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ANIMAL HOUSE 3rd Annual MCPAW Party

SAVE THE DATE! October 5, 2019 | 6:00pm | Bolger Center in Potomac

- Live entertainment by Jr. Cline and the Recliners
- Delish BBQ, raw bar, tons of fresh veggies, sides, and more
- Absolutely fabulous live and silent auctions
- Vintage 60s cars
- Plan to bring your family, your friends, and... your canine party animals!... to Bolger Center in Potomac the evening of October 5th. All are welcome!

It's a rockin', upscale,
60s frat-style party
benefiting lost, homeless,
and abused animals
in Montgomery County!

Don't miss the fun! For advance tickets and more info, visit:
<https://3rdannualmcpawparty.eventbrite.com>

MCPAW (Montgomery County Pet Animal Welfare) is the dedicated nonprofit partner of the Montgomery County Animal Services and Adoption Center (MSAC). Proceeds benefit the numerous animals at MSAC.

mcpaw
mcpaw.org

NEWS BRIEFS



ALMANAC FILE PHOTO

Tolling options? Weigh in.

“Package of Tolling Options”?

With a toll modernization system coming online next year, the Maryland Transportation Authority (MDTA) is seeking public comment on a package of tolling options that would provide cost savings for customers. Last week, the MDTA Board voted to seek public comment and hold hearings on the new options.

The public is invited to comment on a new Pay-by-Plate payment option, available by June 2020, which will allow tolls to be automatically billed to credit cards at the same rate that cash customers pay today; new vehicle classifications, available by September

2020, providing lower toll rates for motorcycles and for vehicles towing one- and two-axle trailers, such as those for watercraft or landscaping equipment; and a new 15 percent discount for Video Tolling customers who pay before invoices are mailed, available by December 2020.

Residents can [submit comments online](http://mdta.maryland.gov/TollModernization/Home) at mdta.maryland.gov/TollModernization/Home or attend a public hearing scheduled for Thursday, Sept. 5 at Gaithersburg Middle School at 2 Teachers Way, Gaithersburg. The hearing will be held from 6 to 8 p.m.

Montgomery County Agricultural Fair

The 71st Montgomery County Agricultural Fair will occupy the Fairgrounds from Aug. 9-16.

We provide fun for everyone! Check out the Free Entertainment page for full descriptions.

❖ **Agricadabra Presents Barnyard Animals** - A fun educational act that will have you laughing and learning at the same time. Located on the PEPCO an Exelon Company Community Stage!

❖ **Carrie McQueen** - Our wonderful stilt walker. Be on the lookout for her roaming the grounds at the Fair.

❖ **Chainsaw Carver** - Watch one of these carvers turn a huge log into a beautiful sculpture in Farmer's Triangle.

❖ **Comedy Hypnotist** - Brad Matchett puts on a hilarious show each night at the Fair on the PEPCO an Exelon Company Community Stage.

❖ **Fast Action Motorsports** - Race fast cars against your friends and other Fairgoers for FREE on the Upper Grounds.

❖ **STEVE BROGAN Comic Ventriloquist** - Be sure to swing by the PEPCO an Exelon Company Community Stage for a special blend of puppetry, humor and family entertainment.

❖ **Kountry K-9's** - These amazing rescue canines will do such things as skateboard races, walking on whiskey barrels, a little bit

of magic and a whole lot more.

❖ **Raptors Up Close** - Come see these birds of prey up close and learn all about them! Located on the PEPCO an Exelon Company Community Stage and on the Upper Grounds.

❖ **Max Power** - Keep an eye out for the 9 foot tall MAX Power & his monster truck Nitro. MAX walks, talks, dances, and more! Be sure to get your photo with MAX as he strolls around the Fairgrounds.

❖ **Show-Me Swine Racers** - Don't miss these adorable racing pigs brought to you by Grant County Mulch. Located near the PEPCO an Exelon Company Community Stage.

There is an abundance of 4-H, livestock, and exhibits on display at the Fair. Be sure to visit the Adventist HealthCare Shady Grove Medical Center Moo-ternity Ward & Milking Parlor!

❖ **Adventist HealthCare Shady Grove Medical Center Moo-ternity Ward** - You can check-in frequently to see if a calf is on its way or taking its first steps. You will be able to view the pregnant cows and those that are a few days old with their mothers all day long.

❖ **The Milking Parlor** - where you can Milk a Cow by hand for \$1, on various days and times. This

SEE NEWS BRIEFS, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

Jake Cassell, 17, Dead in Bike/Vehicle Collision

Community mourns loss of Churchill student, rising junior, mascot and Diener School alum.

BY PEGGY MCEWAN
POTOMAC ALMANAC

The death last week of Winston Churchill High School student Jacob (Jake) Cassell in

a bicycle accident has community members sharing their grief and their happy memories of a young man who was a light in their lives.

On Thursday, August 1, Winston Churchill High School principal Brandice Heckert posted this note to Churchill families and staff on the school's website:

"I am writing to share some devastating news with you this morning. It is with a heavy heart that I share with you that one of our students, Jake Cassell, has passed away. Jake was involved in a bike accident yesterday and succumbed to his injuries this morning.

"Jake, a rising junior, was the spirit in our building and community. This past year he was at almost every event as our mascot, and he was proud to be a Bulldog. He will be greatly missed. Keep the Cassell family in your thoughts."

Montgomery County Police said that police and Fire and Rescue responded to the accident on Old Georgetown Road.

"Detectives from the Montgomery County Department of Police – Collision Reconstruction Unit (CRU) are investigating a fatal bicycle-involved collision that occurred yesterday in Bethesda." According to police reports,

"on Wednesday, July 31, at approximately 4:52 p.m., 2nd District officers and Fire and Rescue personnel responded to the intersection of Old Georgetown Road and Beech Avenue for the report of a serious collision involving a bicyclist and a vehicle.

"Preliminary investigation has revealed that the bicyclist was traveling south on the southbound sidewalk of Old Georgetown Road (approaching Beech Avenue) when he fell from the sidewalk and into the roadway. The bicyclist was then struck by a 2018 Volkswagen Atlas that was traveling southbound Old Georgetown Road. The driver stopped and remained at the scene.

The bicyclist, identified as Jacob Cassell, age 17, of Wyngate Drive in Bethesda, was transported to a local hospital with life-threatening injuries. He succumbed to his in-

exemplar of Winston Churchill High School's indomitable spirit and indomitable students. He will be sorely missed. We mourn for Jake with his family and friends."

Adelson called Jake's death a terrible tragedy.

"Jake's verve and personal magnetism were infectious," Adelson said. "Jake made a lasting impression on all who knew him. I certainly smiled and applauded as I watched Jake's wonderful performances as the Churchill Bulldog. He truly touched all who had the pleasure of his company."

The Churchill booster club posted: "The WCHS Booster Club sends its most sincere and heartfelt condolences to the Cassell family. We will deeply miss Jake's presence at our games, events, on our campus and in our community. He set an example for everyone with his kindness, enthusiasm, commitment and humor. His memory is a blessing to all of us at WCHS. Our hearts are broken."

From Churchill athletics: This is an enormous loss for the Cassell family, our community and anyone who has ever come in contact with Jake. His smile and heart were bigger than his Bulldog costume could ever contain. Our hearts are shattered losing this amazing young man."

Friends from the Churchill community and all of Montgomery County Public Schools posted condolences on the school's Twitter feed. Among them are these few:

WCHS Social Studies and Allied Softball will miss Jake's kindness and passion for our school and community. Our thoughts are with Jake and the Cassell family.

Council Member Andrew Friedson, who represents the Potomac area, and graduated from

Celebration of Life

A Celebration of Life in honor of Jake (10/10/2001 - 8/1/2019) will be held from 2-3:30 p.m., Friday, Aug. 9 in the Winston Churchill High School Auditorium, 11300 Gainsborough Road, Potomac.

In lieu of flowers, the family is asking for donations to The Diener School (<https://thedienerschool.org/Donate-Jake/>)

injuries early [the next] morning [Aug. 1].


"The driver of the Volkswagen, ... age 39, of Kentstone Drive in Bethesda, was uninjured.

"The circumstances surrounding this collision remain under investigation. "Investigators are asking anyone who witnessed this fatal collision to contact the Collision Reconstruction Unit at 240-773-6620. Callers may remain anonymous."

Jake was a Churchill Bulldog in more ways than one. He was the student mascot, and dressed as a bulldog at school events last year.

"The Bulldog embodies the true dynamism and attitude of Churchill High School," Bruce Adelson, Churchill PTSA President from 2017-2019. "As the Bulldog, Jake was an energetic and creative

Jake Cassell



Celebration of Life

WHEN
AUGUST 9, 2019
2:00 P.M. ~ 3:30 P.M.

WHERE
WINSTON CHURCHILL HIGH SCHOOL
AUDITORIUM
11300 GAINSBOROUGH ROAD, POTOMAC MD

#proudtobeabulldog

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THE DIENER SCHOOL

CABIN JOHN MIDDLE SCHOOL

WINSTON CHURCHILL HIGH SCHOOL

17 Years of Love
10.10.2001 - 8.1.2019

In lieu of flowers, please consider donating to The Diener School in Jake's honor: [TheDienerSchool.org/Donate-Jake](https://thedienerschool.org/Donate-Jake/)



Jake Cassell, Celebration of Life.

Churchill said: "Heartbreaking. From all accounts, Jake had an incredible personality and was a joy to be around. An enormous loss. My deepest sympathies to Jake's family and the entire Churchill High School community."

There were notes of sympathy from MCPS principals and other educators. Beth F. Thomas, assistant principal at Hallie Wells Middle School in Clarksburg, wrote:

"So very sorry for Churchill's community's loss of Jake. May the happy memories of Jake help through these difficult times. Once a Bulldog always a Bulldog."

From Churchill lacrosse: "Our day always got better when we saw Jake's huge smile! He loved wearing the bulldog mascot and was so energetic and supportive of all the teams at Winston Churchill HS! He will be sorely missed! Thoughts and prayers to the Cassell family and the entire WCHS community!"

From Churchill's Bocce Team: "Our hearts are broken because we lost our beloved Jake Cassell. His smile was contagious and he always had joy when helping others. On behalf of the Bocce team, our thoughts and prayers go out

to Jake's family and friends."

Concerns about bicycling safety, separated bike lanes and complications along Old Georgetown Road have also been discussed.

Councilmember Hans Reimer said he had biked that section of road. "I am also upset about this tragedy. I know it is dangerous. I once rode from soccerplex to DTSS and I found that stretch to be the worst of the journey. I asked staff about solutions. It is a state road though. We need to take action with the state."

Del. Marc Korman said he had contacted officials at Maryland State Highway, and there will be a meeting soon to discuss safety there. In that section, and many other roads, there is no shoulder and no bike lane. Jake was on a narrow section of sidewalk.

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In lieu of flowers, the family is asking for donations to The Diener School (<https://thedienerschool.org/Donate-Jake/>)



Jake cheered and brightened the world for thousands of people as the Churchill Bulldog.



Jake Cassell.

THE CONNECTION
Newspapers & Online

SPECIAL PULLOUT TAB
Newcomers & Community Guide
August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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WELLBEING

Summer's Bounty: So Healthy and Tasty!

Don't miss the height of summer season for fruits and vegetables.

BY MARILYN CAMPBELL
THE CONNECTION

Local farmer's markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season's bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

"Produce is most nutritious when it's in season, but it's normal to see supermarkets carrying the same produce all year long, said nutritionist Carley Johnston. "People don't always think about only cooking with what's in season because they don't have to."

Fruits and vegetables that are consumed out of season are often shipped from other countries, picked before they're ripe and sprayed with preservatives. "When produce is allowed to ripen while it's sitting in a packing box on its way to the supermarket it's robbed of some of its nutritional content," said Johnston.

On the other hand, produce that is naturally sun-ripened is more vitamin and nutrient-dense than its prematurely picked counterparts because ripening allows those elements to develop fully, says Lauren Trocchio, registered dietitian at Washington Center for Weight Management and Reset. "Cooking seasonally ... means using produce that has traveled less of a distance to your kitchen," she said. "Both of these things may prevent the nutrient loss that comes with picking produce early or spending a lot of time in transit. The longer the transit and wait time, the more impact to nutrition and taste."

Among the nutrient-dense — and delicious — fruits and vegetables that are in season in summer are peaches, blueberries, zucchini and tomatoes. "Blueberries for example are rich in antioxidants and fiber," said Johnston. "They're also high in Vitamins C and K. Blackberries are high in fiber and antioxidants. They're also anti-inflammatory which can boost your immune system. Corn is high in Vitamin B. Cucumbers are hydrating which is important during the summer."

Fortunately preserving the health benefits is made easy because only minimal preparation is needed to get maximum flavor, says culinary instructor Terri Carr of Terri's Table Cooking classes in Potomac, Md. "Cooking in the summer with the freshest local produce is a real treat," she said. "There is a smorgasbord of ingredients to choose from."

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. "Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not



PHOTO COURTESY OF TERRI CARR

These skewers of cantaloupe, prosciutto, mozzarella and tomatoes drizzled with a basil balsamic dressing and created by Terri Carr, are vitamin-packed and perfect for appetizers or a light dessert.

needed when quality summer produce is available ... in fact it's better to cook simple recipes that bring out the food's flavor."

Using the best of summer produce, Carr is teaching seasonal cooking classes this summer using her popular preparation methods. "A favorite summer salad is Panzanella ... a classic Italian bread salad," she said. "Combine toasty bread cubes with lots of colorful peppers, tomatoes, green onions, basil, cucumber. Beautiful presentation & flavor. Perfect for lunch or a side dish at dinner."

For those who think eating seasonally means epicurean deprivation, Carr dispels that notion. "Imagine a platter of summer fruit, she said. "Peaches, nectarines, plums, apricots, strawberries, blueberries, blackberries [and] melons. They're absolutely delicious all by themselves or mixed in with a salad or dessert."

Cooking with a mixture of seasonal herbs and produce, like basil and vine-ripened tomatoes, offers an even more powerful impact on the palette. "Summer herbs [are] my favorite, said Carr. "Most herbs are now available in grocery stores year round but they cannot compare to summer's bounty. Basil, thyme, rosemary, parsley and mint are my go-to's when creating a meal."

Summer produce offers energy needed to maintain the active lifestyle that comes with longer days filled with outdoor activities, says Johnston. "Our bodies need the added energy we get from the nutrition found in berries and peaches," she said. "Cucumbers and melons are juicy which keeps us hydrated when it's hot outside."

"Cooking in the summer with the freshest local produce is a real treat."

— Terri Carr,
Terri's Table Cooking Classes

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

May, 2019 Sales, \$1,179,000~\$1,300,000

IN MAY 2019, 72 POTOMAC HOMES SOLD
BETWEEN \$4,200,000-\$329,900.



1 9712 Glynshire Way
— \$1,300,000



2 8003 Cobble Creek Circle — \$1,295,000



3 23 Beman Woods Court
— \$1,287,500



5 10902 Larkmeade Lane
— \$1,230,900



7 8113 River Falls Drive — \$1,195,000



4 7301 Loch Edin Court
— \$1,252,500



Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold	
1 9712 GLYNESHIRE WAY	5	..	4	..	1	POTOMAC	.. \$1,300,000 Detached 0.20 20854 CLAGETT FARM 05/17/19
2 8003 COBBLE CREEK CIR ...	5	..	4	..	1	POTOMAC	.. \$1,295,000 Detached 0.20 20854 POTOMAC CREST 05/31/19
3 23 BEMAN WOODS CT	5	..	4	..	1	POTOMAC	.. \$1,287,500 Detached 0.21 20854 AVENEL 05/30/19
4 7301 LOCH EDIN CT	6	..	5	..	2	POTOMAC	.. \$1,252,500 Detached 2.02 20854 MAZZA WOODS 05/16/19
5 10902 LARKMEADE LN	5	..	4	..	1	POTOMAC	.. \$1,230,900 Detached 0.20 20854 BELLS MILL ESTATES 05/21/19
6 10201 GLEN RD	4	..	5	..	1	POTOMAC	.. \$1,225,000 Detached 1.05 20854 GLEN MILL VILLAGE 05/30/19
7 8113 RIVER FALLS DR	5	..	4	..	1	POTOMAC	.. \$1,195,000 Detached 0.34 20854 RIVER FALLS 05/22/19
8 9209 FARNSWORTH DR	4	..	3		POTOMAC	.. \$1,179,000 Detached 1.18 20854 BRADLEY BLVD ESTATE 05/02/19

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ENTERTAINMENT

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

ONGOING

Summer Read and Learn. 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.

Wings of Fancy. Exhibit hours through Aug. 31 are 10 a.m.-1 p.m. weekdays and 10 a.m.-5 p.m. weekends. Hours will be 10 a.m.-5 p.m. daily Sept. 1-22 at Brookside Gardens South Conservatory, 1800 Glenallan Ave., Wheaton. A live butterfly and caterpillar exhibit. Visitors will be surrounded by hundreds of live butterflies from North America, Costa Rica, Africa and Asia. Learn about their metamorphosis, the role butterflies play in healthy ecosystems, and how to ensure these insects thrive. Call 301-962-1400 or visit www.montgomeryparks.org/parks-and-trails/brookside-gardens.

THURSDAY/AUG. 8

Thursday Night Concerts: The Soul Crackers (Motown 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.

FRIDAY/AUG. 9

Nando's Fiery Friday Night Concerts. 6:30-8:30 on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. Dine al fresco and see Joseph Monasterial Band live on the Boardwalk Stage (near Union Jack's). Visit www.riolakefront.com/events/nandos-fiery-friday-night-concerts/ for more.

Chopteeth Afrofunk Big Band. 8 p.m. at AMP powered by Strathmore, 11810 Grand Park Ave., North Bethesda. This 13-piece Afrofunk orchestra explores the common groove between the funkier, most hip-shakin' West African beats and American popular music. At the core of Chopteeth's sound is Afrobeat—a big-band funk invented by Fela Kuti in 1970s Nigeria that's a spicy stew of modern jazz, Yoruba tribal music, and burning, James Brown-inspired rhythms. Tickets start at \$21. Visit www.ampbystrathmore.com/live-shows/chopteeth for more.

Montgomery County Agricultural Fair, Aug. 9-17, see mcagfair.com

SATURDAY/AUG. 10

Kensington Parkrun. 9-10:15 a.m. at Rock Creek Trail at Beach Drive and Cedar Lane. Kensington parkrun is a free, weekly, timed 5K run/walk on Rock Creek Trail and is part of the larger parkrun global community of more than 1300 events intended to build healthy and well-connected communities. All ages and abilities welcome. Register before first time. Visit parkrun.us/kensington or email kensingtonoffice@parkrun.com with questions.

Book Sale. 10 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Monthly Potomac Friends of the Library Book Sale features books, DVDs, and more available for children, teens, and adults. All are welcome. Call 240-777-0694.

Beer in Wine Country. 11 a.m.-6 p.m. at Rocklands Farm Winery 14531 Montevideo Road, Poolesville. Rocklands Winery is teaming up with True Respite Brewing Co. Visit the True Respite beer tent on site and drink both wine and beer on the farm (no outside alcohol, of course). Pizza Brama will be there serving wood-fired pizzas, misto plates and desserts all day. Visit www.rocklandsfarmmd.com for more.

Strathmore's Bloom Concert Series: Josanne Francis. 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.



Jonathan Monaghan, Out of the Abyss, 2018, video (color, sound) media player, projector or monitor, 19 minute continuous loop. Courtesy of Bitforms Gallery, New York.

A Trace Left by the Future

Solo exhibition by Washington, D.C.-based artist and VisArts Studio Fellow Jonathan Monaghan, featuring new sculpture, video, print and installation work which uncovers fears and anxieties about an increasingly technological future. Premiering is Out of the Abyss, a 19-minute seamlessly looping video installation. Also presented are new print and wallpaper works. These cryptic works draw attention to the increasingly blurry lines between the natural and artificial. Through Aug. 11 at the Gibbs Street Gallery, 155 Gibbs St., Rockville. Visit www.visartscenter.org/venue/gibbs-street-gallery/ for more.

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

Bands on the Boardwalk. 6-9 p.m. on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. See Fire Kite live on the Boardwalk Stage. Live music every Saturday through September. Visit www.riolakefront.com/events/concerts-on-the-boardwalk/ for more.

Live Comedy: Josh Gondelman. 8 p.m. at AMP powered by Strathmore, 11810 Grand Park Ave., North Bethesda. Comedian Josh Gondelman takes a break from his gig as senior writer on Showtime's Desus & Mero to take the mic at AMP. The celebrated comedy writer has scored two Peabody Awards and three Emmys for his work on Last Week Tonight with John Oliver. He is also the mastermind behind the Shorty Award-winning Modern Seinfeld Twitter account.. \$12-24. Visit www.ampbystrathmore.com for more.

Montgomery County Agricultural Fair, Aug. 9-17, see mcagfair.com

SUNDAY/AUG. 11

Live Music: Billy Branch. 7:30 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Chicago blues harmonica master Billy Branch, the current reigning king of Chicago blues harmonica, reinvents blues classics first recorded by the immortal Little Walter on his brand new Alligator Records release, Roots And Branches—The Songs Of Little Walter. He will perform as part of a multi-artist revue in a concert entitled Chicago Plays The Stones, featuring Branch, Ronnie Baker Brooks and friends. \$36-\$56. Visit www.ampbystrathmore.com or call 301-581-5100.

Montgomery County Agricultural Fair, Aug. 9-17, see mcagfair.com

THROUGH SUNDAY/AUG. 11

A Trace Left by the Future is a solo exhibition by Washington, D.C.-based artist and VisArts Studio Fellow Jonathan Monaghan, featuring new sculpture, video, print and installation work which uncovers fears and anxieties about an increasingly technological future. Through Aug. 11 at the Gibbs Street Gallery, 155 Gibbs St., Rockville. Premiering is Out of the Abyss, a 19-minute seamlessly looping video installation. Also presented are new print and wallpaper works. These cryptic works draw attention to the increasingly blurry lines between the natural and artificial.

Wherever I go I take my clutter with me, an exhibit at Common Ground Gallery, 155 Gibbs St., Rockville, second floor. Natasa Galecic presents mixed media drawings and a site-specific installation that reflect frantically growing landfills and fragile hybrid landscapes where wild, natural, and human-made

environments collide.

MONDAY/AUG. 12

Flower Buds Preschool Classes. 10:30 a.m.-noon at Brookside Gardens, 1800 Glenallan Ave., Wheaton. Gardening activities, stories, crafts and garden walks for children 3-5 years. Younger siblings are welcome, but the crafts are designed for older kids. Adults must accompany children. \$7 per child. Registration required, visit www.activemontgomery.org.

Montgomery County Agricultural Fair, Aug. 9-17, see mcagfair.com

THURSDAY/AUG. 15

Baby and Toddler Storytime. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. A storytime experience for the youngest library users and their caregivers. These 20-30 minute storytimes introduce a diverse collection of books, songs, rhymes and bounces developmentally appropriate. Call 240-777-0694.

Stay and Play. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Open play program at the Potomac Library. Library provides the toys and music, participants bring the smiles. This program is for children aged 0-6 years old along with their families. Call 240-777-0694.

Appetizers and Art. 5:30-8 p.m. Meet at Astro Brewing, 8216 Georgia Ave., Silver Spring. Learn about Silver Spring's public art with free artwork tours. 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.

Montgomery County Agricultural Fair, Aug. 9-17, see mcagfair.com

FRIDAY/AUG. 16

Nando's Fiery Friday Night Concerts. 6:30-8:30 on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. Dine al fresco and see i81 live on the Boardwalk Stage (near Union Jack's). Visit www.riolakefront.com/events/nandos-fiery-friday-night-concerts/ for more.

Montgomery County Agricultural Fair, Aug. 9-17, see mcagfair.com

SATURDAY/AUG. 17

Kensington Parkrun. 9-10:15 a.m. at Rock Creek Trail at Beach Drive and Cedar Lane. Kensington parkrun is a free, weekly, timed 5K run/walk on Rock Creek Trail and is part of the larger parkrun global community of more than 1300 events intended to build healthy and well-connected communities. All ages and abilities welcome. Register before first time. Visit parkrun.us/kensington or email kensingtonoffice@parkrun.com with questions.

31st Annual Great Falls Race. 9 a.m.-1 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd, Potomac. The Great Falls Race was one of the original extreme whitewater competitions, and more than 30 years later it will still be one of the most challenging. The premiere event of the Potomac Festival is a sub-60 second sprint down through the powerful cataracts dropping nearly 60 vertical feet. Only experts may compete, but the entire paddling community is welcome to watch and volunteer. Racers must register online prior to noon on Friday, Aug. 16. \$25 early registration; \$35 starting Aug. 12. Visit potomacfestival.org/race.html for more.

Meet a Kangaroo and Wallaby. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Meet a live kangaroo and wallaby. Learn all about what they eat and where and how they live with Roos2U. Tickets will be handed out half an hour before the program; starting at 10:30 a.m., first come, first served. Call 240-777-0694.

Bands on the Boardwalk. 6-9 p.m. on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. See Guys in Thin Ties live on the Boardwalk Stage. Live music every Saturday through September. Visit www.riolakefront.com/events/concerts-on-the-boardwalk/ for more.

Montgomery County Agricultural Fair, Aug. 9-17, see mcagfair.com

SUNDAY/AUG. 18

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 Waltz Sisters. This versatile band 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.

WEDNESDAY/AUG. 21

Book Discussion Group. 1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Book discussion for adults – Songs of Willow Frost by Jamie Ford. Ask for the book at the Circulation Desk. No registration needed. New members welcome. Call 240-777-0694.

Anti-gravity Galaxy Bottles. 3 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Come to the Potomac Library and create a mini galaxy in a bottle. Watch the gravity-defying glitter float UP as it settles. First-come, first-served due to limited supplies. Call 240-777-0694.

FRIDAY/AUG. 23

Nando's Fiery Friday Night Concerts. 6:30-8:30 on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. Dine al fresco and see The J.J. Billings Band live on the Boardwalk Stage (near Union Jack's). Visit www.riolakefront.com/events/nandos-fiery-friday-night-concerts/ for more.

SATURDAY/AUG. 24

Kensington Parkrun. 9-10:15 a.m. at Rock Creek Trail at Beach Drive and Cedar Lane. Kensington parkrun is a free, weekly, timed 5K run/walk on Rock Creek Trail and is part of the larger parkrun global community of more than 1300 events intended to build healthy and well-connected communities. All ages and abilities welcome. Register before first time. Visit parkrun.us/kensington or email kensingtonoffice@parkrun.com with questions.

Bands on the Boardwalk. 6-9 p.m. on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. See Janglebachs live on the Boardwalk Stage. Live music every Saturday through September. Visit www.riolakefront.com/events/concerts-on-the-boardwalk/ for more.

AUG. 24-OCT. 20

Maryland Renaissance Festival. Crownsville, Md. The Maryland Renaissance Festival celebrates its 43rd season with nine weekends of thrills, feasting, handmade crafts, entertainment and merriment. The 27-acre Village of Revel Grove comes to life each autumn with more than 200 professional performers on 10 stages in the forests and glades with over 140 artisans exhibiting crafts in their own renaissance shops, five taverns featuring cool libations, and 42 food and beverage emporiums. Tickets Aug. 24-Sept. 8, \$9-\$20; tickets Sept. 14-Oct. 20, \$12-\$27. Group and multi-day discounts available. Children under 7, free. Visit www.marylandrenaissancefestival.com for more.

NEWS BRIEFS

FROM PAGE 2

is an excellent educational experience that demonstrates where our milk comes from.

The Fair has many interesting displays and demonstrations, such as:

❖ Home Arts in Bldg. #6 – Here you can see baked goods, quilts, sewing projects, etc.

❖ 4-H in Bldg. #6 – Where you can see the 4-H projects ranging from Farm & Garden to art projects.

❖ Arts & Crafts in Bldg. #3 – Entries of all ages are displayed where you can view the community's works of art.

❖ Photography in Bldg. #3 – Entries of all ages are displayed where you can view

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.

SATURDAY/AUG. 10

Single Parent Conference. 8:30 a.m.-2 p.m. at Montgomery College, Rockville Campus, Science Center West. Attendees will participate in workshops, visit with exhibitors, and connect with other parents. The conference and parking are free. Lunch is included and limited free childcare is available for children ages 4-13. A private nursing station will be available for breastfeeding mothers. All children must be pre-registered. Register at www.montgomerycollege.edu/events/single-parent-conference/register.html.

THURSDAY/AUG. 15

Republican Talk. 6 p.m. at Barking Dog, 4732 Elm St., Bethesda in their upstairs private room. Maryland State Sen. Bob Cassilly of Harford County will be the special guest. Hear the Republican perspective on the issues in Annapolis. Free admission; each person may order and pay for their own beverage and food via separate check. Close to the Bethesda Metro with public parking garages close by. Visit www.mcgon.com/special_mcgon_august_speaker_event to RSVP.

FRIDAY/AUG. 16

Application Deadline. Montgomery County's Community Action Board is now accepting applications for its Community Advocacy Institute. The Community Advocacy Institute is a free program that will teach residents basic advocacy skills and provides hands-on opportunities to advocate for important issues in the community. To qualify for the program, participants must be Montgomery County residents with household incomes of \$55,000 or less. Visit montgomerycountymd.gov/communityaction.

TUESDAY/AUG. 20

School Supply Donation Deadline. Helps Montgomery County Coalition for the Homeless host a Back to School Fair for nearly 300 children they serve who are no longer homeless, thanks to MCCH permanent housing programs. MCCH is still in need of school supplies and refreshments for the event. Sign up to donate or volunteer at www.signupgenius.com/go/30e0c48a4922a6ff2-school3.

WEDNESDAY/AUG. 21

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/AUG. 25

Low-Cost Pet Clinic. 8-10:30 a.m. at the Montgomery County Animal Services and Adoption Center, 7315 Muncaster Mill Road,

the community's photographs.

❖ Farm & Garden in Bldg. #2 – Here you can see fresh vegetables, honey, flowers, and more!

❖ Old Timers in Bldg. #2 – Provides a look back at true craftsmanship! Wood working, canning, and more can be seen!

Please see each building for demonstration schedule.

Animal shows are held in our Cattle, Swine, and Sheep & Goat Pavilions on various days and times.*

Horse events are held in the Horse Arena on various days and times*

Montgomery County Agricultural Center
501 Perry Parkway
Gaithersburg, MD 20877
Visit <http://mcagfair.com/> for more.

Derwood. Rabies vaccinations are free for dogs and cats with the purchase of a Montgomery County pet license for residents of Montgomery County, City of Rockville, and City of Gaithersburg. \$10 microchipping services are also offered. All pets must be brought to the clinic by a responsible adult. Dogs must be secured on a leash. Cats and ferrets must be secured in a carrier. \$10 fee for vaccination of ferrets. \$10 fee for vaccination of pets owned by non-county residents. Call 240-773-5900 for more.

WEDNESDAY/SEPT. 4

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.

WEDNESDAY/SEPT. 18

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CRISIS PREVENTION SERVICES

EveryMind Crisis Prevention and Intervention specialists are available by phone, text and chat every hour of every day. The community can also look to EveryMind for mental health professionals who are prepared to talk about warning signs and ways anyone can help to prevent suicide from ending lives far too soon. EveryMind is an independent 501(c)3 nonprofit organization. Visit Every-Mind.org. More resources include:

- ❖ Call or Text Montgomery County Hotline: 301-738-2255
- ❖ Chat: Crisis Prevention Chat: <https://suicidepreventionlifeline.org/chat/>
- ❖ Call: National Suicide Prevention Lifeline: 1-800-273-8255
- ❖ www.every-mind.org/services/crisis/
- ❖ www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf
- ❖ suicidepreventionlifeline.org
- ❖ www.suicidology.org

SUPPORT GROUPS

Cancer Support Groups. Held at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Free. Weekly support groups for people with all types of cancer, caregivers, people with advanced cancer and a bereavement group. An ovarian/gyn support group and group for young adults with cancer are offered twice a month, as are monthly groups for people with breast cancer, bladder cancer, blood cancers, and gastro-intestinal cancers. Orientation sessions are held every Monday at 11 a.m. and the second and fourth Thursday of each month at 6 p.m. in Bethesda. RSVP at 301-634-7500 or info@hopeconnectionsforcancer.org.

POTOMAC ALMANAC

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Newspaper of **Potomac**
A Connection Newspaper

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

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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Potomac Almanac is published by Local Media Connection LLC

Five Time First Place Award-Winner Public Service
MDDC Press Association

Four Time Newspaper of the Year
An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

Some Trek: To Go Where This Man Has Never Gone Before



By KENNETH B. LOURIE

Although I've had a pretty good run of late not writing much about "the cancer," to quote "Forrest, Forrest Gump," the reality is, as you might imagine, cancer is ever present – in your head and in your heart (and for me, in my lungs).

Never more so then when your quarterly CT scan is imminent. As I sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there's not. But with electronic media being what it is, one does receive multiple reminders: text, email and the occasional call.

And, even though I don't actually have to do anything in advance, I am reminded nonetheless, in advance, what there is yet to be done: show up! (Apparently, many cancer patients, staff have told me, are not as compliant as you'd expect them to be.)

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT's imminence affects one's life.

As much as I write a good game – and talk/act a good game, living one's life pretending to minimize cancer's presumptive/possible/"prognosed" impact is indeed make believe. Not that I'm a glass half-empty person, I'm not, as you regular readers know.

However, there's nothing like a computerized tomography and a post-scan appointment with one's oncologist to focus your attention on the fact that you have been/are living with what your oncologist originally characterized back in early 2009, as a "terminal disease:" non-small cell lung cancer, stage IV (and giving you a "13 month to two year" prognosis, to boot).

A disease whose initial progression (doctor-speak for growth/movement) eliminated surgery as an option, but one for which there have been multiple lines of chemotherapy, none of which was ever been said to be a cure. In the spirit of that reality, how does one live in the present and plan for the future? (Jeez, that last line sounds right out of one of the Carrie Bradshaw's "Sex and the City" voice overs.)

On the one hand – the one with no sense of reality, I suppose one is simply to go about one's varied business with nary a care or concern in the world. On the other hand – the one with enough a sense of reality to choke a horse, I suppose I am to mark time, count the number of days until my next scan, plan for today and think about tomorrow.

But, not too many tomorrows as there's no sense getting ahead of oneself or else one will get behind. And if that sounds mixed up, it is. Because for cancer patients, "Time is a godforsaken paradox."

As Captain Kathryn Janeway of "Star Trek: Voyager" further explained many star dates ago: "The future is the past, the past is the future. The whole thing gives me a headache."

And if you do get any headaches, you need to contact your oncologist because in 30 percent of lung cancer patients, the cancer moves to the brain. A location which presents all sorts of treatment and quality of life challenges.

And, a manifestation there, should it appear, scares the living daylights out of me. But never mind. Just keep on planning and pretending that you don't have a "TERMINAL" disease. You know, the type of disease for which there's "NO CURE."

Then again, if I do get bogged down by certain realities, I'll be no work and no play – and no fun (neither do I want to be a dull boy). And no fun is no way to live – in the past, present or future, and that's no paradox.

So, if and when the chips and/or the "chippee" is down, one needs to be thankful for the chips that you do have and for the ones you hope yet to accumulate. Otherwise, you might as well see the cashier on your way out.

Life's too short (don't I know it) to live only in the present and not consider the future. And if I don't consider the future, it's unlikely I'll have one. Just because I've now had a past that lasted years longer than I expected shouldn't mean I can't have a future I never anticipated.

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



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