a “Public Safety Community Conversation.” Discuss concerns. Visit www.montgomerycountymd.gov/Katz/ to register.

THURSDAY/MAY 30

Service Academy Information Night. 6-8 p.m. at Gaithersburg High School, 101 Education Blvd., Gaithersburg. Interested students and their parents will have the opportunity to speak directly with representatives and graduates from each of the U.S. Service Academies. These representatives will be answer questions about life at the Academies, the application process, and the career opportunities that come afterwards. Free and open to the public. Email Trone.Academy@mail.house.gov or call 301-926-0300. Register at www.eventbrite.com/e/montgomery-county-service-academy-information-night-tickets-61522551608.

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WWW.CONNECTIONNEWSPAPERS.COM

Senior Living



PHOTO BY MARILYN CAMPBELL

Berries of all types are rich in antioxidants which promote healthy skin, advises nutritionist Sara Ducey.

Skincare after 55

Adjusting the regimen for senior skin as one ages.

BY MARILYN CAMPBELL
THE CONNECTION

From fine lines to age spots, normal changes in the skin are inevitable as it matures. Skincare after 50 doesn't need to involve plastic surgery or products with a high price tag. There are simple options for treating the conditions that appear as one ages.

"Everyone ages differently, but you may notice your skin is drier and thinner and starting to look like paper," said dermatologist Shelly Hall, M.D. "You may notice that you're developing more age spots wrinkles and creases. Your skin might be blotchier and irritated easily. You also might notice that your skin heals more slowly."

One of the top recommendations for aging skincare is sunscreen. "For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun," said Susan Yohe, gerontology nurse for the Fairfax County Health Department. "In addition to using a high-SPF sunscreen, we also recommend long, loose fitting clothing that covers the skin, and a wide-brimmed hat when outside. This will help keep you safe and preserve your skin."

"Wear sunglasses to reduce lines around eyes," added Hall. "Slather on sunscreen that offers broad-spectrum protection and stay out of the sun between 10 a.m. and 2 p.m. It's so important because the sun can age your skin prematurely. Indoor tanning and sun lamps expose your skins to UV rays which can also make your skin age faster."

Watch for skin cancer that can occur because of too much exposure to the sun, warns Hall.

"Everyone should see a dermatologist for

"For most of us, skin gets more fragile as we age. That's why it's essential for seniors to take extra care and protect themselves from the sun"

— Susan Yohe, gerontology nurse

a skin care exam at some point."

Wash your face twice a day, but avoid using soap, suggest Hall. "Use warm water and a mild cleaner, but don't scrub."

"Vitamin A cream can reduce fine wrinkles," said Hall. "It also helps with rough skin and hyper-pigmentation or discoloration that comes with aging and over-exposure to the sun. Products that contain Vitamin C can lead to healthy skin and may reverse the negative effects of aging."

Getting adequate sleep promotes healthy skin, says Hall. "It gives our body and skin time to refresh and renew."

Diet and lifestyle also play a role in the way one's skin ages. Eliminating smoking, decreasing alcohol consumption and eating fresh fruits and vegetables and foods rich in Omega-3 offer the nutrients necessary for healthy, glowing skin, says Sara Ducey, professor of Nutrition at Montgomery College.

"Water is especially important for keeping skin hydrated," she said. "Fish is particularly important, especially fatty fish that are rich in Omega-3 fatty acids like salmon and tuna. Berries are great for the skin because they help keep inflammation down. Green, leafy vegetables especially parsley and lettuces offer tremendous nutrition."

A simple and holistic approach is the foundation of skincare, advises Hall. "The bottom line is maintaining a healthy lifestyle, eating a healthy diet and practicing sun protection," she said.

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ENTERTAINMENT

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

ONGOING

Art Exhibition: "Color in May."

Through May 25, Wednesday-Saturday, noon-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Bethesda-based painter Catherine Levinson has embraced her passion for art since attending the High School of Music and Art in New York City. She majored in art at City College in New York, eventually becoming a high school art teacher. In addition to teaching art, Catherine worked most of her career as a clinical social worker and psychotherapist, incorporating art into her practice, extensively relying on her artistic training as she worked with young children. Visit www.bethesda.org.

Art Exhibit: Here and Where.

Through May 26 in the Kaplan Gallery, VisArts Center, 155 Gibbs St., Rockville. Richard L. Dana presents an optically explosive solo exhibition featuring recent digital prints that occupy the gallery in a variety of scales and configurations. Visit www.visartscenter.org for more.

Photography Exhibit: "Human Landscapes."

Through May 26, gallery hours at Photoworks, Glen Echo Park. Photoworks presents Human Landscapes featuring work by Alan Awakim, Hannah Fox, and David Pellegrini. Curated by Fabian Concalves Borrega, Human Landscapes is the conjunction of three photographic series that propose a dialogue between the subject and the objects with which they are surrounded. Visit www.glenechophotoworks.org for more.

Teen Writers' Club.

Tuesdays through May 28, 6:30-8 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens (13-18) with a passion for writing are invited to join the Teen Writers' Club. Learn and practice new writing techniques, share your work, and learn how to critique other works with author Neal Gillen. Free. Email acsagillen@aol.com for more.

Art Exhibit: "Dialogues."

Through June 8, gallery hours at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

THURSDAY/MAY 23

Bells Mill Elementary 50th Anniversary and Reunion.

Celebrate with an open house and planned student performances. Several food trucks will be there for the evening and all are welcome to come and have their supper on the lawn and visit through the building seeing memorabilia, listen to children performing and take part in a school wide art project that will be hung as a permanent part of the building. Share memories, photos and other memorabilia or speak with current students.

- ❖ Families, students and alumni may share their fondest memory in an electronic form and email to Robert_D_Hirsch@mcpsmd.org.



Shrek (Evan Gerstenblith) and Donkey (Sofie Pileggi, double cast with Alina Miller).

Shrek the Musical Jr.

Bravo Productions presents Shrek the Musical Jr. Shrek (Evan Gerstenblith) and Donkey (Sofie Pileggi - double cast with Alina Miller) are on a quest to rescue a princess and find true acceptance. Saturday, June 15, 4 and 7 p.m.; Sunday, June 16, 1 and 4 p.m. at the Randolph Road Theater, 4010 Randolph Road, Silver Spring. Visit www.bravoproductions.org for more.

- ❖ Bells Mill related pictures from the past, can be scanned (identify the year/decade and give a description) and emailed to Jerri_L_Oglesby@mcpsmd.org or Rose_M_McKee@mcpsmd.org.
- ❖ T-shirts, mugs, yearbooks, and other memorabilia that can be displayed, can be labeled and dropped off at the main office. Great care will be taken and items will be returned as soon as

the program ends on May 23.

- ❖ To participate in speaking with current students or speaking at the kick-off pep rally on May 17, email Tracy_S_Tabachow@mcpsmd.org.
- Equipment Show.** 10:30 a.m.-4:30 p.m. at Mattie J. T. Stepanek Park, 1800 Piccard Drive, Rockville. Kids – and kids at heart – will be able to climb into the operator's seat of some of the big trucks used by the city's

Department of Public Works. The free show includes public works displays, demonstrations, balloons, popcorn, coloring books and other giveaways, and the chance to meet some of the public works employees who provide the important services that keep Rockville running. Visit www.rockvillemd.gov/publicworks or call 240-314-8500.

Bernie Scholarship Awards. 5:30-7:30 p.m. at Executive Office Building, 101 Monroe St., 1st floor, Rockville. A dinner to recognize 51 Montgomery County students with scholarships and present the Community Leadership Award to Chris Ullman, Founder and President of Ullman Communications. Visit www.berniescholarships.org.

FRIDAY/MAY 24

"My Favorite Things." 7-8:30 p.m. at Geneva Presbyterian Church, 11931 Seven Locks Road, Potomac. The Sanctuary and Handbell Choirs will be performing their all-time favorite songs. There will be a wine and cheese reception following the concert. Free. Call 301-424-4347 or visit www.genevapotmac.org.

SATURDAY/MAY 25

Potomac Conversation Club. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

SATURDAY-SUNDAY/MAY 25-26
Spring in the Park. 9 a.m.-4:30 p.m.

at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Outdoor activities include Leave No Trace Workshops and dog friendly Bark Ranger programs. Music by the National Capital Chapter of the Music Box Society International (Sunday only). The programs at Great Falls Tavern are free, but there is an entrance fee to the park of \$15 per single vehicle (subject to change). Call 301-767-3714 for more.

SATURDAY-MONDAY/MAY 25-27

Hometown Holidays: Memorial Day Weekend. Rockville's 31st annual Hometown Holidays Music Fest offers something for everyone Memorial Day weekend, including entertainment from around the country, the Taste of Rockville and the 75th annual Memorial Day Ceremony and Parade. Visit www.rockvillemd.gov/HTH for more.

- ❖ **Music Fest:** featuring more than 30 performances by local, regional and national performing artists, Saturday and Sunday, noon-8 p.m., on four stages across six city blocks, kids amusements and the return of "the beach" sand pile.
- ❖ **Taste of Rockville:** offers a taste of diverse offerings on Saturday and Sunday. Food tickets are \$1.25 each, with menu items costing one to five tickets each. Tickets can be purchased at one of two Taste of Rockville ticket booths along East Montgomery Avenue.
- ❖ **Memorial Day Ceremony and Parade:** beginning at 9 a.m. on Monday. The ceremony, in the plaza at Rockville Town Square, will feature performances by the Rockville Concert Band and the Rockville Chorus, a traditional wreath laying ceremony led by American Legion Post 86 and the presentation of the colors by the American Legion Post 86 Color Guard and the Rockville City Police Department Honor Guard. The parade begins at 10:30 a.m. and will feature drill teams, marching bands, multicultural community groups, military units and more.

SUNDAY/MAY 26

Organ Grinder Performance. 11 a.m.-3 p.m. at C & O Canal National Park, 11710 MacArthur Blvd., Potomac. Enjoy the 23rd annual performance by street organ grinders. Demonstrations of antique music boxes and other mechanical music devices sponsored by the National Capital Chapter of the Musical Box Society International. Free. There is a National Park Service \$15 per car park entrance fee. Email nccmbi@gmail.com for more.

Waltz Dance. 3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Introductory Waltz Workshop from 2:45-3:30 p.m. Featuring the ensemble Swallowtail, who will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, or visit www.WaltzTimeDances.org.

TUESDAY/MAY 28

Teen Writers' Club. 6:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens ages 13-18 with a passion for writing are invited to join the Teen Writers' Club. Learn new writing techniques, get practice in different writing exercises, share work, and learn how to critique the work of others. Author Neal Gillen leads the club, which meets on the



Swing Dance With Big Bad Voodoo Daddy

Big Bad Voodoo Daddy continues its decades long mission to celebrate and revitalize jazz and swing music—America's original musical art form—and bring joy to audiences around the world. All ages welcome, no partner needed. Band plays two sets. Friday, June 7, beginner lesson, 8-9 p.m., dance, 9-11:30 p.m. at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. \$30 through June 6 at 5 p.m.; \$40 after and at the door. Tickets at glenechopark.org/DanceTickets.

ENTERTAINMENT

2nd and 4th Tuesday of each month. Made possible through the collaboration and support of the Maryland Writers' Association. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

THURSDAY/MAY 30

Appetizers and Art. 5:30-8 p.m. Meet at Denizens Brewing Co., 1115 East West Highway, Silver Spring. Learn about Silver Spring's public art with free artwork tours on select Thursday evenings during spring and summer 2019. Montgomery Planning will provide appetizers for attendees. Drinks and main entrees are available for individual purchase. The art walk is free; however, registration is limited. Visit www.silverspringdowntown.com/art-walk-tour to sign up.

SATURDAY/JUNE 1

Children and the Arts. 10 a.m.-3 p.m. in downtown Bethesda. The 25th annual Imagination Bethesda, a children's street festival celebrating children and the arts, with musical performances and professional children's entertainers lighting up the stage, while hands-on art and craft activities will line the streets along Elm Street and Woodmont Avenue in downtown Bethesda. Additionally, the festival will feature face painters, balloonists, free giveaways and more. Free admission. Rain or shine. Call 301-215-6660 or visit www.bethesda.org.

Potomac Chinese Book Discussion. 10:15 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Chinese book discussion in Chinese language. Memory is a Faint Pain by Long Yingtai. Ask for the book at the Circulation Desk. Free. 90 minutes. Adults, seniors. No registration. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Potomac Conversation Club. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or

visit montgomerycountymd.gov/library/branches/potomac.html for more.

Meet the Artist: "Dialogues." 3 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

Greatest Hits. 7:30 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. Six Degree Singers performs their Greatest Hits, a program featuring favorite choral numbers from the choir's 10-year history, including contemporary, renaissance, world, folk, and jazz songs. \$12-\$20. Visit www.singsix.com/store/greatest-hits for tickets.

"Bernstein and Beethoven: Part II." 8 p.m. at The Music Center, Strathmore, 5301 Tuckerman Lane, North Bethesda. As a continued celebration of the Leonard Bernstein Centennial, the National Philharmonic Chorale will join Philharmonic Music Director and Conductor Piotr Gajewski in performing Bernstein's Chichester Psalms, composed during a period of great emotional and creative distress. After an intermission, Gajewski will again lead the National Philharmonic Chorale in Beethoven's Symphony No. 9 in D minor, Op. 125. A pre-concert lecture will take place between 6:45-7:15 p.m. \$42-\$78; young people 7-17 are free. Visit nationalphilharmonic.org or call 301-581-5100.

SUNDAY/JUNE 2

Artist Talk: "Dialogues." 2-4 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

BULLETIN BOARD

FROM PAGE 4

THURSDAY/JUNE 6

Employment Law Update and Information Workshop. 9 a.m.-2:30 p.m. at Silver Spring Civic Building, One Veterans Place, Silver Spring. Montgomery County's Office of Human Rights and Commission for Women will co-host an employment law and information seminar with sessions on age discrimination, bullying and sexual harassment in the workplace, minimum wage requirements, pay equity issues and state and federal law updates. A complimentary lunch will be served. Register at www.montgomerycountymd.gov/humanrights/, or by contacting Beverly Marshall by email at Beverly.Marshall@montgomerycountymd.gov or telephone at 240-777-8479.

MONDAY/JUNE 10

Separation and Divorce: What Do I Need To Know? 7-8:30 p.m. at East County Community Recreation Center, 3310 Gateshead Manor Way, Silver Spring. Local attorneys walk through the "ins" and "outs" of going through a separation and divorce in Maryland. Learn about: methods of dispute resolution, when and where to file, types of divorce and grounds, financial statements, alimony, property and equitable distribution, role of the attorney, and domestic violence/orders of protection. \$5. Register at www.eventbrite.com/e/separation-and-divorce-what-do-i-need-to-know-tickets-54310289538.

TUESDAY/JUNE 11

Career Gateway Program. 9 a.m.-4 p.m. at JCA Headquarters, 12320 Parklawn Drive, Rockville. Jewish Council for the Aging's Career Gateway Program can help those 50 and older hone their resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience into an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days (Session VI - June 11, 12, 14, 17 and 19), comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Contact Jodie Rasch at 301-255-4215 or email jodie.rasch@accessjca.org.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

The Weak After



By KENNETH B. LOURIE

And now the fun begins. Not! For some reason, I can't get the Journey song, "Lovin', Touchin', Squeezin'" out of my head, except that my lyrics are "Waitin', Wonderin', Hopin'." I'll know the results of last week's diagnostic scans soon enough, on Tuesday in fact, the day before this column publishes, when we have our next usual and customary post-scan, face-to-face appointment with my oncologist.

As it is presently scheduled, what having a Tuesday appointment after the preceding Wednesday scan means is, we won't have received the results prior to our appointment. The interval of time is too short.

When the post-scan appointment had been on Friday, nine days out, as it has been on many occasions, my oncologist felt compelled (maybe because we 'compelled' him) to email the us scan's results rather than make us wait so long. But six days is not quite so long enough before he'll be seeing us, so I am humming a Journey song in the interim.

And let me tell you, going in cold (not knowing the results beforehand) "is all it's cracked up to be" -- to invoke a quote by "Hawkeye" from M*A*S*H when talking to Radar about his widowed mother being alone.

But I won't be alone on Tuesday; my wife, Dina, will be along for the ride. A ride she has made many times, especially during the early years of heavy-duty chemotherapy when infusion days, start to finish could last upwards of 10 hours, door to door.

The process for these post-scan appointments is somewhat different, 45 minutes or so.

It begins in an examining room with yours truly being examined/questioned by a nurse ("Are you in any pain?") followed by her checking my vitals: oxygen level, pulse and blood pressure ("Mr. Lourie, you're blood pressure is high." "You bet it is.").

After she enters the information on the computer, she'll excuse herself and as she exits the examining room she advises us that the doctor will be in shortly.

Typically, with 15 minutes or so, depending on his schedule, we'll hear a knock on the door and my oncologist's voice asking if it's OK for him to enter. "Yes, of course," we say.

The way the examining room is configured, the examining chair, where I'm sitting, is on his immediate left, partially blocked from his view as he opens the door. Dina is sitting in a chair directly ahead of him and in clear sight as he enters the room. This means she'll see his face before I do and instinctively she'll try to read his expression and body language for a hint of what's to be said.

Occasionally, he breaks the ice immediately and says something like "scans look good, very pleased," knowing that we as patients are hanging on his every word. Other times, he says very little as he sits at his computer and begins asking the standard questions with which we are all too familiar.

This exchange will last about five to 10 minutes, depending on my interruptions. Generally, within the context of this exchange, the subject of my scan results will be mentioned.

This is the moment of truth. I can't really say it's worth waiting for, good news or bad. It's more about enduring.

Unfortunately, we can't change much about this process. I have a "terminal" disease and scanning is the process by which the doctor can assess my health. Waiting for this assessment is the absolute bane of my existence.

And now with a more frequent scanning schedule, every two months, I am "bane-ing" more than ever before. I can't say it's a perfect set of circumstances, but it's my journey and I'm stuck with it.

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

Happy Traditions at Potomac Hunt Races

Held in the heart of Montgomery County's horse country, the Potomac Hunt Races is an annual tradition, celebrating the sport of steeplechase racing, along with some very fancy pony racing. Amidst the thrill of thundering hooves and soaring horses, race day festivities included a car display, mounted police demonstrations, kids activities, and shopping.

The beneficiary is TAPS, a remarkable organization that provides comfort and care to anyone grieving the death of a loved one serving in the Armed Forces, including camps and other activities. See Tragedy Assistance Program For Survivors at www.taps.org.

You can make plans now for next year's races, Sunday, May 17, 2020 at 10 AM – 6 PM Same place, 14401B Partnership Road. Enjoy the camaraderie of friends and colleagues, the beauty of nature, and the majesty of the equine athletes — all on the rolling fields of the Kiplinger estate.

Horse racing, tailgating, shopping, and the great outdoors come together at the Potomac Hunt Races. This is a great venue for entertaining friends and family and business associates alike.

For optimum fun, purchase a rail side pass and host a tailgate. For tickets see www.potomachuntraces.com



PHOTO CONTRIBUTED BY NATALIE HOLLIS

As the horses run by in the background, tailgaters at the Potomac Hunt Races enjoy the day. From left, Patty Sims, Suzannah Cornue, Megan Aprill, Natalie Hollis, Christine Raymer, Kathy Savory, Lara Schwartz, Cyndi Hill, Chelsea Eldridge, and Abigail Fulmer, from Destination Eventing and Miles Ahead Farm.



PHOTOS BY NATALIE HOLLIS

Getting ready to race, the jockey gets a little help navigating the race grounds.



PHOTO BY DEBBIE STEVENS/THE ALMANAC

The winner of the Medium Pony Race, Teddy Davies, riding Count Chocula.



The thrill of the horses galloping between fences.