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Potomac

ALMANAC

Senior Living

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19th Year Running for Autism

NEWS, PAGE 3

Foreign Policy Speakers at Library

NEWS, PAGE 5

Read about 4th of July events coming up. The Potomac Autism July 4th 5K is a community tradition and celebration, while raising millions of dollars. Thursday, July 4, 8 a.m.

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ENTERTAINMENT, PAGE 6 ♦ KENNY LOURIE, PAGE 7

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JUNE 26-JULY 2, 2019

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POTOMAC NEWS BRIEFS

Sober-Ride for July 4

Free Sober Rides, Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on www.SoberRide.com.

Friedson Introduces Legislation to Support Housing Options for People with Disabilities

Potomac's Councilmember Andrew Friedson (District 1) today introduced legislation to waive County licensing fees for disabled individuals in accessory dwelling units. The Council is currently discussing ZTA 19-01, which would liberalize the county's accessory dwelling units requirements. This bill would enable residents with qualified disabilities to take advantage of the potential changes to create an ADU without the financial barrier of existing fees. Currently, the county collects an initial \$571 with an ADU application and an annual license fee of \$101. Bill 20-19 would waive these fees for ADUs with tenants who have a verified disability.

"ADUs offer families another housing option, especially when it comes to loved ones with disabilities, including seniors and veterans," said Friedson. "This is an opportunity to be inclusive. Working to help launch the Maryland ABLE program I became acutely aware of the significant challenges so many families in our community face."

Council President Nancy Navarro, Council Vice President Sidney Katz, and Councilmembers Gabe Albornoz, Hans Riemer, Will Jawando, Craig Rice, and Evan Glass are cosponsoring the legislation, which is scheduled for a public hearing on July 16 at 1:30 p.m.

Hours Extended for Five Public Libraries

Montgomery County Public Libraries (MCPL) extends weekend evening hours for the summer at five branches: Connie Morella (Bethesda), Gaithersburg, Germantown, Rockville Memorial, and Silver Spring. These branches will be open from 10 a.m. to 9 p.m. on Fridays and Saturdays during the summer. The extended weekend hours run through Aug. 24.

The extended weekend hours began in 2016 at the Rockville Memorial Library. County Council added funding to expand the extended summer weekend hours to four additional branches.

"Our libraries play a vital role in our community, and the extended weekend hours over the past summers allowed residents

who work long hours during the week to still be able to use our resources and services," said Acting MCPL Director Anita Vassallo. "We are excited to be able to offer these hours again."

More information about all MCPL branches is available on the MCPL website./ www.montgomerycountymd.gov/library

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.

THURSDAY/JUNE 27

Thrive Montgomery 2050. The county is launching Thrive Montgomery 2050, an initiative that encourages community participation to update Montgomery County's long-range policy framework (the General Plan) for guiding land use and growth. Share ideas about the future of Montgomery County on the Thrive Montgomery 2050 website or at any of five events around the county, including during Yappy Hour on Thursday, June 27, 6-8 p.m., at Elm Street Park, 4600 Elm St, Bethesda. Visit montgomeryplanning.org/planning/master-plan-list/general-plans/thrive-montgomery-2050/.

THURSDAY/JUNE 20

Community Conversation. 7:30-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Discuss local issues specific to Potomac and District 1 with Councilmember Andrew Friedson. No RSVP required. Call 240-777-7828 with questions.

FRIDAY/JUNE 21

Shaboom. 6:30-9:30 p.m. at Bender JCC, 6125 Montrose Road, Rockville. Bethesda Jewish Congregation, Bender JCC, The Jewish Studio, and Minyan Oneg Shabbat join together outdoors under a tent for an evening of great

music, wonderful community and a beautiful end to a busy work week. Challah, wine, drinks, and dessert will be provided. Bring a picnic Shabbat dinner to share (dairy or vegetarian only). RSVP at www.eventbrite.com/e/shaboom-tickets-61442026756.

WEDNESDAY/JULY 3

Potomac Rotary Gatherings. 7:15-8:30 a.m. at Founding Farmers MoCo, 12505 Park Potomac Ave., Potomac. Rotary Club of Potomac meets for breakfast first and third Wednesday of each month and a Happy Hour at Sugo Pizzeria, 5-7 p.m., on the last Wednesday. Learn how to serve humanity globally. Individuals pay for their own breakfast. No admission fee. Visit www.PotomacRotary.org for more.

SUNDAY/JULY 14

New to You Rummage Sale. 9 a.m.-2 p.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. Multi-family sale of household goods, clothing, books, toys, art and much more. Early bird admission 8-9 a.m. \$10. Free admission after 9. Visit www.harshalom.org/newtoyou for more.

MONDAYS/JULY 15 & 22

Grief for the LGBTQI+ Community. 6:30-8 p.m. at 1355 Piccard Drive, Suite 100, Rockville. This two-session workshop will be professionally facilitated by members of the LGBTQI+ community. Share grief about the death of a loved one and learn about coping strategies. Participants should be at least three months from the death of their loved one. Fee for anyone living or working in Montgomery County. Participants must register in advance. Call Montgomery Hospice Bereavement Care Staff, 301-921-4400

WEDNESDAY/JULY 17

Potomac Rotary Gatherings. 7:15-8:30 a.m. at Founding Farmers MoCo, 12505 Park Potomac Ave., Potomac. First and third Wednesday of each month. Learn how to serve humanity globally. Individuals pay for their own breakfast. No admission fee. Visit www.PotomacRotary.org for more.

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NEWS

19th Year, \$4 Million Autism Speaks run, Potomac tradition 4th of July tradition.

BY PEGGY McEWAN
POTOMAC ALMANAC

Besides cookouts, fireworks and maybe a splash in the pool, Potomac residents have an early morning July 4 tradition. The Autism Speaks 5K Run and I Mile Walk.

Now in its 19th year, the run starts at 8 a.m. on Thursday, July 4, at the Potomac Library on Glenolden Drive and winds through the surrounding neighborhood.

The Run was started by Potomac resident Susan Pereles in 2000 shortly after her nephew in Boston was diagnosed with autism.

"I wanted to do something as I wasn't able to help on a day to day basis," she said.

She decided on fundraising for research with the idea loosely based on the Susan G. Komen Race for the Cure.

"That was all about people coming out to support others with breast cancer and that was my vision for the Autism Run," she said. "People supporting people."

It's become such a community event, Pereles said. Anybody left in town is invited.

Those who don't want to do the 5K can choose a one mile walk and there is a third option.

"In 2010 I started a virtual component," Pereles said. "People who will be out of town can register and we will send them a tee shirt. They can take a picture wherever they are."



The Autism July 4th 5K is in its 19th year in Potomac. It's a community tradition and celebration, while raising millions of dollars. This year, Thursday, July 4, 8 a.m. Registration begins at 6:30 a.m., July 4 at Potomac Library. Register online at AutismSpeaks5K.org until July 2.

That option has grown in popularity, according to Pereles, with between 100 and 250 participants across the world.

So far this year a group in Michigan has registered to be virtual runners as has a group in Washington state, and Pereles has three family members who will be running in Beirut, she said.

Over the 19 years of the run, the Potomac Autism Speaks 5K has raised close to \$4

million. "Every year it grows, this year we will surpass \$400,000," Pereles said.

Money raised goes to the Autism Speaks, a non-profit organization "dedicated to promoting solutions, across the spectrum and throughout the lifespan, for the needs of individuals with autism and their families through advocacy and support; increasing understanding and acceptance of people with autism spectrum disorder; and ad-

vancing research into causes and better interventions for autism spectrum disorder and related conditions," according to the Autism Speaks website.

The web site also notes that "autism, or autism spectrum disorder, refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. We now know that there is not one autism but many subtypes, and each person with autism can have unique strengths and challenges. Most forms are caused by a combination of genetic and environmental influences, and many are accompanied by medical issues such as intestinal issues, seizures and sleep disturbances. An estimated 1 in 59 children in the U.S. is on the autism spectrum," according to the Autism Speaks website.

Entry fees for adults are \$40 until July 2 and \$45 on race day. Children, 14 and under, are \$20. Visit AutismSpeaks5K.org to register by July 2 and for more details.

On Race day, registration/packet pickup begins at 6:30 a.m. in the Potomac Library parking lot, 10101 Glenolden Drive. The race will start at 8 a.m.

Pre-race packet pickup and registration will also take place from 4-7 p.m. July 3 at Potomac Presbyterian Church, 10301 River Road.

There will be a Finish Line Celebration after the race featuring Potomac Pizza and other refreshments, music and awards.

More Fourth of July Events

THURSDAY/JULY 4: 19th Annual Autism Speaks 5K. 8-10 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Start the Fourth of July holiday at the 19th Annual Autism Speaks 5K Run - 1 Mile Walk. Autism Speaks is dedicated to promoting solutions for the needs of individuals with autism and their families through advocacy and support. Learn more and register at www.AutismSpeaks5k.org.

Rockville's Independence Day Celebration. 7 p.m. at Mattie J.T. Stepanek Park, 1800 Piccard Drive, Rockville.

Rockville's Independence Day Celebration is celebrating its fifth year at Mattie J.T. Stepanek Park in King Farm. The evening kicks off with live music by The Night-hawks, followed by remarks from the Mayor and Council, the National Anthem with the fireworks beginning at 9:15. Bring a blanket or chairs for great viewing from the park. Visit www.rockvillemd.gov/663/Independence-Day for more.

Montgomery County Recreation will host two Independence Day

fireworks displays on Thursday, July 4. The fireworks displays will begin at approximately 9:15 p.m. at both celebrations. The timing of the fireworks shows may change due to weather conditions. Low lawn chairs, blankets and coolers are welcome at both events. There will be food vendors at both locations. Alcoholic beverages are not permitted. The rain date for the fireworks display only is July 5.

Germantown Glory will kick off at 7 p.m. with a concert by Quiet Fire, a soul, rhythm and blues and rock band that covers hits from the 1960s, 70s and 80s. Follow the directional signs for free on-site parking. South Germantown Recreational Park, located at 18041 Central Park Circle in Germantown (Boyd's).

Mid-County Sparkles begins at 7:30 p.m. with a concert by Bobby & the Believers, a Motown and rock and roll cover band. The only parking available on-site at Einstein High School will be for individuals with disabilities. Free parking and shuttle service will be provided from Westfield Wheaton, which is located at 11160 Veirs



Mill Road. Parking at Westfield Wheaton will open at 6 p.m.

Event goers who park at Westfield Wheaton prior to 6 p.m. may be subject to towing by the

property owner. Shuttle service will begin at 6:15 p.m. Follow the directional signs for event parking and shuttles. Albert Einstein High School, located at 11135 Newport

Road in Kensington.

For more, call MC311 at 311 or 240-777-0311 or visit the Montgomery County Recreation website at www.mocorec.com

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Senior Living

A Difficult Conversation

Talking to loved ones about Alzheimer's Disease

BY MARILYN CAMPBELL
POTOMAC ALMANAC

After witnessing the slow decline of family members with Alzheimer's and other forms of dementia, Ana Nelson knows the importance of early recognition of signs of the disease and enacting a plan as early as possible. During the month of June, Alzheimer's & Brain Awareness Month, Nelson who is Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter, is working to encourage family members who notice signs of cognitive decline in a loved one, to have open dialogue, no matter how difficult.

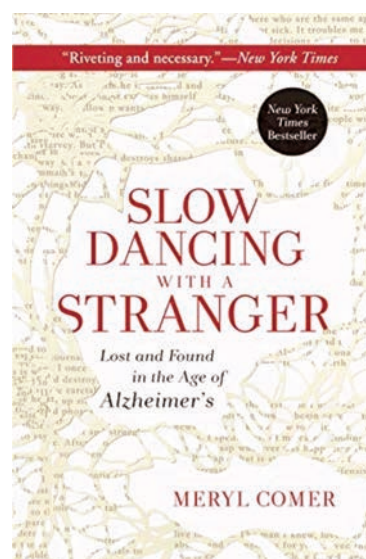
"You're always thinking that your parents or loved ones are going to be around for a long time, but we're talking about a disease where there's no way to stop it or cure it," said Nelson. "Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms so that you can plan for it. Families sometimes wait too."

A new survey released by the Alzheimer's Association reveals that nearly 9 in 10 Americans say that if there were experiencing signs of cognitive decline they would want their loved ones to share their concerns. However, nearly three out of four Americans say talking to a close family member about such a decline would be challenging for them.

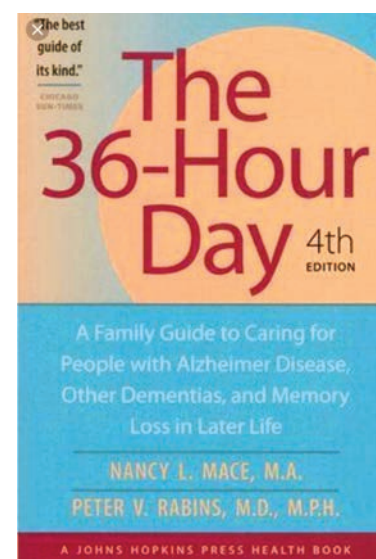
To offer ideas for closing that communication gap, Nelson points to a recently launched national campaign and partnership between the Alzheimer's Association and the Ad Council. The project, called "Our Stories" uses stories from real people who've noticed cognitive changes in a family member and initiated a conversation.

An early diagnosis allows families to plan both financially and legally for the future. Recognizing the signs of mental decline allows for a timely diagnosis. "The most common early symptom of Alzheimer's is difficulty in remembering recent events," said Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "Later symptoms are getting lost, problems with language, mood swings, lack of self-care, impulsivity, or lack of motivation."

Before initiating a conversation, plan the way in which it might begin. "You can share what you have observed," said therapist Carol Barnaby, LCSW-C "For example, 'It seems you are having trouble with remembering some things' and give examples. You can ask, 'Is this frustrating for you? Have you noticed or



Among the resources recommended for those dealing with Alzheimer's are books entitled, "The 36 Hour Day" and "Slow Dancing with a Stranger."



For Assistance:

The Alzheimer's Association offers help to families as they navigate challenges of the disease. They offer face-to-face conversations with local experts and a free 24/7 Helpline 800.272.3900. Additional resources can be found at alz.org.

spoken to your doctor?"

"I recommend being direct, yet warm and caring," added Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Offering comfort and support can make the conversation less daunting. "You might say, 'I'm beginning to feel concerned about your health because I've noticed that you are having some trouble with your memory lately'" said Bagshaw. "Have you noticed that as well? How can I support you?"

Even with advanced preparation the conversation might not go as planned, says Nelson. "This is a delicate issue that might require multiple conversations," she said.

Encourage the family member to seek medical advice for an accurate diagnosis, suggests Barnaby. "Some mental confusion can be caused by certain medications, so it isn't always dementia," she said.

Be flexible realizing the conversation might not go as planned and raise concerns subtly. "Ask them if they have any concerns," said Barnaby. "You might say, 'I have been wondering how you are doing.

You haven't seemed your usual self. I am wondering if you have noticed anything."

The Alzheimer's Association offers resources and assistance to those living with Alzheimer's and their families, says Nelson. "We are just a phone call away," said Nelson. "We offer help 24 hours a day, seven days in week and in more than 200 languages. It doesn't have to be a crisis situation. You can call even if you just need help."

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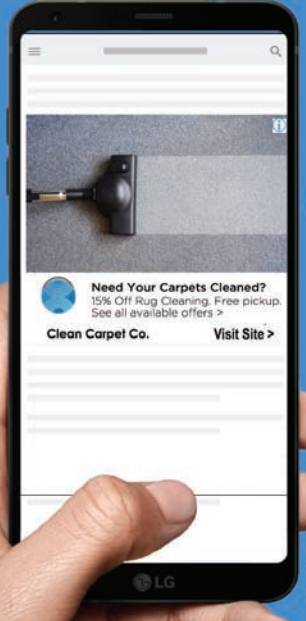
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NEWS

Always Topical: Trade with China

Potomac residents study global issues with foreign policy speakers.

BY PEGGY McEWAN
POTOMAC ALMANAC

For the past seven years the Potomac Friends of the Library has sponsored a monthly foreign policy discussion at the library and the June meeting featured a talk by a former Potomac resident with a real connection to the library.

Daniel Ikenson, director of the Stiefel Center for Trade Policy Studies at the Cato Institute, grew up in Potomac and said some of his earliest research was done at the old Potomac library in the bottom floor of the bank building across Falls Road from the current library.

As a matter of fact, when he was invited to speak to the Great Decisions group he replied:

"Thanks for the invitation. Having grown up in Potomac in the 1970s and having done some of the research for my earliest social studies projects in the Potomac Library (when it was on the other side of Falls Road), how could I turn down such an opportunity?"

Ikenson said he did his sixth grade Social Studies research paper on the 1976 election at that library. Today, the 1982 Churchill High School graduate is an economist with the Cato Institute, working with world trade issues.

Ikenson was invited to speak on Trade with China, the June topic, by Neil Currie, the Potomac group's founder and one-man speaker's bureau.

Monthly topics for the group are based on Great Decisions, a yearly guide to discussion topics presented by the Foreign Policy Association whose purpose, according to its website, is to inspire the American public to learn more about the world.

The Potomac group follows the topic guidelines published each year but rather than breaking into small groups for discussion, has a speaker each month.

"Usually you read an article and discuss it," Edie Wingate, President of Friends of the Library Potomac, said. "But for the [very] first session Neil got a speaker and he has been getting speakers ev-

WWW.CONNECTIONNEWSPAPERS.COM



Daniel Ikenson

ery month."

That first meeting seven years ago featured Barry Wood, a correspondent with Voice of America. His topic was "The Future of the Euro," Currie said.

The Potomac Great Decisions group has grown from a dozen people to about 227 now.

"Our great fear is that [all 200-plus] will turn out at once," he said. "The room only holds 100 or 120. We have topped out before."

Currie said the topics, selected a year or so in advance by the Foreign Policy Association, are always topical.

For instance, Ikenson's talk on trade with China.

"What could be more topical than that?" he said.

Jerilyn Ray Shelley, has been a member of the Potomac group for about a year, joining after another group she was in ended.

"I had my own group for 20 years," she said. "I organized the group only for women, we needed to learn to articulate. We met for years then everyone sort of went their own way."

She said she loved Ikenson's talk and the overall program.

"It helps you feel more understanding of the complexity of the world," she said. "But it also helps you understand and not be afraid."

The Great Decisions Discussion Group does not meet in July or August.

The next meeting is the first Thursday in September – Sept. 5 at 12:30. The topic will be Cyber Conflict and Geopolitics.

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Photos/artwork encouraged.

ONGOING

Summer Read and Learn Begins.

This year's theme for The
Montgomery County Public Libraries' (MCPL) 2019 Summer Read and
Learn Program is "A Universe of
Stories," encouraging children of all
ages to dream big, believe in
themselves, and create their own
stories. Space is featured in
celebration of the 50th anniversary of
the moon landing. Children from
newborn to 12 years old and teens,
13-17 years of age, are invited to sign
up online or at any branch through
Aug. 31. Participants who read and/
or take part in fun learning activities
can earn prizes (while supplies last);
vouchers to a Friends of the Library,
Montgomery County (FOLMC)
bookstore; or raffle entries. Visit
[www.montgomerycountymd.gov/
library/](http://www.montgomerycountymd.gov/library/).

THURSDAY/JUNE 27

**Thursday Night Concerts: Josh
Christina (Rockabilly).** 7 p.m. at
Veterans Plaza, One Veterans Place,
Silver Spring. The concert series
returns with a full line-up, featuring
touring artists and local favorites.
From Motown to rock to Oldies, the
popular summer concert series has
music for everyone. No concert July
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[www.silverspringdowntown.com/
summer-concert-series](http://www.silverspringdowntown.com/summer-concert-series) or call 240-
777-0311.

Potomac Community Village

Meeting. 7 p.m. at Potomac United
Methodist Church, 9908 South Glen
Road, Potomac. Program features
former Washington Post journalist
Bob Levey, sharing the highlights of
his 36 years at The Post, 23 of them
examining life in the nation's capital
in "Bob Levey's Washington." Members
and guests welcome. For
information, to volunteer or get
volunteer help, call 240-221-1370 or
visit
www.PotomacCommunityVillage.org.

SATURDAY/JUNE 29

**SummerFest & Independence Day
Fireworks.** 5-11:30 p.m. at Bohrer
Park at Summit Hall Farm,
Gaithersburg. Celebrate America's
independence at SummerFest,
Gaithersburg's illuminating summer
festival on the grounds of Bohrer
Park at Summit Hall Farm. The free
event with live music and food leads
to spectacular fireworks and
SummerGlo After Party. Visit
[www.gaithersburgmd.gov/
recreation/special-events/summerfest](http://www.gaithersburgmd.gov/recreation/special-events/summerfest)
or call 301-258-6350.

SATURDAY-SUNDAY/JUNE 29-30

Heritage Days 2019. Noon-4 p.m. at
40 sites throughout Montgomery
County. Join Heritage Montgomery
in celebrating the 22nd annual
Heritage Days with a weekend
packed with fun, family-friendly, free
events all across the county. Visit 38
parks, museums, and historic sites all
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See an 1899 observatory, trolleys and
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museums; or stop by the grand
opening of a newly restored 1830
C&O Canal lockhouse. Learn about
African American and Quaker
history, environmental conservation
efforts, farming and farm history,
Native American culture, and

discover more stories of local history
and culture than you've ever
imagined. And enjoy live music,
games and crafts, children's
activities, storytelling, live animals,
food and drink, and more. Visit
[www.heritagemontgomery.org/
events/heritage-days/](http://www.heritagemontgomery.org/events/heritage-days/).

Theater: "Bad Jews." Saturday, 8
p.m.; Sunday, 1 p.m. at Temple Beth
Ami, 14330 Travilah Rd., Rockville.
The Jewish Community Theater of
Montgomery County, in cooperation
with the TBA Players, presents "Bad
Jews," a comedy by Joshua Harmon.
Cousins Daphna, Jonah, and Liam,
plus Liam's girlfriend Melody, tussle
over a treasured family heirloom.
Contains adult language. Saturday,
\$18; Sunday, \$15. Tickets at the door
or at [www.eventbrite.com/d/md—
rockville/bad-jews/](http://www.eventbrite.com/d/md-rockville/bad-jews/).

THURSDAY/JULY 4

19th Annual Autism Speaks 5K. 8-
10 a.m. at Potomac Library, 10101
Glenolden Drive, Potomac. Start the
Fourth of July holiday at the 19th
Annual Autism Speaks 5K Run - 1
Mile Walk. Autism Speaks is
dedicated to promoting solutions,
across the spectrum and throughout
the lifespan, for the needs of
individuals with autism and their
families through advocacy and
support. Learn more and register at
www.AutismSpeaks5k.org.

**Rockville's Independence Day
Celebration.** 7 p.m. at Mattie J.T.
Stepanek Park, 1800 Piccard Drive,
Rockville. Rockville's Independence
Day Celebration is celebrating its
fifth year at Mattie J.T. Stepanek
Park in King Farm. The evening kicks
off with live music by The
Nighthawks, followed by remarks
from the Mayor and Council, the
National Anthem with the fireworks
beginning at 9:15. Bring a blanket or
chairs for great viewing from the
park. Visit [www.rockvillemd.gov/
663/Independence-Day](http://www.rockvillemd.gov/663/Independence-Day) for more.

Germantown Glory. 7 p.m. at South
Germantown Recreational Park,
18041 Central Park Circle,
Germantown (Boyd's). Germantown
Glory will kick off at 7 p.m. with a
concert by Quiet Fire, a soul, rhythm
and blues and rock band that covers
hits from the 1960s, 70s and 80s. The
fireworks displays will begin at
approximately 9:15 p.m. Low lawn
chairs, blankets and coolers are
welcome. There will be food vendors.
Alcoholic beverages are not
permitted. Follow the directional
signs for free on-site parking. Visit
[www.montgomerycountymd.gov/
rec/](http://www.montgomerycountymd.gov/rec/) or call 240-777-0311 for more.

Mid-County Sparkles. 7:30 p.m. at
Albert Einstein High School, 11135
Newport Road, Kensington. Mid-
County Sparkles begins with a
concert by Bobby & the Believers, a
Motown and rock and roll cover
band. The fireworks displays will
begin at approximately 9:15 p.m.
Low lawn chairs, blankets and
coolers are welcome. There will be
food vendors. Alcoholic beverages
are not permitted. The only parking
available on-site will be for
individuals with disabilities. Free
parking and shuttle service will be
provided from Westfield Wheaton.
Shuttle service will begin at 6:15
p.m. Follow the directional signs for
event parking and shuttles. Visit
[www.montgomerycountymd.gov/
rec/](http://www.montgomerycountymd.gov/rec/) or call 240-777-0311 for more.

FRIDAY/JULY 5

**Opening Reception: Summer
Takeover.** 6-9 p.m. at Artists &
Makers Studios 1, 11810 Parklawn
Drive, Suite 210, Rockville and
Artists & Makers Studios 2, 12276
Wilkins Ave., Rockville. Artists &
Makers Studios on Parklawn Drive
and Wilkins Avenue in Rockville will
host two metro-area organizations in

five galleries for the month of July.
Black Artists of DC are back in three
galleries at Parklawn, and the
National League of American Pen
Women – Chevy Chase Branch, are
taking over two galleries at Wilkins.
These exhibits will open for First
Friday festivities and will showcase
artists open studios for browsing,
along with additional studio group
exhibits. Visit
artistsandmakersstudios.com for
more.

Casual Concerts at Glen Echo. 7:30
p.m. at Washington Conservatory of
Music at Glen Echo Park, 7300
MacArthur Blvd., Bethesda. Haskell
Small, piano, with a family program
featuring original compositions
including "Haunted Child." Each
concert date will correspond with an
Art Walk in the Park, an evening of
open studios and artist talks
organized by the Glen Echo Park
Partnership for Arts and Culture.
Admission is free, and donations are
welcome at the door. Visit
washingtonconservatory.org or call
301-634-2250.

JULY 5-24

Art Exhibits: Summer Takeover.

Gallery hours at Artists & Makers
Studios 1, 11810 Parklawn Drive,
Suite 210, Rockville and Artists &
Makers Studios 2, 12276 Wilkins
Ave., Rockville. Artists & Makers
Studios on Parklawn Drive and
Wilkins Avenue in Rockville will host
two metro-area organizations in five
galleries for the month of July. Black
Artists of DC are back in three
galleries at Parklawn, and the
National League of American Pen
Women – Chevy Chase Branch, are
taking over two galleries at Wilkins.
Visit artistsandmakersstudios.com for
more.

SUNDAY/JULY 7

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 Tainted Romaine, who will
provide a 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.

THURSDAY/JULY 11

Rhythmaya - Dance Group. 11 a.m.
at Potomac Library, 10101 Glenolden
Drive, Potomac. This program will
bring a smile to every face with the
magnificent costumes and different
styles of Indian dance. Then the
audience will join in. For elementary
aged children and their families.
Free. Call 240-777-0690.

**Thursday Night Concerts: Route
66 Band (Classic Rock,
Country).** 7 p.m. at Veterans Plaza,
One Veterans Place, Silver Spring.
The concert series returns with a full
line-up, featuring touring artists and
local favorites. From Motown to rock
to Oldies, the popular summer
concert series has music for
everyone. Free. Visit
[www.silverspringdowntown.com/
summer-concert-series](http://www.silverspringdowntown.com/summer-concert-series) or call 240-
777-0311.

SATURDAY/JULY 13

**Strathmore's Bloom Concert
Series: Wytold.** 6 p.m. at Good
Hope Neighborhood Recreation
Center, 14715 Good Hope Road,
Silver Spring. The concerts are part
of a collaboration and partnership
with Montgomery County Recreation
and Strathmore. The concerts are

free and family-friendly. Reserve
tickets at www.strathmore.org. Visit
MoCoRec.com for more about Good
Hope.

SUNDAY/JULY 14

Starvation Army Jazz. 2-5 p.m. at
Rosensteel Knights of Columbus of
Silver Spring, 9707 Rosensteel Ave.,
Silver Spring. The Potomac River
Jazz Club Bastille Day Bash takes
place at the Rosensteel Knights of
Columbus in Silver Spring. There is a
dance floor and light lunch food is
available. Students are free, PRJC
members pay \$20 and others \$25.
Email labeaver1@verizon.net for
more.

TUESDAY/JULY 16

Energy Express. 11 a.m. at Potomac
Library, 10101 Glenolden Drive,
Potomac. The Department of
Environmental Protection will be
exploring how energy is part of A
Universe Of Stories. These hands-on,
interactive presentations will allow
children (and parents) to learn more
about the stories that connect them
and their energy usage. Program
geared 6-12 years of age (and their
parents). Limited to 30 participants.
Registration is required. Email
cindy.gil@montgomerycountymd.gov
or call 240-777-0690.

WEDNESDAY/JULY 17

Galaxy Slime. 2:30 p.m. at Potomac
Library, 10101 Glenolden Drive,
Potomac. Participants should get
ready to get messy as they join in to
make Galaxy Slime, which will look
like pictures of the star-filled galaxy.
Open to all ages; children under 8
must be accompanied by an adult. All
supplies will be provided.
Registration required to ensure
adequate supplies. Free. Call 240-
777-0690.

THURSDAY/JULY 18

Escape from Earth. 10:30 a.m. at
Potomac Library, 10101 Glenolden
Drive, Potomac. During a midnight
meteor shower, something
mysterious falls from the sky toward
Earth — but it's not a shooting star.
Two curious kids venture into the
forest to investigate and find
themselves mixed up with a family of
visitors from another planet. Don't
miss this action-packed and
educational alien adventure using
science experiments for special
effects. Free. Call 240-777-0690.

**Thursday Night Concerts: Marc
Berger Band (American Roots).**
7 p.m. at Veterans Plaza, One
Veterans Place, Silver Spring. The
concert series returns with a full line-
up, featuring touring artists and local
favorites. From Motown to rock to
Oldies, the popular summer concert
series has music for everyone. Free.
Visit
[www.silverspringdowntown.com/
summer-concert-series](http://www.silverspringdowntown.com/summer-concert-series) or call 240-
777-0311.

SATURDAY/JULY 20

Artist Talk: Black Artists of DC. 1-3
p.m. at Artists & Makers Studios 1,
11810 Parklawn Drive, Suite 210,
Rockville. Artists & Makers Studios
on Parklawn Drive and Wilkins
Avenue in Rockville will host two
metro-area organizations in five
galleries for the month of July. Black
Artists of DC are back in three
galleries at Parklawn. Visit
artistsandmakersstudios.com for
more.

SUNDAY/JULY 21

Waltz Dance. 3:30-6 p.m. at the
Spanish Ballroom at Glen Echo Park,
SEE CALENDAR, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 6

7300 MacArthur Blvd., Glen Echo. Introductory Waltz Workshop from 2:45-3:30 p.m. Featuring the ensemble Waltz Weavers, who will provide a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polk. 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/JULY 23

Family Movie: Bridge to Terabithia. Noon at Potomac Library, 10101 Glenolden Drive, Potomac. Based on Katherine Paterson's book published in 1977. Two children have adventures in a fantasy kingdom they create in their minds. Free. Call 240-777-0690.

THURSDAY/JULY 25

Thursday Night Concerts: MoCo's Got Talent (Variety). 7 p.m. at Veterans Plaza, One Veterans Place, Silver Spring. The concert series returns with a full line-up, featuring touring artists and local favorites. From Motown to rock to Oldies, the popular summer concert series has music for everyone. Free. Visit www.silverspringdowntown.com/summer-concert-series or call 240-777-0311.

THURSDAY/AUG. 1

Thursday Night Concerts: The HitTime Revue Featuring Jimi Smooth (R&B, Soul). 7 p.m. at Veterans Plaza, One Veterans Place, Silver Spring. The concert series returns with a full line-up, featuring touring artists and local favorites. From Motown to rock to Oldies, the popular summer concert series has music for everyone. Free. Visit www.silverspringdowntown.com/summer-concert-series or call 240-777-0311.



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That of Which I'm Most Proud



By KENNETH B. LOURIE

Not ending the title of this column with a preposition?

Not starting either of these sentences with a "so?"

Not beginning any of the first three sentences with an "especially" or an "and" (although I do begin many sentences with "And," just neither of these so far)?

No, of what I'm most proud, at least in the context of the nonsense I've presented so far, is my ability, going on a few months now, to ignore the illuminated warning lights on the dashboards of both of our cars: "Maint Req'd" on one and the low tire pressure icon on the other.

Typically, these kinds of non-stop reminders would have bothered me – like having an itch you can't scratch or a stone in your shoe.

Not anymore. These dashboard reminders barely register a blip on Kenny's radar.

I place the key in the ignition. I turn on the car. I see the various dashboard lights illuminate. And after the engine has begun idling, I see the remaining lights.

No problem. I just place my foot on the accelerator and go.

Though I might give these "idiot" lights a first thought and a second look, I will not be giving them too many more thoughts or looks as I drive around. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, "totally," to quote my late mother.

As you may have discerned from reading the two preceding paragraphs, as it involves cars, I'm not exactly a hands-on person. More like, hands off.

Granted, this lack of interest and, dare I say, manliness, has no doubt cost me thousands of labor-rate dollars at the dealership/mechanic.

But it's just not me. It's never been me. I'm a sports and chocolate person. The only thing I want my hands on is the television remote or something sweet.

And tools? To quote your favorite Italian mobster: "Forget about it."

Definitely hands off, literally, especially if there's a car in the driveway. As far as I'm concerned, that's the danger zone. Nothing good will ever come from yours truly entering it.

In fact, I'm almost positive the repair will end up costing me more if I do it myself (which I couldn't do anyway). Throw in the frustration and perspiration involved and you have a match made nowhere near heaven.

Heaven will have to wait, I suppose.

Spending the repair dollars I have over the years doesn't thrill me either. But I have no choice. I can't do anything about my lack of abilities.

To quote the great philosopher, Popeye the Sailor Man: "I 'yam what I 'yam." And I have to pay what I have to pay. I remember always dreading the repair cost when a dashboard warning light would appear.

I knew that light (like the wedding invitation George received in a long-ago Seinfeld episode) was going to cost me hundreds of dollars. Hundreds of dollars which I did not have. That warning light, to invoke George from the same episode was "a bill." But as I've proved recently, that's a "bill" I've been able to ignore.

I know, ignoring a warning light seems stupid. Where's the future in that?

The repair is unlikely to fix itself and unless the bulb illuminating the warning light burns out, my negligence/ability to ignore it, is likely making a bad situation worse. Unfortunately – or not – however, I don't have a Pavlovian response to seeing that light. Seeing it doesn't make me instinctively react anymore.

It's not like banging one's knee with a "doctor's hammer." My wallet doesn't just open when the dashboard warns me. I just drive on.

Now if the light starts flashing, that's a different story, and one I haven't written yet, and I hope I never do. Because if that light does start flashing, I won't be able to ignore it, and likely, not be able to afford it, either.

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



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