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Potomac

ALMANAC

The Potomac Hunt Races, a sporting and social event, will be Sunday, May 17, 2020. 10 a.m.-7 p.m. at 14401B Partnership Road, Poolesville. Held in the heart of Montgomery County's horse country, the Potomac Hunt Races is an annual tradition, celebrating the sport of steeplechase racing. See www.potomachuntraces.com

NEWCOMERS

& COMMUNITY GUIDE

2019-2020

PHOTO BY NATALIE HOLLIS

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Potomac Community Center

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www.PotomacCommunityVillage.org

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connectionnewspapers.com/Calendar

FRIEDSON FIGURES



Councilmember Andrew Friedson

Ensuring A Sustainable Fiscal Future

BY ANDREW FRIEDSON
COUNTY COUNCILMEMBER
DISTRICT 1

These first nine months as District 1's County Councilmember have been a tremendous thrill. My primary focus continues to be providing responsive and effective constituent service, which is why I've focused on showing up wherever and whenever I can to hear directly from you.

Most often, we hear about the everyday quality of life issues which are the lifeblood of local government. Maintaining that high quality of life requires that we look both outward, by growing a thriving private-sector economy, and inward, with fiscally responsible budgeting.

Looking outward, we need to grow the tax base so we don't continuously resort to raising tax rates. The first step to improving our economic competitiveness is to view employers as partners, not just revenue generators. That's why my top legislative priority this year is a bill to require an Economic Impact Statement on all county legislation. Bill 10-19 ensures that we consider the full impact of everything we do at the Council, not just on the County budget, but on the budgets of

Montgomery County families and businesses. We have far more to do to enhance our business reputation.

This bill's unanimous passage represents an important step in the right direction.

Looking inward, I've been able to use my background in fiscal and economic policy and restructuring public agencies at the state level to hit the ground running, asking tough questions, and pushing for increased transparency, accountability, and fiscal responsibility.

That's why I spoke out during the budget process for long-term sustainability, including my strong opposition to balancing the budget with an \$89.6 million diversion from the public employee health benefits trust. Using one-time savings to fund ongoing expenses is the definition of unsustainable. Fulfilling health care obligations for our public servants isn't an option, it's an obligation, and the \$302.8 million in aggregate diversions over the past five years will only cost us significantly more later. While we lost the vote during this budget season, the public conversation led to a strong commitment from my colleagues to look at strengthening our fiscal policies moving forward. Fiscal responsibility shouldn't be

SEE FISCAL FUTURE, PAGE 5

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JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Walk to End Alzheimer's

Sept. 29 • Reston Town Center

Oct. 12 • National Mall

Additional Walks available.

Find one near you at alz.org/walk
or call **703.359.4440**.



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Edward Jones

NEWCOMERS & COMMUNITY GUIDE

Why I Love Potomac

BY GINNY BARNES

Potomac has changed in the 40-plus years I've lived here in the Glen, but not drastically like so many other parts of Montgomery County. Rich in natural and cultural history, it still maintains a semi-rural feel in keeping with our role as the transition from urban down county to the Agricultural Reserve on our NW border. It still looks like a village.

Because our Subregion Master Plan is based on water quality protection and the ecological resources required to ensure it, we benefit from low density zoning, abundant tree canopy, rustic roads and streams that find their way to the Potomac River, source of the public drinking water supply for millions of residents.

We are rich in park lands. First and foremost, the C&O Canal National Historic Park is a local treasure. The Great Falls is sort of our Grand Canyon. Certainly it is a natural marvel enjoyed by thousands of visitors each year. The canal is a 19th century transportation engineering feat allowing us access to 184+ linear miles of walking or biking from Georgetown to Cumberland along the towpath. Such a long riparian corridor supports abundant wildlife and diverse habitats. In addition to the National Park, numerous tributary watersheds are Stream Valley Parks with names like Muddy Branch, Cabin John Creek, Watts and Piney Branch. They create the landscape of our region. Potomac also has a few unique parks that hold rare geologic wonders like the Serpentine Barrens Conservation Park and River Road Shale Barrens.

One of the largest County Conservation Parks is the 630 acre+ Blockhouse Point Park on River Road which adjoins both the Muddy Branch Stream Valley Park and the



C&O Canal National Park.

Named for the Civil War complex created there, it is considered a Best Natural Area with outstanding mature upland forest, palustrine wetlands, floodplain forest, at least nine species of rare, threatened, endangered and watchlist plants, a diversity of wildlife, historic civil war ruins of National significance, rock outcroppings and spectacular views of the Potomac River. Existing trails through Blockhouse Point Park are vestiges of a transportation system that supplied materials and supplies to troops stationed there.

Winter is an excellent time to hike in Blockhouse. Several trails lead to bluffs overlooking the River, canal and towpath. With trees bare and a clear day, you can glimpse the foothills of the Blue Ridge mountains and imagine why this piece of geography was so essential to protecting nearby Washington DC during the Civil War.

For the last three years, on Jan. 1, I've joined a group of varied tree lovers from botanists and artists to landscape designers who meet to start the New Year in this sacred place. The second year (2018) was a distinct challenge as the winter began harshly and it was 13 degrees when we started our hike. With the right clothes and a sometimes brisk pace, the reward an hour or so later of arriving to stand on white quartz outcroppings and look down on a thin ribbon of canal and towpath unwinding below was uplifting. Reading a poem or two aloud, listening to the river rush toward DC and breathing air created by a living forest is an excellent way to start any year.

Ginny Barnes on the New Year's Day walk a Blockhouse Point hugging tree friend, a Shagbark Hickory.

PHOTO BY NICOLE DESHAZO

About the Potomac Almanac

As your local, weekly newspaper, the Potomac Almanac's mission is to deliver the local news you need, to help make sense of what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people's lives.

We invite newcomers and long-time residents alike to let us know how we're doing and let us know what is going on in your part of the community. If you have questions or ideas, send us an email. We invite you to send letters to the editor or to send an email with feedback about our coverage.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes

about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. Email us a note about the event, being sure to include when and where the photo was taken and the names of all the people who are in a photo.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome. It is especially important to us to let people know about events ahead of time in our calendar of events. We appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

The Almanac is one of 15 papers published by the independent, locally owned

Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md.

Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

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— MARY KIMM

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NEWCOMERS & COMMUNITY GUIDE

Quintessentially Potomac

There are a few places in Potomac where residents gather to meet, eat, learn and exercise, some could be called “Quintessentially Potomac.”

Though examples abound such as Sprinkles for ice cream treats, dog walking along the C&O Canal, water sports on the Potomac River, watching the new elementary school going up or trailing groups

of bicyclists along River Road or MacArthur Boulevard, the Almanac pictured four that many Potomac residents can identify with.

— PEGGY McEWAN



Jamie Maxwell enjoys a leisurely morning with coffee and the newspaper in the outdoor seating court outside of Starbucks. Residents are welcome to meet friends, sip coffee or other drinks and eat from one of the five eating establishments in the shopping center on the southeast corner of River and Falls roads.




Carol Dietzel, a member of Potomac Garden Club, plants herbs in a newly established herb garden in front of the Potomac Library. The garden is a joint venture between the garden club and Friends of the Library Potomac Chapter. For information on joining either group, inquire at the library information desk.



PHOTOS BY PEGGY McEWAN

Park Ranger Mara Woollard demonstrates blowing a boat horn to summon the lock keeper at Great Falls Tavern on the C&O Canal. Canal boat captains often had to get the attention of lock keepers as they traveled along the waterway, especially when the lock keeper also ran a tavern and restaurant for visitors to Great Falls, Woollard said.



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>





Andy Goldstein, general manager of Potomac Pizza, shows off one of the restaurant's famous offerings, this time a half cheese, half Hawaiian pizza. Potomac Pizza is billed as a family restaurant, a visit shows patrons of all age groups. They have a full menu of lunch and dinner items in addition to pizza.

NEWCOMERS

Fiscal Future

FROM PAGE 2

about only how much is spent, but also how it's being spent. I'm working on redoubling the Council's commitment to fiscal oversight with Council President Nancy Navarro and Council Vice President Sidney Katz to introduce legislation that would require a regular financial review by the Inspector General of all county departments. The cost of the bill in public dollars pales in comparison to its importance in maintaining public trust, ensuring your tax dollars are being invested efficiently, effectively, and appropriately. I am optimistic we will pass the bill this fall.

We undoubtedly face significant fiscal challenges, but we also have tremendous assets to match them. After these first nine months on the Council, I am convinced more than ever that we have all the resources we need to ensure a sustainable future. Together, we can turn that potential into progress.

First in a monthly column from Councilmember Friedson.

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/AUG. 29

Fourth Annual Overdose and Prevention Vigil. 7 p.m. in the Executive Office Building cafeteria, 101 Monroe St., Rockville. The public is invited to attend the fourth annual Overdose and Prevention Vigil commemorating International Overdose Awareness Day, a global event, aimed at raising awareness of overdose and reducing the stigma of drug related deaths. A resource fair featuring substance abuse prevention and treatment information will be held at 5:30 p.m. The event is hosted by S.O.U.L. (Surviving Our Ultimate Loss), a support group for families who have lost a child to a fatal overdose, in partnership with the Department of Health and Human Services, the Circuit Court's Adult Drug Court and the City of Rockville. Call 240-777-1400.

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.

SUNDAY/SEPT. 15

Submission Deadline. Montgomery was the first county in the nation to declare a "climate emergency." Earlier this summer, three technical workgroups — on buildings, clean energy and transportation — were

SEE BULLETIN, PAGE 13

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NEWCOMERS & COMMUNITY GUIDE



PHOTO BY MEL RUMERMAN

Standing, left, Grace Chen, Churchill student and Potomac Community Village board member and event organizer; (right) Dita Smith Board member. Seated, Vic Cohen Board treasurer.



PHOTO BY MEL RUMERMAN

Teens and seniors chatting.

Teens Join Seniors for Cards, Games and Conversation

BY PEGGY McEWAN
POTOMAC ALMANAC

Grace Chen said she that she was in seventh grade when she first decided she would like to help the elderly.

She connected with Potomac Community Village, a non-profit network of neighbors and friends joined together to allow Potomac seniors to age in place by creating social connections and providing volunteer services such as transportation, computer assistance and simple home repairs.

Grace's first work with seniors was to help seniors with their computers and cell phones.

Now a rising senior at Winston Churchill High School, she is a member of the organization's board.

On Aug. 20, she organized the group's first Intergenerational afternoon of games, cards and crafts at Potomac Community Recreation Center.

About 20 Potomac Community Village members attended, along with seven teenagers.

"The idea is to help seniors lead happier, healthier lives while connected to the community," Dita Smith, volunteer chair at Potomac Community Village said. "That's the idea of the youth of the community."

The two groups became more comfortable as the afternoon went on with conversation, games and lots of laughter.

"I think it's pretty cool," said Joseph Ekren, a rising freshman at Churchill. "I like being able to talk



PHOTO BY PEGGY McEWAN/POTOMAC ALMANAC

Winston Churchill High School sophomore Philippe Egoume, right, and Potomac Village Community member Don Moldover talk over lunch at Potomac Community Recreation Center last week.

to everybody."

Joseph said he and the seniors he spoke with talked about what he was learning in school, sports, and their families.

Don Moldover said he and Churchill sophomore Philippe Egoume talked about their roots and backgrounds. With his Jewish heritage, Moldover said his people

migrated through many counties. Philippe came to the United States from Cameroon.

They also had sports in common. Moldover said he plays golf occasionally, Philippe plays soccer and is interested in wrestling at Churchill this year.

"This is a good idea," said Potomac Community Village mem-



PHOTO BY PEGGY McEWAN

Members of Potomac Community Village and students from Churchill High School and Cabin John Middle School meet for an afternoon of games and crafts last week.

ber Lisa Wang. "The young people need to learn from the older, a lot don't have grandparents. It's mutually beneficial."

Soon everyone pulled themselves away from the talk and games to clean up from lunch, planning to get together again for sure.

Potomac Community Village

meets at 7 p.m. on the third Thursday of the month at the Potomac Community Center, 11315 Falls Road. The Sept. 26 meeting will feature Donna Eichelberger from Graceful Transitions on the topic of "Downsizing Your Home."

For more information, call 240-221-1370 or visit PotomacCommunityVillage.org.

NEWCOMERS & COMMUNITY GUIDE



Amy Xu, 13, left, and her sister Ellie, 9, practice pool at Potomac Community Recreation Center Friday.



Michael Driscoll, 12, and his father Ken Driscoll practice shots on the basketball court at Potomac Community Recreation Center.

PHOTOS BY PEGGY MCEWAN

Potomac Community Recreation Center Lives Up To Its Name

BY PEGGY MCEWAN
POTOMAC ALMANAC

Newcomers to the Potomac area, meet the Potomac Community Recreation Center. One frequent visitor called the Recreation Center “the most happening place in the County.”

Pam Yerg, President of Friends of the Potomac Community Center agrees.

“I think it is the most active community center in Montgomery County,” she said. “There are 200 center-based recreation programs serving 60,000 Potomac neighbors. It’s amazing how many programs they offer, for both young and old.”

The Fall Montgomery County Guide lists 47 classes for Potomac Community Recreation Center, but there is actually more happening in the space on Falls Road that once housed an elementary school. Civic groups hold meetings there and it is home of an Active Adult Program for those 55 and older that meets Tuesday through Friday from 10 a.m. to 2 p.m.

Yerg said she thinks the most popular program is Tai Chi.

“Pickleball is really popular, Bone Builders is really popular, and the Fitness Center is always packed – it’s well-equipped,” she said.

Then she remembered the Club Friday

program for school aged children.

“It gives kids an opportunity to have socialization, music, activities and games and a safe place to gather,” she said.

Potomac Community Center is one of 21 recreation centers in the county, and like the others, offers a variety of programs for all ages.

It is also a place to just drop in and participate in a favorite activity.

Bernie said she comes to the center almost every day, Monday through Friday. “I like to play ping pong,” she said. “That’s why I come here all the time.” There are two ping pong tables in the main lobby of the center. It’s first come first serve for their use, Bernie explained, but play time is limited when others are waiting. The center recently hosted the Maryland Senior Olympics ping pong games.

There are also pool tables, along with a seating area, a television and coin operated rides for little children.

Amy Xu, 13, and her sister Ellie, 9, were playing pool for only the second time on Friday. Their first time was Thursday.

Amy said she wanted to learn the game because some of her friends play, and she would like to join them.

Ellie was there to help with moral support.

Other parts of the center include two large meeting rooms and a gym, plus a health

club and two classrooms.

The Potomac Community Recreation Center will celebrate its 30th anniversary on Sunday, Oct. 6. Visit the center’s website www.montgomerycountymd.gov/rec/facilities/recreationcenters/potomac.html for information as the date nears.

Potomac Community Recreation Center is located at 11315 Falls Road. Call 240-777-6960

Hours of operation are Monday to Thursday: from 9 a.m. to 9 p.m., Friday, from 9 a.m. to 5 p.m. and Saturday and Sunday from 9:30 a.m. to 5 p.m.

Celebrating the Center’s 30 Years Message from Friends of the Center

On Sunday, Oct. 6, 2019, from 2 - 6 p.m., The Potomac Community Center will celebrate its 30 year Anniversary: PCC Celebrates Community. We hope you will join us in recognizing the years of commitment to our community shown by the estimated 200 center-based Montgomery County Recreation programs, Club Friday, Summer Camps and Recreation Leagues, and countless public and private events provided every year to 60,000+ Potomac neighbors.

This HUGE Celebration on Oct. 6 will feature exciting interactive demos and activities that showcase the many sports and recreational programs that PCC provides, as well as fun, festival activities such as a bounce house, obstacle course and bounce slide, touch a truck,

petting zoo, carnival games, fabulous music with live bands and DJ.

The event is FREE as a thank you from the Potomac Community Center to our friends and neighbors and is sponsored by “Friends of the PCC” – a non-profit advisory board composed of volunteers from our community dedicated to the success of PCC in serving our neighbors. Food and commemorative tee shirts will be available for purchase.

To assure the success of this event we need sponsors to help support the costs involved in putting on this event.

Please consider making a donation in one of the following levels, or consider making an in-kind or other donation to assist us in providing food and prizes. contact “Friends” President Pam Yerg at jeyclan@verizon.net

Potomac Almanac

Guide to Parks

Potomac is home to a remarkable diversity of parks — national parks, state parkland, county parks, conservation parks, equestrian parks, parks with adaptive playgrounds, parks with trains, dog parks, parks with ice skating rinks, parks that offer access to the Potomac River where the water is flat and inviting and parks that offer access to the Potomac River where the water can be deadly. Here, in an annual tradition, is our guide to much of what Potomac's parks have to offer.

1 Carderock Recreation Area

www.recreation.gov, search "Carderock Recreation Area Pavilion"
Reach this 200-acre part of the park from the Clara Barton Parkway at the Naval Surface Warfare exit.

2 Old Angler's Inn Access

Across from 10801 MacArthur Blvd.
Between Carderock and Great Falls, you can also get across the canal to the towpath and the River across from Old Angler's Inn on MacArthur Boulevard.

3 BILLY GOAT TRAIL

Access from the Old Angler's site or from the Great Falls Tavern Visitors Center or Carderock. The loop between the C&O Canal and Potomac River is less than five miles long but has steep and rocky sections.

4 Great Falls Tavern Visitor Center and Olmsted Overlook

11710 MacArthur Blvd.
301-767-3714

5 Swain's Lock

Swain's Lock Road (off River Road)

6 Pennyfield Lock

Pennyfield Road (off River Road)

7 Lockhouse 8

8 Blockhouse Point Conservation Park

14750 River Road, Darnestown, MD 20854
www.montgomeryparks.org/parks-and-trails/blockhouse-point-conservation-park-trails/

9 Violette's Lock

Violette's Lock Road (off River Road)

10 Riley's Lock

Riley's Lock Road (off River Road)

11 Adventure Conservation Park

10801 Glen Road, Potomac
This 14-acre neighborhood conservation area established in 1969, includes areas set aside for bird-banding.

12 Falls Road Golf Course

10800 Falls Rd.
301-299-5156
www.montgomerycountygolf.com
Falls Road Golf Course was completed in 1961 on 150 acres of former



Blockhouse Point Conservation Park



farmland, and includes an 18-hole course renovated in 2003, plus a clubhouse and driving range. Reserve tee times online.

13 Cabin John Regional Park

7701 Tuckerman Lane
www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/

This 528-acre park centrally located offers an Adventure playground, miniature train rides, dog park, picnic areas, campgrounds, nature center, a Tai Chi court, hiking and nature trails.

Shirley Povich Field, one of several ball fields, is home to the Bethesda Big Train team and the Georgetown University baseball team, and seats 750.

Other sports facilities include a lighted baseball field, five softball fields (one lighted), four lighted tennis practice walls, nine lighted tennis courts, a pee-wee soccer field, four single wall handball courts and one volleyball court.

14 Locust Grove Nature Center

7777 Democracy Boulevard
301-765-8660
www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/

Hike the upper meadow of the Locust Grove Nature Center and look for monarch butterflies and caterpillars, listen for wrens and bluebirds, or watch for box turtles crossing the path in the early morning. Wander to the Lower Meadow and watch bats in the late afternoon, sit under the shade of a 200-year-old sycamore and spot minnows, crayfish, bathing birds or beaver activity in the Cabin John Creek. Locust Grove offers programs featuring local natural and cultural history for children, teens and adults.

15 Robert C. McDonell Campground

7701 Tuckerman Lane
www.montgomeryparks.org for permits

16 Ice Skating Rink

Cabin John Ice Skating Rink
10610 Westlake Drive
301-765-8620

Ice skating in August? Yes indeed. An assortment of programs including lessons and rental times. Sessions are available for the general public, adults only and family time. Rental skates and a snack bar are located within the facility. Call for schedules and fees. http://www.cabinjohnice.org/

17 Pauline Betz Addie Tennis Center

7801 Democracy Boulevard
301-765-8650

Features six indoor tennis courts, a lounge area, and two locker rooms with showers. Professional on-site racquet restringing and regripping is also available. Private and group lessons and seasonal court rentals.

18 C.P. Huntington Miniature Train

7410 Tuckerman Lane
301-765-8670 Train Information

The miniature train is a replica of an 1863 C.P. Huntington, a locomotive purchased by the Southern Pacific Railroad, with five passenger cars, and carries visitors on a ten-minute, two-mile ride through the park. Party room available
Open 10a.m.-6p.m. seven days a week
June 1-Sept. 3, plus weekends in May, September and October.

Dog Park

10900 Westlake Drive

Located near the miniature train, this half-acre dog park is enclosed with a 6-foot chain link fence, allowing dogs to run and exercise off-leash. The facility is open 9-5 p.m. Dog-park users are encouraged to use the Westlake Drive parking lot. Please remember that all dogs should be on a leash before entering and exiting the park.

Tai Chi Court

7400 Tuckerman Lane

The Tai Chi Court at Cabin John Regional Park is the first Tai Chi court in Montgomery County and joins only few of its kind in the nation. Built through a public/private partnership between M-NCPPC, Montgomery Parks and the Wu Wei Tai Chi Club, the Tai Chi court is a 48-foot-diameter circle of flagstone incorporating the shape of a yin/yang symbol and surrounded by benches in a serene natural setting. It is located near the dog park and miniature train at Cabin John Regional Park.

19 Hadley's Playground

at Falls Road Local Park
12600 Falls Rd.

Falls Road Local Park, which showcases the award-winning Hadley's Park, allows all kids to play together. In 1986, the park system acquired the 20-acre park, including soccer, baseball and other sports fields. Hadley's Park, and its accessible theme, equipment, design and surface, have been emulated by approximately 250 playgrounds across the country. The park is the brainchild of a Potomac family whose daughter, Hadley, uses a wheel chair. The family envisioned an accessible playground after watching her daughter's wheelchair get stuck in playground mulch as she played with her sibling and friends.

20 Potomac Horse Center

14211 Quince Orchard Rd.
301-208-0200
potomachorse.com

County-owned and privately run, this large facility offers lessons at all levels year round, summer camp, birthday parties and special events. Featuring riding classes for "Mini Mites" (5-8 year old children) through adults of all levels. Classical Dressage, Combined Training, and a Hunter/Jumper program are available with riders competing under different trainers. Variety of activities with approximately 12 horse shows a year, as well as clinics featuring many disciplines, and other recreational opportunities such as birthday pony parties, individual pony rides, trail riding classes through wooded parkland, open houses, a summer horse camp program, therapeutic horseback riding, and more.

21 Rockwood Manor Educational Center and Special Park

11001 MacArthur Boulevard, Potomac
301-563-7510
http://www.montgomeryparks.org/parks-and-trails/rockwood-manor-park/

Built in the 1920s, the Manor was the former country estate of Carolyn Gangwer Caughey. Set on 30 acres of woods and adjacent to the C&O Canal, Rockwood Manor offers a secluded and naturally beautiful venue.

Rockwood Manor's overnight lodgings are available for destination weddings, multi-day business retreats or training sessions, family reunions, workshops, weekend or weekday getaways and other events.

Facilities for weddings, meetings, with overnight accommodations and dormitories for youth groups.



C.P. Huntington Miniature Train

theater companies, and the Puppet Co. Playhouse (www.thepuppetco.org) offers shows as well as was for children to be involved.

36 McKee Beshers Wildlife Management Area

Located on River Road in Western Montgomery County, McKee-Beshers WMA is a 2,000-acre tract in a mixture of woodlands, fields, wooded bottom-land and managed wetland impoundments (green-tree reservoirs). The wildlife management area shares a common boundary with the National Park Service Chesapeake and Ohio Canal to the south and borders Seneca Creek State Park, a 1,200-acre public hunting area, on the east.

McKee-Beshers WMA provides habitat for a great diversity of wildlife species including deer, wild turkey, waterfowl, over 200 species of songbirds, and numerous reptiles and amphibians. Biologists deliberately flood forests during the fall and winter in "greentree reservoirs." These attract colorful wood ducks as well as other waterfowl which migrate through or spend the winter here. Hikers will find trails for miles and miles, meandering through the forests, fields and wetlands. Hunters enjoy the pursuit of white-tailed deer, wild turkey, woodcock, squirrels, waterfowl and many other species.

Roads are maintained and suitable for hiking, nature photography, birding, hunting and other recreational activities. Visitors to the management area should be aware of biting insects, mosquitoes and ticks from April-December. Area is wet most of the year, wear appropriate footwear.

37 Serpentine Barrens Conservation Park North

Piney Meeting House Road

38 Serpentine Barrens Conservation Park South

Glen Road

The Serpentine Barrens Natural Area is considered one of the most important natural areas in the county because of its unique geology and plant community. Serpentine ecosystems are globally rare and occur intermittently in an arc east of the Appalachian Mountains from Alabama to Maine. The trees are unusually small relative to their age because of the challenging growing conditions of serpentine soils. Therefore, forests appear to be early successional, but in reality are in a climax condition. Oaks as old as 175 years old will have a diameter of trees you would expect to be one or two decades old.

More than 60 species of birds have been detected in the park, including a significant number of forest interior dwelling species such as Louisiana waterthrush, scarlet tanager, ovenbird, pileated woodpecker, and barred owl.

39 Callietha Farm Special Park

15000 River Road
Callietha Farm Park is a 97 acre property located adjacent to the M-NCPPC equestrian trails at Blockhouse Point Conservation Park and the C&O Canal. Horse boarding is available.

www.montgomeryparks.org/parks-and-trails/callietha-farm-special-park

Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as in dance, writing and music.

The famous 1921 Dentzel Carousel in the center of the park has been giving rides to the public for 90 years.

Adventure Theatre (www.adventuretheatre-mtc.org, 301-634-2270) is one of the area's longest running children's

Neighborhood Parks

Potomac has many small neighborhood that offer hiking trails, basketball and tennis courts, playgrounds and sports fields, picnic areas, paths suitable for tricycles and more.

22 Buck Branch Neighborhood Park

8704 Bells Mill Road
Playground, lighted ballfield, and lighted tennis courts. Acquired in 1986

40 Highland Stone Neighborhood Park

8716 Post Oak Road
Playground, gazebo, short walking path; acquired in 1975

24 Heritage Farm Neighborhood Park

9520 Hall Road
Playground, soccer field, softball field, two tennis courts, and picnic area. 30 acres acquired in 1970

25 Potomac Community Neighborhood Park

11301 Falls Rd., acquired in 1976
Playground, lighted ballfield, and lighted tennis courts.

26 Fox Hills West Neighborhood Park

12710 North Commons Way, acquired in 1969
Two-acre park includes playground, tennis courts, multi-use field and gazebo.

27 Bedfordshire Neighborhood Park

11416 Bedfordshire Ave.
This 7.8-acre park acquired in 1968 includes a playground and multi-use field.

29 Gregerscroft Neighborhood Park

12021 Gregerscroft Rd.
Acquired in 1969
One-acre park with playground, picnic area, and open space with a natural surface trail. Wooded and near Watts Branch Stream Valley Park.



Local Parks

Local parks serve a wider area and offer more facilities.

23 Avenel Local Park

10551 Oaklyn Drive

Playground, softball field, three soccer fields and tennis courts. Paths suitable for bikes or children's tricycles. The 20.7-acre park was established in 1989.

28 Glen Hills Local Park

12511 Circle Drive

This 25.2-acre park, land acquired in 1966, features a playground, two softball fields, overlay football field, two lighted tennis courts and a picnic area.

30 Tilden Woods Local Park

6800 Tilden Lane

Acquired in 1961
Seven-acre park with playground, ballfield, lighted tennis courts, basketball courts and picnic area.

31 Seven Locks Local Park

6922 Seven Locks Road, Cabin John
Acquire in 1974

11.6 acres with playground, open shelter, soccer field, and lighted tennis courts.

32 Cabin John Local Park

7401 MacArthur Boulevard, Cabin John
Six-acre park established in 1933 includes playground, multi-use field, softball field, lighted tennis court, basketball courts, and picnic area.

41 Greenbriar Local Park

12525 Glen Road

More than 16 acres of this 25 acre park, developed in 2016 on land acquired in 1992, is undisturbed. Features of the park include a regulation soccer/football field with spectator areas, a single basketball/multi-use court, a single grass volleyball court, a multi-age, interpretive playground, an asphalt loop path and pedestrian connections, entrance features, a picnic shelter, two stone pergolas, a parking area with 70 spaces. The park also preserves large portions of the site adjacent to the stream valley.

42 Beverly Farms Local Park

8505 Post Oak Road, Potomac

Land acquired in 1965
Beverly Farms Local Park is on 9.4 acres located behind the Beverly Farms Elementary School. The park features two playgrounds, a softball field, a baseball field, and a multi-use field. There are also two lighted tennis courts and a picnic area.

10 Falls Road Local Park

12600 Falls Road
Including Hadley's Playground
See 19



Enjoy the Potomac River &

COMPILED BY KEN MOORE AND
MARY KIMM
THE ALMANAC

Potomac is bordered by more than 12 miles of the C&O Canal National Historical Park, including the towpath and the Potomac River. Living in Potomac provides opportunities to enjoy the sights and sounds of the river with outdoor activities ranging from an easy stroll to a challenging hike; a flat bike ride of a few miles to multi-day bike trip; rock climbing; world-class whitewater kayaking or a gentle paddle on flatwater. Wildlife is abundant and birders flock to area. All outdoor areas of the C&O Canal National Historical Park are open daylight hours year round. Visitors pay an entrance fee at the entrance to Great Falls Tavern Visitors Center at Falls Road and MacArthur Boulevard, but access everywhere else is free. Three-day pass for a vehicle is \$15; a person on foot is \$7; annual pass is \$30.

See www.nps.gov/choh

Great Falls Tavern Visitor Center and Olmsted Overlook

11710 MacArthur Blvd.
301-767-3714



The canal boat at the Chesapeake & Ohio Canal National Historical Park is not operating right now both for lack of water and damage from the July storms.

PHOTO BY DEBORAH STEVENS

If you haven't seen Great Falls, it's time.

Enter the C&O Canal National Historical Park here for up close views of Great Falls by walking 0.2 miles over the Olmsted Island Bridges to the overlook at the end. Bridges and boardwalks traverse a rare floodplain terrace environment, ending with an observation deck over the spectacular views of the Falls and the head of Mather Gorge.

You can sometimes borrow a bike to ride for free here from the **C&O Canal Bike Loaner Program**, weekends and holidays, weather permitting, 10-4.

www.facebook.com/bikeloanerprogram

Accessible for wheelchairs and strollers. The tavern is open Wednesday through Sunday from 9 a.m. - 4:30 p.m.

<http://www.nps.gov/archive/choh/Visitor/Centers/GreatFalls.html>

ABOUT THE FALLS, from The Geologic Story of Great Falls and the Potomac River Gorge published by the U.S. Geological Survey in 1980:

"In its seaward course, the Potomac River crosses many small rapids and cascades, but these are insignificant in comparison with the foaming fury of Great Falls, where the river drops 12 meters in about 180 meters and is channeled into a narrow rock-walled gorge less than 25 meters wide in places. In the summer the flow may be less than 38,000 liters a second, but during floods the flow commonly reaches 40 million liters a second. The average flow pouring over the falls is 349,000 liters of water every second and in a year, more than 9.5 trillion liters, enough water to flood the entire District of Columbia to a depth of 55 meters, converting the Washington Monument into a tall lighthouse."

Great Falls Mule Drawn Boat Rides: Take a trip back in time to the 1870s Ride along the historic C&O Canal in a boat pulled by mules. Experience rising 8 feet in a lock. Hear park interpreters in period clothing describe what life was like for the families that lived and worked on the canal. The boat is not operating in so far in 2019 but there is hope for later this

year. The boat formerly would run into October, with a typical schedule on Saturday & Sunday - 11 a.m., 1:30 p.m., 3 p.m. Call ahead to confirm. 301-767-3714

The Gold Mine Trail can be accessed at the top of the entrance to Great Falls, at the intersection of Falls Road and MacArthur Boulevard, or near the Great Falls Tavern Visitor's center. Trails can be used for running with some steep inclines. See the remains of an old building that was used from 1900-1939 to mine gold.

BILLY GOAT TRAIL

Thousands hike the Billy Goat Trail every year, with access from the Old Angler's site or from the Great Falls Tavern Visitors Center or Carderock. The loop between the C&O Canal and Potomac River is less than five miles long but has steep and rocky sections. Bring water and wear good walking shoes. No flip flops or ballet slippers. Allow plenty to time to stop and enjoy spectacular views of the cliffs, Potomac River passing through the gorge and sensitive vegetation and rare plants. This hike that is marked by light blue trail blazes to keep visitors from trampling on Bear Island's many rare plants and sensitive vegetation. The trail can be rough and rocky with steep climbs. But the trail is one of the most popular hikes in all of the metropolitan area, which can be done by people of all ages.

The park service seeks volunteer trail stewards willing to hike parts of the trail, educate visitors at the trailheads, protect the natural resources of Bear Island, ensure visitors are prepared for the strenuous hike, share stories about the sensitive vegetation, and reduce trampling of the Bear Island's many rare plants. Active trail stewards carry park

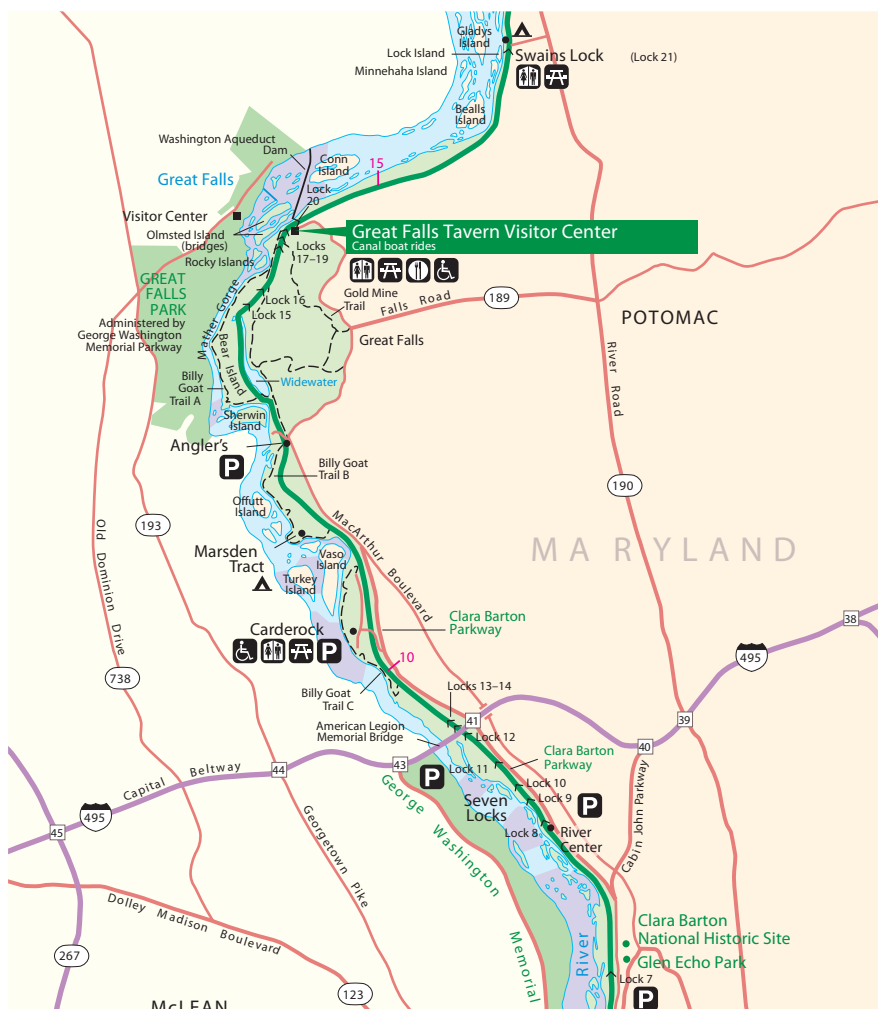


PHOTO BY MARY KIMM

Horse riding along the canal.

C&O Canal National Park

radios for emergency communication and receive basic first aid training to help with minor injuries. www.chohvip.org/billy_goats/

Carderock Recreation Area

Reach this 200-acre part of the park from the Clara Barton Parkway at the Naval Surface Warfare exit. Rock climbers visit Carderock daily for its famous cliffs. The recreation area includes playing fields, a large picnic pavilion available by reservation and access to the Potomac River and the Billy Goat Trail. www.recreation.gov

Get involved on the river by joining the Bike Patrol, becoming a Billy Goat Trail Steward, or volunteering to help run the Canal Boat, or serving as a docent at the River Center at Lockhouse 8. www.chohvip.org

Old Angler's Inn Access

Across from 10801 MacArthur Blvd. Between Carderock and Great Falls, you can also get across the canal to the towpath and the River across from Old Angler's Inn on MacArthur Boulevard. A popular spot for kayakers and stand-up paddleboarders, and a great spot to find outdoor adventure companies teaching beginning to advanced paddleboarding, kayaking and canoeing. Hiking enthusiasts have quick access to the Billy Goat Trail from here, or those who simply want to take an evening stroll or bike ride along the Berma Road or around Widewater, the area of the canal used for turning large boats around.

Swain's Lock

Swain's Lock Road (off River Road) Campsites are available at Swain's Lock, one of the largest of the canal lockhouses. The lockhouse is named for Jess Swain, a lock-keeper in the early 1900s whose father helped in the excavation and construction of the canal. After running a boat rental and refreshment stand at Swain's Lock for almost a century, the family ceased operations in 2006.

The Swain's Lockhouse is newly renovated now part of the Canal Quarters program, and can be reserved for overnight stay for a fee. See canaltrust.org/programs/canal-quarters

Pennyfield Lock

Pennyfield Road (off River Road) The three-mile walk from Pennyfield Lock to Violette's Lock takes you through many kinds of bird habitat and around Blockhouse Point. Pennyfield Lock was President Grover Cleveland's favorite destination when he went on fishing excursions, according to the Potomac Master Plan. The Pennyfield Lockhouse, built in 1879 inland from the lock house,

was the home of lock-keeper Charles W. Pennyfield.

Pennyfield Lock is also home to a lockhouse built in 1830 that you can rent by the night. The Canal Quarters Interpretive Program invites visitors to stay in a historic lockhouse for a day and night to learn about the living conditions of a lockkeeper's family. www.canalquarters.org/

Blockhouse Point Conservation Park

14750 River Road, Darnestown, MD 20854 www.montgomeryparks.org/parks-and-trails/blockhouse-point-conservation-park-trails/

Those who know this 630 acres of land call Blockhouse Point the jewel of Potomac. The natural and cultural resources at Blockhouse Point are amongst the most valuable in the country.

The park contains a variety of exceptional and rare habitat, including mature upland forest, floodplain forest, wetlands, streams and river-rock outcrops. Nine species of threatened, endangered or watchlist species of plants have been identified in the park, along with 25 species of fish, nine species of amphibians, four species of reptiles, 39 species of nesting birds and 10 species of mammals.

During the Civil War, the 19th Regiment Massachusetts Voluntary Infantry built three blockhouses in 1862 to guard Violette's Lock and Pennyfield Lock, taking advantage of panoramic views from Blockhouse Point. Union sentries kept watch for Confederate movements across the river and at area fords.

Montgomery County developed a brochure so people can walk the footsteps of Union Soldiers. Blockhouse Point is an area to enjoy peace, solitude, and an example of the natural and cultural resources of Potomac that rival the most valuable in the country.

http://www.montgomeryparks.org/uploads/2016/08/blockhouse_broch_web.pdf

Mobile App to Help Explore Park

A mobile app, "C&O Canal Explorer," can aid users in exploring the 184.5 miles and 20,000 acres of the C&O Canal National Historical Park. The app is available for download on both Android and Apple devices from their respective app stores.

The mobile app includes over 600 points of interest in the park mapped in a searchable format, allowing users to find at a glance hiking trails, historic sites, trailheads, parking, and more. The app also calculates the distance from a user's location to nearby amenities and points of interest, with the ability to view what lies both upstream and downstream of a current location.

The app was developed by the C&O Canal Trust, the official nonprofit partner of the Chesapeake and Ohio Canal National Historical Park, which works in partnership with the National Park Service and local communities to raise funds to preserve the park for future generations and to broaden support through programs that highlight the park's historical, natural, and cultural heritage and recreational opportunities.

The app was developed in partnership with Cermak Technologies, Inc., with funding from the Maryland Heritage Areas Authority.

Future plans include the addition of merchants (hotels, bed and breakfasts, restaurants, and shops) to the map and search features, as well as a downloadable map that will enable the app to work even when the users' device is out of cellular range.

The app can be downloaded from the Google and Apple App Stores and here: www.canaltrust.org/plan/explorer-mobile-app/.



Walkers and kayakers make use of the Chesapeake and Ohio Canal National Historical Park.



Violette's Lock

Violette's Lock Road (off River Road) Violette's Lock offers one of the more beautiful views of the sunset over the Potomac River.

Riley's Lock

Riley's Lock Road (off River Road) Riley's Lock features a boat ramp on Seneca Creek, the busiest in Montgomery County, that allows easy access to a quiet and inviting part of the Potomac River for canoes, kayaks, stand-up paddleboards and small motorboats. The Seneca Creek Aqueduct, opened in 1833 and made of red sandstone, allowed thousands of canal boats to move across Seneca Creek from 1833 to 1924, the year of the canal's closing. The aqueduct was protected by Union garrisons during the Civil War.

Rileys Lockhouse is open most weekends in Spring and Fall. Volunteers in period costume guide you through one of the C&O Canal's original lockhouses to explore the life of a lock-keeper. Call the program coordinator to confirm, 301-384-8584.

NEWCOMERS & COMMUNITY GUIDE

Save the Dates, A Year in Potomac

September 2019

Potomac Village Farmers Market.

Thursday, Sept. 5, 2-6:30 p.m. at Potomac United Methodist Church, 9908 S. Glen Road, at the intersection of Falls Rd. and Democracy Blvd. Operates rain or shine, May through November. Visit www.potomacvillagefarmersmarket.net

Labor Day Art Show. Aug. 31 -

Sept. 2, 12-5 p.m. Closing Reception, Monday, Sept. 2, 4-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Every Labor Day at the Yellow Barn instructors, students, and members hold an exhibition. See <http://www.yellowbarnstudio.com>

Irish Music and Dance Showcase.

Monday, Sept. 2, 1-6 p.m. at 7300 MacArthur Blvd at the Bumper Car Pavilion. Attend a day of Irish music and dance presented by the Glen Echo Park Partnership for Arts and Culture and the Irish Inn at Glen Echo. Free. Visit glenechopark.org/irishmusicdance for more.

Labor Day Parade.

Monday, Sept. 2, 1-3 p.m. in the streets of Olde Towne Gaithersburg. Celebrate Labor Day with performances, antique cars, marching bands, and more. Free. See <https://www.gaithersburgmd.gov/recreation/special-events/labor-day-parade> for more.

The Trawick Prize Exhibition.

Sept. 4-28. Gallery B at 7700 Wisconsin Avenue, Suite E. This exhibition features The Trawick Prize finalists for the Bethesda Contemporary Art Awards. This juried art competition and exhibition was established in 2002, with the top three winners receiving a total of \$14,000 in prize money. See www.bethesda.org/bethesda/trawick-prize.

Parks Half Marathon.

Sunday, Sept. 8, 7-10 a.m. Shady Grove Metro, 15903 Somerville Drive Rockville. A marathon race that showcases the Montgomery County parks system. Sponsored by Montgomery County Road Runners Club. Visit www.mcrrc.org.

Park After Dark. Saturday, Sept.

14, 6-10 p.m. at C&O Canal National Historical Park – Great Falls Tavern, 11710 MacArthur Blvd. Attendees enjoy live music, food, libations, auction items, desserts, a campfire and more. The C&O Canal Trust's 9th Annual gala fundraiser is held under the stars at Great Falls Tavern. The money will help resurface the towpath. Visit www.parkafterdark.org or www.canaltrust.org.

Dance Party with Soul Crackers.

Sept. 11, 2019, 8 p.m. to midnight, Glen Echo Park. 7300 MacArthur Blvd., in the historic Spanish Ballroom. The "soul dance party" features Memphis & Motown soul with a blues dance lesson to get started. See <https://glenechopark.org/soulcrackers>

Taste in Potomac.

Sept. 21, 2019, 7 p.m. at Bethesda North Marriott Hotel, 5701 Marinelli Dr., Rockville. The 12th annual Taste in Potomac is a community event that raises funds to help children in foster care find adoptive families. Nearly 30 local restaurants donate their fare for the enjoyment of guests. See www.adoptiontogether.org/events/tasteinpotomac.

Cabin John Kids Run. Sunday,

Sept. 22, 9-10 a.m. at Cabin John Regional Park, 10900 Westlake Drive, Bethesda. A mile run, half-mile young run and quarter mile young run are offered, and free for runners 17 and under. Race day registration



PHOTO BY NATALIE HOLLIS

The Potomac Hunt Races, both a sporting and social event, will be Sunday, May 17, 2020. 10 a.m.-7 p.m. at 14401B Partnership Road, Poolesville. Held in the heart of Montgomery County's horse country, the Potomac Hunt Races is an annual tradition, celebrating the sport of steeplechase racing. See www.potomachuntraces.com

only. Visit www.mcrrc.org/calendar.

Out of the Darkness Community

Walk. Saturday, Sept. 22, 2019. 10 a.m.-1:30 p.m. at the Maryland Soccerplex in Germantown, 18031 Central Park Circle, Boyds, Md. 20841 This walk, in conjunction with over 300 communities across the country this fall, benefits the American Foundation for Suicide Prevention. See afsp.donordrive.com

Days End Farm Horse Rescue Fall

Festival. Saturday, Sept. 28, 11 a.m.-4 p.m. at 1372 Woodbine Road, Woodbine. The event will include a horse costume contest, children's pony rides, petting zoo, live music, face painting, and alumni horses returning. Admission is \$2 for adults, free for children under 12. Proceeds go to the rescue and rehabilitation of horses in DEFHR's care. Visit www.defhr.org

Potomac Library Book Sale.

10 a.m.-1 p.m. at 10101 Glenolden Drive, Potomac. Sponsored by the Friends of the Library, Potomac Chapter. Monthly. The monthly Book Sale at the Potomac Library is such a longstanding tradition that buyers and volunteers come from miles around to take part. See <https://www.folmc.org/chapters/potomac-chapter/potomac-programs>

October 2019

Potomac Day. Oct. 12, 2019, 8

a.m.-3 p.m. at 9812 Falls Road. The Potomac Chamber of Commerce offers this yearly festival every October. Arts and entertainment for all ages, ranging from rides and festival for children to a classic car show and business fair. The highlight is the Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, classic cars, school groups, scouting organizations, and candidates for elected office. See www.potomacchamber.org

West Montgomery County Citizens

Association. Oct. 9, 2020, at Potomac Community Center, 11315 Falls Road, 7:15-9 p.m. WMCCA holds its general meetings from



PHOTO BY MARY KIMM

Potomac Village Farmers Market is a celebration of taste, beauty and community every Thursday from May to October, with some hardy vendors coming until Thanksgiving and beyond. 2-6:30 p.m. at Potomac United Methodist Church, 9908 S. Glen Road, at the intersection of Falls Rd. and Democracy Blvd.

October through May on the second Wednesday of each month. West Montgomery was founded in 1947 as a forum for local issues. "With the C&O Canal National Historic Park on our doorstep and the Agricultural Reserve to our north, what we have always provided becomes ever more valuable to retaining environmental

quality as we face the threats brought on by climate change." www.facebook.com/TheWMCCA/

Taste of Bethesda.

Saturday, Oct. 5, 11 a.m.-4 p.m. along Norfolk, St. Elmo, Cordell, Del Ray, and Auburn avenues, Woodmont Triangle. Bethesda's famous food and music festival brings 60 restaurants and five

stages of entertainment to Bethesda's Woodmont Triangle. Local restaurants and entertainment come together for the Annual Taste of Bethesda. Admission to the festival is free, taste tickets are sold in bundles of four for \$5. See www.bethesda.org.

Rocktoberfest.

Saturday, Oct. 5, 11 a.m. to 5 p.m. Features two stages of entertainment, including German and rock music, German food, artisans, kids activities, and beverages for sale by local breweries. This annual event attracts more than 5,000 people to Rockville Town Center. See <https://www.rockvillemd.gov/1952/Rocktoberfest> for more.

Potomac Community Center

Anniversary. Sunday, Oct. 6, 2019, 2-6 p.m., The Potomac Community Center will celebrate its 30 year Anniversary: PCC Celebrates Community, recognizing the estimated 200 center-based Montgomery County Recreation programs, Club Friday, Summer Camps and Recreation Leagues, and countless public and private events provided every year to 60,000-plus Potomac neighbors – young and old. Contact Pamela Yerg at jeyclan@gmail.com

November 2019

Veterans Day. Monday, Nov. 11,

2019, 11 a.m., Veterans Park, intersection of routes 28 and 355. Join Rockville's Mayor and Council at this annual ceremony. American Legion Post 86 will lead the wreath laying ceremony and their Honor Guard will present a twenty-one gun salute. A reception will follow at American Legion Post 86 located at 2013 Veirs Mill Road.

Turkey Chase.

at YMCA Bethesda-Chevy Chase, 9401 Old Georgetown Road. The Turkey Chase 10K Run benefits the YMCA Bethesda-Chevy Chase, the YMCAs Youth and Family Services and financial assistance and scholarship programs, and Bethesda-Chevy Chase Rotary Club Foundation. About 10,000 runners participate in Bethesda's rolling hill road race that has been running since 1982. www.turkeychase.com/

Christmas Tree Sale.

Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. The local fire department has raised funds by providing the community with Christmas trees for more than 30 years. Douglas Fir trees, from 5-14 feet tall, and wreaths come from a family run tree farm, Eliot's Tree Farm, in Pennsylvania. They are delivered the last weekend in November for freshness. See www.cjpvfd.org for more.

Winter Lights Festival.

Nov. 29-Dec. 31, 2019, closed Christmas Day. Seneca Creek Park, 11950 Clopper Road, Gaithersburg. Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 450 illuminated displays. Visit www.gaithersburgmd.gov/recreation/special-events/winter-lights-festival

December 2019

Santa on Fire Engines Toy

Collection. A procession of fire engines run by the Cabin John Park Volunteer Fire Department, carry Santa on a tour of Potomac neighborhoods over the course of several evenings in December, collecting unwrapped new toys for needy children. See www.cjpvfd.org.

SEE "A YEAR IN SAVE THE DATE," PAGE 15

NEWCOMERS & COMMUNITY GUIDE

Give Locally in Potomac

Nonprofits with local mission seek help now and through the year.

Potomac is one of the wealthiest communities in the nation. The average annual family income in Potomac is \$275,715, with 55 percent of married couple families in Potomac earning more than \$200,000.

But close to 68,000 people (6.7 percent) in Montgomery County live below the poverty level. That's \$20,420 for a family of three.

These families may be on the brink of

homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

The beginning of the school year can bring uncertainty and concern about having basic supplies, clothes and shoes, a far cry from the plenty that so many of us associate back to school shopping.

Hundreds of homeless students attend the public schools, and their needs are greater.

We list many kinds of nonprofits: food banks, animals, arts, environment, housing; find what appeals to you, and pitch in.

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

Potomac: Where to Give Locally

❖ **Manna Food Center**, Where Do You Drop Off Food? Manna's temporary warehouse is located at 8341 Beechcraft Ave, Gaithersburg, MD 20879. 301-424-1130, www.mannafood.org. See website for many ways to help

Manna Food Center, the main food bank in Montgomery County, strives to eliminate hunger through food distribution, education, and advocacy. Manna provides food to 32,000 individuals each year and helps distribute rescued food to soup kitchens, food pantries and emergency shelters county-wide. Nearly every social service organization in Montgomery County relies on Manna to provide food to their clients.

❖ **Mercy Health Clinic**, www.mercyhealthclinic.org, 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878, 240-773-0300

Mercy Health Clinic in Montgomery County is a totally free clinic serving the uninsured of the community. It serves around 2,000 patients annually through the efforts of more than 50 volunteer physicians and over 100 medical and administrative volunteers. "At Mercy, we believe that we all benefit when everyone in our community has access to health care."

❖ **Interfaith Works**, www.iworksmc.org, 114 West Montgomery Ave., Rockville, MD 20850.

Interfaith Works provides shelter, food, and clothing to low-income and homeless neighbors.

❖ **Potomac Community Resources**, <http://pcr-inc.org/> 9200 Kentsdale Drive, Potomac, MD 20854, 301-365-0561.

Potomac Community Resources, Inc. promotes the full inclusion into community life of teens and adults with developmental differences by providing over 35 therapeutic, recreational, social, educational, and respite care programs. Donations to PCR make a difference in the lives of individuals with developmental differences and their families. Eighty-six percent of every dollar that is donated goes directly to its programs.

❖ **Montgomery County Coalition for the Homeless**, www.mcch.net, 600-B East Gude Drive, Rockville, MD 20850, 301-217-0314.

Montgomery County Coalition for the Homeless (MCCH), a community-based nonprofit organization, is a leading provider of permanent housing, intermediate housing, emergency shel-

ter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women and children each year, providing 60 percent of the emergency shelter beds in the county.

❖ **ArtStream**, www.art-stream.org, 8401 Connecticut Ave. Ste 1230, Chevy Chase, MD 20815, 301-565-4567

ArtStream performances feature adult actors with intellectual and developmental disabilities including autism and other social and behavioral needs. Actors, volunteer mentors and theatre professionals work as a team to create original performances for live audiences. Drama and life-skills classes, programs in military hospitals. ArtStream is based in Chevy Chase and holds programming throughout the region.

❖ **Shepherd's Table**, www.shepherdstable.org, 8210 Dixon Ave., Silver Spring, MD 20910, 301-585-6463.

Shepherd's Table is a nonprofit organization in downtown Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. Shepherd's Table provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance.

❖ **Fisher House**, www.fisherhouse.org, Fisher House Foundation, Inc., 12300 Twinbrook Pkwy, Suite 410, Rockville, MD 20852, 301-294-8560, info@fisherhouse.org

The Fisher House program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," including at Walter Reed in Bethesda, built on the grounds of major military and Veterans medical centers. These homes enable family members to be close to a loved one at the most stressful times.

❖ **Friends in Action**, www.iworksmc.org/friends-in-action, 114 West Montgomery Ave., Rockville, MD 20850, 301-762-8682.

Friends In Action recruits and trains a network of people from all faiths and ethnic backgrounds. Volunteer mentoring teams are linked for one year in a supportive relationship to a needy family in their community. The goal of

the program is to help the family identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well being.

❖ **Montgomery Countryside Alliance**, P.O. Box 24, Poolesville, MD 20837, 301-461-9831, www.mocoalliance.org, info@mocoalliance.org

Montgomery Countryside Alliance promotes sound economic, land-use and transportation policies that preserve the natural environment, open spaces and rural lands in Montgomery County's Agricultural Reserve for the benefit of all Washington Metropolitan area residents.

❖ **Spirit Club**, 10417-B Metropolitan Ave. Kensington, MD 20895, 03-883-4364, spirit-club.com

Spirit Club Foundation Inc. is a nonprofit organization organized to ensure that people with disabilities and other health-related challenges have the opportunity to exercise and learn about fitness and nutrition in an integrated setting.

❖ **MCPAW** (Montgomery County Partners for Animal Well-Being) is the non-profit partner of the Montgomery County Animal Services and Adoption Center (MCASAC) working through MCASAC to keep homeless pets healthy and happy while awaiting adoption.

Goals are: Reduce the number of animals that come to MCASAC; Pamper, protect and provide emergency veterinary care for animals inside MCASAC; Educate and engage the community in causes for animal welfare. <http://www.mcpaw.org/>

❖ **C&O Canal Trust**, www.canaltrust.org

By giving to the C&O Canal Trust, you will be joining a growing movement of citizens across the country who are taking personal responsibility for the future of "America's best idea" — our national parks. Give thanks for the C&O Canal you enjoy today, and invest in its future.

❖ **Potomac Riverkeeper Network** works to protect the public's right to clean water in our rivers and streams; to stop pollution to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment.

3070 M Street, NW, Washington, DC 20007. 202-888-2037 www.potomacriverkeepernetwork.org

and climate adaptation/sequestration. Interested individuals should have demonstrable expertise related to the workgroup topics, including identifying economic and

equity challenges and opportunities that might arise in meeting these goals. Submit an expression of interest, cover letter and resume to climate@montgomerycountymd.gov.

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BULLETIN BOARD

FROM PAGE 5
formed to help identify strategies. The County is now seeking volunteers to serve on workgroups focused on community engagement/education

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

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

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.

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 through Sept. 8, \$9-\$20; tickets Sept. 14-Oct. 20, \$12-\$27. Group and multi-day discounts available. Children under 7, free. Visit www.marylandrenaissancesfestival.com for more.

THROUGH SEPT. 2

Maryland State Fair. 10 a.m.-10 p.m. at the Maryland State Fair Grounds in Timonium. Celebrating its 138th year, MY Maryland State Fair recognizes the enduring appeal of Maryland's citizens, students, and 4-H and FFA members to share their talents and compete for ribbons, prizes and bragging rights. The Fair's buildings, barns and stages provide space for thousands of fairgoers to appreciate the exhibits, learn from the exhibitors, and consider entering a future fair. The Fair will also feature the thrills and chills, sights, sounds and aromas of numerous Midway and Kidde Land rides, games, and food provided by Deggeller Attractions. For those with a more local palate, the Maryland Foods Pavilion, Dairy Bar, and Chesapeake Craft Brew & Wine Garden, will showcase fresh from the farm and Chesapeake Bay food and drinks. Visit www.marylandstatefair.com.

THURSDAY/AUG. 29

Community Conversation. 7 p.m. at Potomac Library, 10101 Glenolden



PHOTO BY JIM MCCUE

Maryland State Fair

Celebrating its 138th year, MY Maryland State Fair recognizes the enduring appeal of Maryland's citizens, students, and 4-H and FFA members to share their talents and compete for ribbons, prizes and bragging rights. The Fair's buildings, barns and stages provide space for thousands of fairgoers to appreciate the exhibits, learn from the exhibitors, and consider entering a future fair. The Fair will also feature the thrills and chills, sights, sounds and aromas of numerous Midway and Kidde Land rides, games, and food provided by Deggeller Attractions. For those with a more local palate, the Maryland Foods Pavilion, Dairy Bar, and Chesapeake Craft Brew & Wine Garden, will showcase fresh from the farm and Chesapeake Bay food and drinks. The fair runs Aug. 23-Sept. 2, 10 a.m.-10 p.m. at the Maryland State Fair Grounds in Timonium. Visit www.marylandstatefair.com.

Drive, Potomac. Councilmember Will Jawando will host a community conversation to discuss the fiscal year 2020 budget, the state of the County's library system and listen to concerns from community members on County issues. Free. RSVP to Walton Harris at walton.harris@montgomerycountymd.gov or at 240-777-7945.

AUG. 30-OCT. 6

Double Vision. Gallery hours at Photoworks at Glen Echo Park. Photoworks presents "Double Vision" a faculty/student exhibit showcasing the excellence of the classes at Photoworks. For this exhibit, each faculty member chose student work that best represented their class. There are 38 photographers represented. An opening reception is planned for Friday, Aug. 30, 6-8 p.m. Visit glenechophotoworks.org/ for more.

SATURDAY/AUG. 31

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.

Open House for Classes. Noon-4 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Join the free Open House for Classes and explore the many classes and workshops offered at Glen Echo Park. Participate in a free workshop, meet instructors, tour the Park, and try something new. Visit Resident Artists' studios, view demonstrations, and enjoy theater performances and family programs. Visit www.glenechopark.org or call 301-320-1400.

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

SATURDAY/AUG. 31-MONDAY/SEPT 2

49th Annual Labor Day Art Show. Noon-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Labor Day Art Show is an annual tradition that brings the community together to appreciate local artists and their work. Original artwork from over 200 artists is on display and for sale, in media including painting, drawing, photography, jewelry, ceramics, glass, fiber arts, sculpture, furniture, and works on paper. A member and donor preview will take place in the Ballroom Back Room, Friday, Aug. 30, 6-7:30 p.m. It will be followed by a public reception, 7:30-9 p.m.; light refreshments will be served. Visit www.glenechopark.org or call 301-320-1400.

SUNDAY/SEPT. 1

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 Latter Day Lizards playing 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.

MONDAY/SEPT. 2

Culkin School Dancers. 1-5 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Come to Glen Park on Labor Day to enjoy an afternoon

of Irish music and dance performances. Presented by the Glen Echo Park Partnership for Arts and Culture and the Irish Inn at Glen Echo, the Irish Music & Dance Showcase features a wide variety of area performers. Free, open to the public. Visit www.glenechopark.org or call 301-320-1400.

TUESDAY/SEPT. 3

Read to a Dog. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. School-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private sessions. Call 240-777-0694.

THURSDAY/SEPT. 5

Senior Forum and Resource Fair. 9:30 a.m.-12:30 p.m. at the Potomac Community Center, 11315 Falls Road, Potomac. Featuring presentations from experts on wellness and brain fitness, ways to prevent falls, detecting and avoiding financial abuse and more. Service providers to seniors will showcase additional topics such as fire prevention and public safety, healthy hearing, transportation, lifelong learning and more. Potomac Community Village will staff a table containing information about the organization. A light breakfast will be served. Free and open to all. Call 240-221-1370 or visit www.PotomacCommunityVillage.org for more.

Bilingual Storytime. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Bilingual storytime just for toddlers and preschoolers. Stories in Chinese and English, songs and rhymes, too! 25-30 minute programs. Call 240-777-0694.

Stay and Play. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Join for an open play program. The Potomac Library will provide the toys and music – families

bring the smiles. This program is for children aged 0-6 years old along with their families. Call 240-777-0694.

Live Music: Marcia Ball. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Texas-born, Louisiana-raised pianist, songwriter and vocalist Marcia Ball – the official 2018 Texas State Musician – will perform. \$35-\$55. Visit www.ampbystrathmore.com or call 301-581-5100.

FRIDAY/SEPT. 6

Nando's Fiery Friday Night

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

Casual Concerts at Glen Echo. 7:30 p.m. at Washington Conservatory of Music at Glen Echo Park, 7300 MacArthur Blvd., Bethesda. Mike Kligerman – The Many Moods of the Mighty Ukulele. 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 www.washingtonconservatory.org or call 301-634-2250.

SEPT. 6-25

Two Exhibit Opening for

September. Artists & Makers Studios on Parklawn Drive in Rockville hosts two artists in three galleries for the month of September. Master artist Robert Stark of Union Dale, Pennsylvania – who divides his time between Susquehanna Studio in Pennsylvania and Albuquerque, New Mexico – will fill two galleries at Parklawn. Rosa Inés Vera has exhibited throughout the DMV and internationally, and her work will occupy the third Parklawn Gallery. These exhibits will open for First Friday festivities on Sept. 6, 6-9 p.m. and will showcase artists open studios for browsing, along with musical entertainment, as well as a gallery talk with Robert Stark, 7 p.m. A Gallery Talk for "Inside, Outside" at Parklawn with invited speaker Jorge Gastelumendi who is the Global Director of Water and Energy Policy at The Nature Conservancy, is planned for Sept. 14, 3-4 p.m. Visit artistsandmakersstudios.com/ for more.

SEPT. 6-OCT. 6

Visual Poetry. At the Popcorn Gallery at Glen Echo Park. Photoworks Gallery announces a new collaborative exhibit in the Popcorn Gallery that will feature work that challenged the photographers to ponder the poetry in their images and to assign words to the photos in the exhibit. An opening reception is planned for Friday, Sept. 6, 6-8 p.m. with a live reading from Poet E. Ethelbert Miller at 7. Visit glenechophotoworks.org/ for more.

SATURDAY/SEPT. 7

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.

Year in Save the Dates

FROM PAGE 12

Bethesda's Winter Wonderland. Saturday, Dec. 17, 1-4 p.m., Veterans Park in downtown Bethesda. Celebrate the holiday season from Veterans Park in downtown Bethesda with a variety of performances, live ice sculpting, a visit from Santa Claus and more. See www.bethesda.org.

January 2020

Martin Luther King Jr. Day. Rockville's 48th annual Martin Luther King Jr. Day celebration will include multicultural performances, awards and a keynote speech. The celebration is free and open to all ages. A reception will follow. See <https://www.rockvillemd.gov/519/Martin-Luther-King-Jr-Day> for details.

February 2020

Mid-Atlantic Jazz Festival. Feb. 14-16, 2020, 1750 Rockville Pike, Rockville. The festival provides live musical performances, workshops and seminars. See www.midatlanticjazzfestival.org.
Play In A Day. Six professional area theatre companies write, direct, rehearse and perform original plays based on similar themes in 24 hours. The plays are presented at the annual Play In A Day, held in 2019 in February. See www.bethesda.org.

April 2020

Pike's Peek 10K. This 10K course is designed for speed, starting near the Shady Grove Metro Station and running straight down Rockville Pike to the finish on Rose Avenue in Pike & Rose. See www.pikespeek10k.org.
The Annual C&O Canal Pride Days. April to May. This is a joint effort between the park and C&O Canal Trust that brings hundreds of volunteers into the park to conduct maintenance projects. Work at C&O Canal National Historical Park at Great Falls (Maryland) and other sites along the Potomac River and C&O Canal towpath. Canal Pride Days has projects for every age and skill level—everyone is welcomed to help. Check the Canal Trust website in early spring 2020 for locations and events. See www.canaltrust.org, or see the park website at www.nps.gov/choh for more.
Potomac Watershed Cleanup. This volunteer event is sponsored annually by Alice Ferguson Foundation in April. Since it began thirty years ago, the Potomac River Watershed Cleanup has mobilized more than 150,000 volunteers to remove more than 7 million pounds of trash along the Potomac River. At the 2019 cleanup, volunteers collected 862 tires, 11,034 plastic bags, 9,726 plastic straws and 6,871 cigarettes across the region. Volunteers help at many sites along the Potomac River in Potomac. See www.fergusonfoundation.org.
1921 Dentzel Carousel. After repairs in the 2019 season, Glen Echo Park's historic 1921 Dentzel Carousel is scheduled to reopen in spring 2020. See www.glenechopark.org/carousel for updates.

May 2020

Potomac Horse Center Annual Spring Open House. 14211 Quince Orchard Rd., North Potomac. Since the Fall of 1994, The Potomac Horse Center has hosted open houses for the local community. We offer Horse & Pony rides, hay rides, a moon bounce, barn tours, personalized horseshoes, riding demonstrations, food and more. See www.Potomachorse.com.
Greek Orthodox Spring Festival. Greek Orthodox Church of St. George, 7701 Bradley Blvd., Bethesda. The annual festival includes traditional Greek cuisine, outdoor/indoor dining, Greek dancing, church tours and Greek pastries. Call 301-469-7990 or visit www.stgeorge.org
The Potomac Hunt Races. Sunday, May 17, 2020. 10 a.m.-7 p.m. at 14401B Partnership Road, Poolesville. Held in the heart of Montgomery County's horse country, the Potomac Hunt Races is an annual tradition, celebrating the sport of steeplechase racing. See www.potomachuntraces.com.
SerbFest. Saint Luke Serbian Orthodox Church, 10660 River Road, Potomac. Serbian dishes, beverages, dance and music performances, gifts and boutique items and family-friendly activities. Visit www.serbfestdc.com for more.

The Landon Azalea Garden Festival. Perkins
WWW.CONNECTIONNEWSPAPERS.COM

Garden and the Landon campus, 6101 Wilson Lane, Bethesda. The annual festival dates back to the mid-1950s when Landon's founders, Paul and Mary Lee Banfield opened the newly acquired azalea garden to the public. See www.landon.net.

Memorial Day Ceremony and Parade. Monday, May 25, 2020, Rockville Town Center. Memorial Day festival and parade with concerts, children's crafts and games. Marching bands, drill and pom pom units and floats take to Rockville's streets after a solemn ceremony featuring a wreath laying and military salute. See <https://www.rockvillemd.gov/406/Special-Events> for more.
Bethesda Summer Concert Series. Last year's free Thursday concerts took place in May and June at Veterans Park, at the corner of Norfolk and Woodmont avenues. See www.bethesda.org.

June 2020

Imagination Bethesda. Last year's event held June 1, 2019. Free family fun day. Celebrate children, art, and all things fun at Imagination Bethesda at the annual children's street festival. Activity tents line the streets, face painters bring butterflies and pirates to life, a stage of live entertainment will have the whole street dancing, and more. See www.bethesda.org.
The Bethesda Big Train baseball season is underway at Shirley Povich Field in Cabin John Regional Park, 10600 Westlake Drive. The Big Train plays in the Cal Ripken Collegiate Baseball League, a wooden-bat collegiate league that has sent athletes to Major League Baseball. See www.bigtrain.org.
Glen Echo Park's Summer Concert Series begins in June on Thursday evenings in the Bumper Car Pavilion. Free. See www.glenechopark.org. 301-634-2222.
Pride Day. Rockville celebrates its LGBTQ community at the fourth annual Rockville Pride festival. Presented by the City of Rockville's Human Rights Commission, will take place in Rockville Town Square. It will feature live intergenerational performances, educational booths, dialogue, crafts, face painting, airbrush tattoos and a moon bounce. See www.rockvillemd.gov/2276/Rockville-Pride

July 2020

Autism Speaks 5K on the 4th of July. The annual Fourth of July Autism Speaks Annual 5K run and one-mile walk through Potomac neighborhoods support Autism Speaks' mission to promote solutions, across the spectrum for individuals with autism and their families. The race begins and ends near the Potomac Library in Potomac Village, 10101 Glenolden Drive. In 2020, the race will celebrate its 20th anniversary. See www.autismspeaks.org
Rockville's Independence Day Celebration. July 4, 7:15 p.m. Mattie J.T. Stepanek Park, 1800 Piccard Drive in King Farm, Rockville. Activities include live music and food. Call 240-314-5022. See www.rockvillemd.gov/663/Independence-Day
Bethesda Outdoor Movies. Annual outdoor movie series at corner of Norfolk and Auburn avenues. See www.bethesda.org for movie schedule.
Farm Tour & Harvest Sale. Various times at various locations in Montgomery County. Montgomery County celebrates its agricultural heritage by promoting local farms. Visit www.montgomercountymd.gov/agsservices/agfarmtour.html for a full schedule.
Riley's Rumble Half-Marathon. Riley's Rumble Half Marathon & 8K. See www.mcrrc.org

August 2020

Montgomery County Agricultural Fair is a favorite destination each August. See www.mcagfair.com. The 2020 Fair will be the 72nd annual fair.
Great Falls Kayak Race. Great Falls Tavern Visitor Center, 11701 MacArthur Blvd., Potomac. Watch top kayakers from around the nation drop nearly 60 vertical feet in a sub-60 second sprint down Great Falls rapids. Only experts may compete, but the entire paddling community is welcome to watch and volunteer. Next year's event will be the 32nd annual race. See www.potomacfest.com or greatfallsfoundation.org.
Movies in the Parks. Wednesdays in Rockville parks during August. Movies begin at dusk (approximately 8 p.m.) and are free. Last year, more than 300 guests attended each week. Last year vendor sales benefitted the Rockville Recreation and Parks Foundation. See <https://www.rockvillemd.gov/1755/Movies-in-the-Parks> for details.

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Side-Splitting But Not Very Funny



By KENNETH B. LOURIE

The most recent near-having-to-think-about-death experience I wrote about last week ("Barbosoul") was quite a shock to my system.

In spite of all the ups and downs and all-arounds I've experienced over the past 10 and a half not-fun-filled cancer years, I had never gone emotionally to the place I went to last week. Certainly I've thought about death and dying before: heck, I'm a cancer patient having been given a "terminal" diagnosis.

Nevertheless, I had never really put two and two together to equal four. It had always equaled three and a half, if you know what I mean? (Maybe you don't. Sometimes I'm not sure what I mean.) But last week's column was different. I went there.

It's not as if I haven't experienced pain before. I have. Most notably in the area of my lungs (the mediastinum) where my non-small-cell-lung-cancer-stage-IV tumors take up primary residence. Sometimes, the pain I felt was that of the tumors growing. Other times, the pain was that of scar tissue which had grown over tumors.

Any of which I would never know until my oncologist discussed with Team Lourie the radiologist's report from the preceding CT scan. Moreover, these assessments were never given with any kind of arithmetical-type certainty. Still, if it could have been worse, I was happy and if it could have been better, I was hopeful. Never too high and never too low.

As you regular readers know, I roll with the punches, wherever they land.

For the past week, those punches (pain) were in the identical (so far as I knew) place where my non-small cell lung cancer, stage IV symptoms first manifested in late December 2008. As such, I was rolling like I had never rolled before – and without any kind of mat to soften the fall.

Aside from experiencing headaches/pain in my head (which I haven't), which might indicate progression (in 30 percent of lung cancer patients the cancer moves to the brain), a recurrence in the same area as 10 and a half years ago likewise scares out the daylight living inside of me.

And, just like when a little knowledge in the wrong hands can be a dangerous thing, so too does zero knowledge in the right hands (mine) become a dangerous thing. Why else would I be experiencing pain in my left side by my rib cage if it wasn't the cancer, only worse? But that wasn't the case.

As those of you who read to the end of last week's column know, I have survived to fight another day, or I should say, fight another two months because that's when my next CT scan is scheduled. At present, that's my cycle: bi-weekly immunotherapy followed by bi-monthly scans of my neck down to my lower abdomen, followed by an office visit with my oncologist to discuss the findings and plan for the immediate future.

Might that be palliative care? Apparently, if the inference/suggestion made by my oncologist in our last face-to-face meeting had any basis in fact? I suppose that's the problem with inferences/suggestions made in the medical "whirled."

I'm sure there are facts and figures and years of research supporting recommendations upon which one's treatments/protocols are based. Moreover, they're unlikely "made up of whole cloth," to quote the late Washington Redskins' owner Jack Kent Cooke commenting on some football rumor I can't remember.

Nevertheless, it's not exactly a straight line from the oncologist's mouth to the patient's estate planner. It's more like a roller coaster – without the safety bar (I wish it were more like the merry-go round, but it's not.). Often times, it's more like whack-a-mole.

Now that the pain and discomfort has subsided, I feel like I've dodged a bullet. It reminds me of my elementary school gym classes when we played a game called "Bombardment" where dodge balls were thrown across the gym from one half of the class at the other. As random as it was, it was only a matter of time until you couldn't dodge any more, and then you were out.

I realize that was only a game and this is life, but cancer has a way of intertwining fact and fiction with the past, present and future whether you like it or not.

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



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