

Potomac ALMANAC



Guaranteed Admission at Glenstone Museum

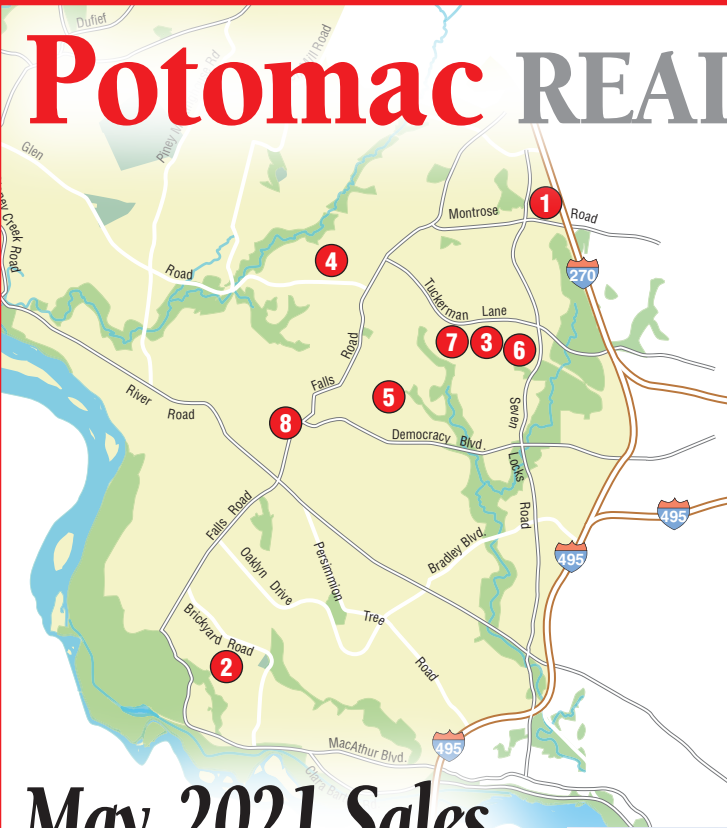
ART IN POTOMAC, PAGE 4

At Glenstone Museum: Faith Ringgold, The American Collection #6:
The Flag is Bleeding #2, 1997 acrylic on canvas with painted and
pieced border 76 inches x 79 inches. ©2021 Faith Ringgold/Artists
Rights Society (ARS), New York,
Courtesy ACA Galleries, New York

AUGUST 11-17, 2021

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE



May, 2021 Sales, \$1,210,000~\$1,125,000

IN MAY, 2021, 78 POTOMAC HOMES SOLD
BETWEEN \$3,250,000-\$439,000.

1 12500 Park Potomac Avenue #807S
— \$1,210,000



4 11801 Ambleside Drive
— \$1,155,000



7 8516 Fox Run — \$1,140,000



8 9915 South Glen Road
— \$1,125,000



5 10618 Great Arbor Drive
— \$1,150,000



2 10620 Rock Run Drive — \$1,200,000

Address.....	BR	FB	HB	Postal	City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
1 12500 PARK POTOMAC AVE #807S	2...	2...	1	POTOMAC	\$.1,210,000	... Apartment		20854....	PARK POTOMAC	05/19/21
2 10620 ROCK RUN DR.....	5...	3...	1	POTOMAC	\$.1,200,000	... Detached..	1.03.....	20854....	FAWCETT FARM....	05/07/21
3 11106 CANDLELIGHT LN ...	4...	3...	1	POTOMAC	\$.1,170,000	... Detached..	0.26.....	20854..	INVERNESS WOODS.	05/07/21
4 11801 AMBLESIDE DR	5...	3...	1	POTOMAC	\$.1,155,000	... Detached..	0.44.....	20854.....	ROBERTS GLEN	05/05/21
5 10618 GREAT ARBOR DR.....	5...	2...	1	POTOMAC	\$.1,150,000	... Detached..	0.24.....	20854..	RED COAT WOODS.	05/14/21
6 8200 LOCHINVER LN	4...	2...	2	POTOMAC	\$.1,150,000	... Detached..	0.32.....	20854..	INVERNESS WOODS.	05/14/21
7 8516 FOX RUN	5...	3...	1	POTOMAC	\$.1,140,000	... Detached..	0.25.....	20854.	FOX HILLS OF POTOMAC	05/06/21
8 9915 SOUTH GLEN RD	6...	4...	1	POTOMAC	\$.1,125,000	... Detached..	0.46.....	20854.	POTOMAC OUTSIDE.	05/19/21

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[HTTP://WWW.CONNECTIONNEWSPAPERS.COM/NEWS/2021/JUN/15/POTOMAC-HOME-SALES-MAY-2021/](http://www.connectionnewspapers.com/news/2021/JUN/15/POTOMAC-HOME-SALES-MAY-2021/)

Stone Ridge Olympic Gators

Phoebe Bacon '20 and Katie Ledecy '15, both of Stone Ridge, swim in the Tokyo 2020 Olympics.

It is essentially unheard of to have two Olympians from the same high school participate in the Olympics together, said Stone Ridge School of the Sacred Heart, which had alumnae Phoebe Bacon (Class of 2020) and Katie Ledecy (Class of 2015) swim for Team USA in the Tokyo 2020 Olympics.

For her debut appearance at the Olympics, Phoebe Bacon '20 swam the 200 meter backstroke. She had an impressive showing finishing 5th in the finals, behind her teammate Rhyen White. Phoebe is currently a sophomore at the University of Wisconsin.

Katie Ledecy '15 is a three-time Olympian, ten-time Olympic medalist. In the Olympic Games London 2012, she won gold in the 800-meter freestyle. In the Olympic Games Rio 2016, Katie won gold in the 200-meter freestyle, 400-meter freestyle, 800-meter freestyle, 4x200-meter freestyle and silver in the 4x100-meter freestyle. In the Olympic Games Tokyo 2020, Katie won gold in the first-ever 1,500-meter freestyle, silver in the 400-meter freestyle, silver in the 4x200-meter freestyle relay, and gold in the 800-meter freestyle.

Katie is a 2020 graduate of Stanford University, where she earned a degree in Psychology. Katie celebrated her graduation at the Olympic swim trials in Omaha.

"What a thrill it has been to watch Katie and Phoebe compete this week," said Stone Ridge Head of School Catherine Ronan Karrels '86. "Stone Ridge is incredibly proud of these alumnae athletes, not only for what they accomplish in the sport of swimming, but for the values and character they represent."



Phoebe Bacon

Athletic Director Andrew Maguire said: "During their time at Stone Ridge, Katie and Phoebe both led by example with their passion for representing SR and their incredible competitive drive for achieving at a level far greater than their peers."

The Stone Ridge community celebrated these two swimmers with a pep rally on July 19 with more than 250 people in attendance.

www.stoneridgeschool.org/olympic-gators

Name: Katie Ledecy

Event(s): 200-meter freestyle, 400-meter freestyle, 800-meter freestyle, 1,500-meter freestyle

Height: 6-0

DOB: 3/17/1997

Hometown: Bethesda, Md.

High School: Stone Ridge School of the Sacred Heart



Katie Ledecy

College: Stanford University '20, Psychology

Team/Club: Nation's Capital Swim Club/Stanford University

Coach: Gregg Meehan

Olympic Experience

Three-time Olympian (2012, 2016, 2020); 10-time Olympic medalist (7 golds, 3 silvers)

Olympic Games Tokyo 2020, gold (1,500-meter freestyle, 800-meter freestyle); silver (400-meter freestyle), silver (4x200-meter freestyle relay)

Olympic Games Rio 2016, gold (200-meter freestyle, 400-meter freestyle, 800-meter

freestyle, 4x200-meter freestyle); silver (4x100-meter freestyle)

Olympic Games London 2012, gold (800-meter freestyle)

Personal: Daughter of David and Mary Gen Ledecy; Has one older brother, Michael, who is also a swimmer and a graduate of Harvard College. Began swimming at age 6 with her brother for a summer league swim team. 2016 Female Olympic Athlete of the Games and 2017 Female Olympic Athlete of the Year by the United States Olympic Committee. Eight-time individual NCAA champion and two-time team NCAA champion at Stanford. 2017 Collegiate Woman Athlete of the Year winner (Honda Cup). Youngest member of 2016 U.S. Olympic Swimming Team.

Source: <https://www.teamusa.org/usa-swimming/athletes/Katie-Ledecy>

Name: Phoebe Bacon

Event: 200-meter Backstroke

Height: 5-10

DOB: 8/12/2002

Hometown: Chevy Chase, Md.

High School: Stone Ridge School of the Sacred Heart

College: University of Wisconsin, Madison '24

Team/Club: Wisconsin Aquatics/NCAP Wisconsin

Coach: Yuri Suguiyama

Olympic Experience

One-time Olympian (2020) Olympic Games Tokyo 2020, 5th (200-meter backstroke)

Personal: Daughter of Tim and Philippa Bacon. Has three siblings: Reid, Sophie and Finn. Hobbies include ice hockey, soccer and climbing. Aspires to work in physical therapy.

Source: <https://www.teamusa.org/usa-swimming/athletes/Phoebe-Bacon>

Council Seeks Delay in 270/495 Agreement

Montgomery County Council sent a letter to the Maryland Board of Public Works on Aug. 9, requesting that a vote on the pre-development agreement for the state's public-private partnership to build toll lanes on I-270 and I-495 wait until after the report from the state's financial advisor and bond counsel is complete.

This contract will set the terms for a business partnership between the state and the selected concessionaire involving \$6 billion in construction. The Council believes that the state should not enter into an agreement of this magnitude without due diligence to fully understand and review the contractual obligations.

In addition, the Maryland P3 law requires the State Treasurer's Office, in coordination with the Office of the Comptroller, to analyze the impact of a public-private partnership on the state's capital debt affordability limits.

The full text of the letter by the Council is below and attached.

The Pre-Development Agreement Plan for Phase 1, running from the American Legion Bridge to I-270 in Frederick will soon come before the Board of Public Works.

"Regardless of one's view of the policy merits of any project, the State should not enter into an agreement of this magnitude without due diligence to fully understand the contractual obligations we are assuming," wrote Council in the letter to Hogan. "Careful study of the contract by the Bond Counsel and Financial Advisor is a necessary part of that due diligence."

"We therefore ask you to vote on the pre-development agreement only after funding for review by the Financial Advisor and Bond Counsel has been provided and these experts have completed their work and reported to you and the General Assembly."

Rating Agencies Reaffirm Maryland's AAA Bond Rating

Maryland State Treasurer Nancy K. Kopp announced earlier this month that the three major bond rating agencies have reaffirmed the State's AAA bond rating, all with stable outlooks, in advance of the upcoming competitive sale of up to \$615.0 million of tax-exempt new money bonds and negotiated sale of up to \$241.4 million of tax-exempt forward refunding bonds. Both are expected to be approved on Wednesday, Aug. 11, 2021.

Maryland is one of thirteen states* to hold the coveted AAA rating, the highest possible rating, from all three major bond rating agencies. S&P Global Ratings has rated the bonds AAA since 1961, Moody's Investors Service has assigned the bonds a rating of Aaa since 1973, and Fitch Ratings has rated the bonds AAA since 1993.

Moody's Investors Service, in providing its rationale for its Aaa rating, noted that "the budgetary flexibility afforded to Maryland by its Board of Public Works... has been on display throughout the pandemic" by helping to free up hundreds of millions of dollars to close gaps in fiscal years 2021 and 2022. Moody's also notes that the State's better-than-expected performance has allowed it to simultaneously close budget gaps, maintain significant reserves, and provide over \$1 billion in spending to support Maryland residents and businesses.

The other twelve states with AAA ratings from all three rating agencies are Delaware, Georgia, Florida, Indiana, Iowa, Missouri, North Carolina, South Dakota, Tennessee, Texas, Utah, and Virginia.

Glenstone Expands Visitor Capacity

Guaranteed admission for students, active military personnel, museum professionals, and Ride-On Bus passengers, and extended summer hours.

Glenstone Museum will expand admission capacity while maintaining the uncrowded and unhurried visitor experience that has become its hallmark.

“Our visitors have told us they would like more opportunities to enjoy Glenstone, so we want to do everything we can to accommodate them while adhering to public health and safety guidelines, especially now, when we’re about to present new installations and exhibitions in late summer and fall,” said Emily Wei Rales, director and co-founder of Glenstone Museum. “We hope these changes will make it easier for more people to join us and enjoy the art, architecture and nature in a serene atmosphere.”

As always, admission to Glenstone is free. Students 12 and older, active-duty military personnel, and staff from other museums will now enjoy guaranteed admission to Glenstone Museum for themselves and one guest. Members of these groups must present their valid identification cards at the Arrival Hall to be eligible for guaranteed admission during regular museum operating hours.

The museum will resume its program with the Montgomery County Department of Transportation that guarantees entry to passengers who arrive via Ride On bus Aug. 5 – Sept. 5. The program brings riders to Glenstone via route 301 multiple times each visitor day. A full schedule is available here, <https://www.montgomerycountymd.gov/DOT-Transit/routesandschedules/allroutes/Route301.html>

Glenstone is offering extended summer hours with guaranteed entry from 5 p.m. to 7 p.m. These extended hours will offer visitors greater opportunities to enjoy the Faith Ringgold exhibition at the Gallery (on view until October 24), the outdoor sculptures, walking trails, and dining at the Patio. The Pavilions will continue to close at 5 p.m., and the Café will continue to close at 4 p.m. As with normal hours, visitors must go through the “Schedule a Visit” page of the website, www.glenstone.org, to participate in extended summer hours.

Effective Sept. 2, Glenstone will resume group visits of up to 40 people. Groups visits are self-guided and may be requested at any time through the website.

New offerings at the Pavilions will include works by Isa Genzken and Rachel Harrison in August; the first solo presentation in the Washington, DC area of the work of Arthur Jafa beginning in September; a major monographic exhibition of the work of Jeff Wall, opening on Oct. 21.

PHOTO BY IWAN BAAN; COURTESY: GLENSTONE MUSEUM



Approach to the Pavilions at Glenstone Museum in Potomac.

Glenstone, a museum of modern and contemporary art, is integrated into nearly 300 acres of gently rolling pasture and unspoiled woodland in Potomac. Glenstone is open Thursdays through Sundays, 10 a.m. to 5 p.m., extended until 7 p.m. from Aug. 5 to Sept. 5. Admission is free and visits can be scheduled online at: www.glenstone.org. Same-day visits can be scheduled online. General inquiries: info@glenstone.org



© JEFF KOONS; COURTESY: GLENSTONE MUSEUM

Jeff Koons, Split-Rocker, 2000; stainless steel, soil, geotextile fabric, internal irrigation system, and live flowering plants 37 x 39 x 36 feet.

Visiting hours to the Faith Ringgold exhibition, Glenstone walking trails and patio extended until 7 p.m., through Sept. 5



Water Court at the Pavilions at Glenstone Museum

PHOTO: IWAN BAAN; COURTESY: GLENSTONE MUSEUM

ENTERTAINMENT

ONGOING ENTERTAINMENT

POTOMAC COMMUNITY CENTER. 11315 Falls Road. The Potomac Community Center has reopened. Table tennis, volleyball, badminton, basketball, pickleball, open gym and more <https://www.montgomerycountymd.gov/rec/Resources/Files/potomac-2021schedule.pdf> for details and hours.

POTOMAC VILLAGE FARMERS MARKET. Thursdays, 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road. Potomac Village Farmers Market operates all Thursdays, May through November.

PARK RANGERS AVAILABLE. 10 a.m. to 3 p.m. on Thursdays, Fridays, Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Park rangers are available to provide maps and information. See <https://www.nps.gov/choh/index.htm>

LOCK DEMONSTRATIONS. 11 a.m., 1 p.m. and 2 p.m. (30 minutes long). Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Join park staff as they operate Lock 20 and demonstrate how it works. Lock 20 is next to the Visitors Center at the park.

RIDE THE CAROUSEL. 10 a.m. - 4 p.m. Wednesday through Friday, 10 a.m. to 6 p.m. Saturday and Sunday. Glen Echo Park, 7300 MacArthur Blvd. The 1921 Dentzel Carousel was installed in 1921 and celebrates its 100th Anniversary all season long. Purchase tickets at <https://glenechopark.simpletix.com/>. \$5 per person for a four-hour time slot. See <https://glenechopark.org/carousel/> for additional information regarding covid protocols.

CABIN JOHN PARK MINIATURE TRAIN RIDE. 10 a.m. - 5 p.m. Tuesdays through Fridays; 10 a.m. to 6 p.m. Saturdays and Sundays. 7410 Tuckerman Lane. Scenic two-mile, 15-minute train ride through Cabin John Regional Park. Tickets are limited and can be pre-purchased online at [ActiveMontgomery.org](https://www.montgomery-parks.org/parks-and-trails/cabin-john-regional-park/minature-train/) -- \$2.50. (Children two and younger ride for free with an adult.) See <https://www.montgomery-parks.org/parks-and-trails/cabin-john-regional-park/minature-train/>

BETHESDA CENTRAL FARM MARKET, Sundays, Open year round, 9 a.m.-1:30 p.m., March-December. (9:30am-1:30pm, January-February, closed Thanksgiving weekend) in the lot of Bethesda Elementary School. One of the largest farmers markets in the region, with more than 100 vendors and artisan food producers year-round. The market features table seating, music, local Maryland winery and farm brewery tastings, kids club activities, chef demos, and more. <https://bethesda.centralfarmmarkets.com/>

OUTDOOR SWIM HOURS. Bethesda Outdoor Pool, 6300 Hillandale Road, Bethesda. 301-652-1598. For more pools including upcounty in Poolesville and Gaithersburg, and for summer hours see www.montgomerycountymd.gov/rec/facilities/aquaticcenters/outdoor-pools.html

INDOOR SWIM HOURS. Shriver Aquatic Center, 5900 Executive Blvd, 240-777-8070 See. <https://www.montgomerycountymd.gov/rec/www.CONNECTIONNEWSPAPERS.COM>



The Montgomery County Agricultural Fair, Friday, Aug. 13 through Aug. 21. (Photos from MoCo Fairs past) See <https://mcagfair.com/>

[Resources/Files/aquatics/KSAC.pdf](https://www.montgomerycountymd.gov/rec/Resources/Files/aquatics/KSAC.pdf)

ICE SKATING. Cabin John Ice Rink, 10610 Westlake Drive. Cabin John Ice Rain has numerous public skate sessions every day of the week. See cabinjohnice.org for details.

BETHESDA STREETERY: 11 a.m. to 10 p.m. Tuesday-Sunday. To create additional seating outdoors, the "Bethesda Stretery" will be set-up as open seating, with all tables placed at least six feet apart and a limit of four people permitted per table. Restaurant patrons are invited to dine within this open-air area after picking up food and beverages from local Bethesda restaurants. Tables will be cleaned after each use.

- * Norfolk Avenue, between St. Elmo Avenue and Cordell Avenue
- * Norfolk Avenue, between Cordell Avenue and Del Ray Avenue
- * Woodmont Avenue, between Elm Street and Bethesda Avenue
- * Veterans Park, corner of Norfolk and Woodmont Avenues

See <https://www.bethesda.org/bethesda/bethesda-stretery>

LOCUST GROVE NATURE CENTER, 7777 Democracy Blvd. Outdoor exhibits, natural features, and trails are open every day from dawn to dusk. In the Upper Meadow, look for Monarch butterflies, caterpillars and eggs on the milkweed in summer. Check out the dogbane for iridescent dogbane beetles. Listen for wrens and bluebirds near the bluebird nest boxes. Watch for box turtles crossing the path in the early morning. In Locust Grove's Lower Meadow, watch for bats hunting in late afternoon or early evening. Sit under the shade of the 200-year-old sycamore, and imagine what the park looked like when it was part of a large farm. Watch as Cabin John Creek flows briskly by. <https://www.montgomery-parks.org/parks-and-trails/cabin-john-regional-park/locust-grove-nature-center/> for planned activities.

JOSIAH HENSON MUSEUM AND PARK. Park is open from sunrise to sunset. Museum hours are Friday to Sunday, 10 a.m. to 4 p.m. 11410 Old Georgetown Road. The life and challenges of Reverend Josiah Henson, enslavement in Maryland, and the ongoing struggles of racial equality and justice on the former plantation property of Isaac Riley where Henson was enslaved. Henson, whose 1849 autobiography, The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada, inspired Harriet Beecher Stowe's novel, Uncle Tom's Cabin.

\$5 adults, \$4 youth, \$4 seniors. See <https://www.montgomeryparks.org/parks-and-trails/josiah-henson-park/>

PUBLIC ART. Bethesda is filled with public art. Browse a portion of the collection of public art on <https://www.bethesda.org/bethesda/public-art> for descriptions of projects and locations. Includes "Tunnel Vision," produced by the Bethesda Arts & Entertainment District, which showcases the work of 12 selected artists inside the Metro Tunnel that runs under Wisconsin Avenue.

<hdr30>Calendar/Entertainment
<1b>Compiled by Ken Moore
<2b>The Almanac
<bt>

To include events in the Almanac's calendar, please contact Ken Moore at kmoore@connectionnewspapers.com; put Almanac Calendar Event in the subject line.

<call1>Thursday, Aug. 12
TAX FREE WEEK. All shopping hours through Saturday, Aug. 14. Westfield Montgomery, 7101 Democracy Boulevard. See <https://www.westfield.com/montgomery/events-for-details>.

MARYLAND TAX FREE WEEK through Saturday, Aug. 14, qualifying clothing and footwear priced \$100 or less will be exempt from Maryland's six percent sales tax. The first \$40 of back/bookbag sales also qualify. A list of exempt and taxable items is available on the Comptroller's Website at www.maryland-taxes.gov, or by calling the Taxpayer Service Section at 410-260-7980 in Central Maryland or toll-free 1-800-MD TAXES from elsewhere. https://marylandtaxes.gov/divisions/comp/Shop_Maryland_Tax-free_Week/Tax_Free_Week_Facts.pdf

LIVE CONCERTS, BUMPER CAR PAVILION. 7:30 p.m. Glen Echo Park, 7300 MacArthur Blvd. (Also streaming on YouTube.) Free. Registration preferred, but not required. Concerts repeat every Thursday through Sept. 9, 2021. United States Marine Band on Aug. 12; King Street Blue Grass on Aug. 19; Patrick Alban & Noche Latina (Latin) on Aug. 26; James Bazen Big Band (Big Band Jazz) on Sept. 2 and The Lovejoy Group (Swing/Standard) on Sept. 9. See <https://glenechopark.org/summerconcerts>

POTOMAC VILLAGE FARMERS MARKET. Thursdays, 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road. Potomac Village Farmers Market operates all Thursdays, May through November. <https://www.potomacumc.org/potomac-village-farmers-market/>

[ers-market/](https://www.bethesda.org/bethesda/bethesda-stretery)

GLEN ECHO FOLK DANCERS. Virtual. Thursday 7:30 - 9 p.m. lesson, followed by dancing from 9-10:15 p.m. See <https://glenechopark.org/events-calendar>. Repeats weekly on Thursdays.

<cal1>Friday, Aug. 13
<cal12>**PARENT AND TOT SKATE.** 11:15 a.m. - 12:15 p.m. Cabin John Ice Rink, 10610 Westlake Drive. Try out ice skating with your preschool age skater. Fee of \$5 includes admission for a child age 3-5 plus a parent and skate rental. Repeats on Fridays. See <https://www.montgomeryparks.org/>

LIVE MUSIC. 6-8 p.m. Downtown Bethesda at the corners of Norfolk and Del Ray avenues. Bethesda Urban Partnership has helped organize additional restaurant seating outdoors in downtown Bethesda. The "Bethesda Stretery" will be set-up as open seating. Live music each Friday to enjoy while also enjoying outdoor dining. Elikeh (afropop) performs Aug. 6, Sara Jones on Aug. 13. See <https://www.bethesda.org/bethesda/bethesda-stretery> Repeats Friday evenings.

FRIDAY NIGHT DANCERS. 8:30 to 10:30 p.m. Virtual, Glen Echo Park. Join Friday Night Dancers for a virtual contra dance and live music. See <https://glenechopark.org/events>. Repeats Fridays.

<cal1>Saturday, Aug. 14
<cal2>**PAINT WITH YOUR PUP** 6:30 p.m. and 7:30 p.m. Cabin John Regional Park, 7400 Tuckerman Lane. Spend time with your pup and channel their inner artist, as they assist you with your painting project. Dogs and owners will work together on a painting project. Each dog owner will be given a small canvas, paint, brushes, a gallon-size plastic bag, as well as sunflower butter for your pup. \$8 Register at <https://www.montgomeryparks.org/events/paint-with-your-pup-2/>

LOCK DEMONSTRATIONS. 11 a.m., 1 p.m. and 2 p.m. (30 minutes long). Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Join park staff as they operate Lock 20 and demonstrate how it works. Lock 20 is next to the Visitors Center at the park. Repeats on Saturdays and Sundays throughout August.

LIVE COMEDY. 8-10 p.m., Rock Bottom Restaurant, 7900 Norfolk Avenue. Live Standup

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HOMELIFESTYLE



PHOTO CREDIT GREGORY S. MANALO

A cozy throw can add an element of warmth to an interior space



PHOTO BY ANNE WALKER

The warm colors in this room by Anne Walker evoke visions of autumn.



PHOTO COURTESY OF ANNE WALKER

Candles in hurricane lanterns such as these by Farm and Feast are a simple way to transition home accessories from summer to fall.

Design Ideas to Welcome Fall

Small changes in
home accessories can
transform a space.

BY MARILYN CAMPBELL
THE CONNECTION

When it comes to interior design, attention to even the smallest of details took on new importance over the past year. Spending more time indoors has allowed us to experience the ways in which minor embellishments can have a major impact on the mood and feel of a room. From throw pillows in a living room to doormats in a mud room, local designers unveil accessories that can help one transition from summer to autumn while maintaining serenity and style.

"Don't look at this as a major undertaking or you'll be overwhelmed," said Alexandria interior designer Allison Bohlke. "It doesn't have to be time consuming. As the weather begins to cool down, take an hour to look around your house for places where you remove things that scream summer and swap them out for cozy alternatives."

"I created a blue and white nautical theme in my family room for summer," continued Bohlke. "In a month or so, I will put away my linen throw pillows and cotton throws and bring out my cashmere throws and wool throw pillows in warm camel and rich cream for a cozy look."

One of the easiest ways to transition home decor from summer to fall is to add candlelight, advises Potomac interior designer Anne Walker of Anne Walker Interiors Design. "There's something about the warm glow of real candlelight that just can't be replaced. It's an instant mood lifter," she said. "Hurricane lanterns come in several sizes and in beautiful smoked glass or clear glass. We use six in assorted sizes on our patio all year round, and they never get old."

Kitchens and bathrooms can serve as a backdrop for cool weather inspiration. "If you've been using white hand towels and kitchen towels, try getting versions in bold colors or monogrammed hand towels using thread in warm, jewel tones," said Bohlke.

In fact, the power of color should not be underestimated. "Use color so that the spaces appeal to every-



PHOTO COURTESY OF SALLIE LORD

Designer Sallie Lord says the approach of Autumn is time to reorganize an office space to prepare for a new school year.

one, said Sherry Hope-Kennedy of Studio SHK. "Keep the main area more neutral while having more fun with private areas."

Seasonal blossoms in colors that herald the start of fall can add an air of chic serenity to any interior space. "Fresh flowers will always be in style, said Walker. "Like real candlelight, fresh flowers are a low-cost way to bring real joy into your home."

A wooden drink tray not only conjures up woody images of autumn, but it's versatile, functional and can be used year round, particularly as school begins. "Filled with flower vases, it can be a casual-chic centerpiece on your dining table, or you can use it to carry barware or beverages to your guests," said Walker. "In your mudroom, it could hold keys, phones and other things you need to drop in a central location."

"The [metal bin] has an outdoorsy, cool vibe with industrial chic décor," continued Walker. "Use [them] to corral office supplies on your desk, to hold television remote controls in your family room, or to serve snacks when you entertain. Fill them with rolled-up towels near your mudroom or guest room. Fill them with plants to make an herb garden on your patio. The possibilities are endless."

Whether one hour or one month, spending time on a home refresh is worth the effort, says Chantilly designer Sallie Lord of GHI Team. "This is a great time for a purge to clean out the desk drawers to prepare for a new school year ahead," she said. "We love a well organized space that you can walk in and feel the design and the function."

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CALENDAR

FROM PAGE 5

Comedy Show with local DC-area standup comedians. Ongoing on Saturdays. \$15. Call 301/946-1102 for more information.

SUNDAY, AUG. 15

ORGAN RALLY. 11 a.m. to 5 p.m. Glen Echo Park, 7300 MacArthur Blvd. In partnership with the Carousel Organ Association of America, join us for a band organ rally on the grounds of Glen Echo Park. See <https://glenchopark.org/carouselfamilydays>

CARS AND COFFEE. 9-11 a.m. Westfield Montgomery, 7101 Democracy Boulevard. Join the Capital Auto Club on the first and third Sunday of every month. Meet at the parking lot near The Cheesecake Factory. Food and beverage will be available at Starbucks, 7-11 and McDonalds. See <https://www.westfield.com/montgomery/events>

LOCUST GROVE NATURE PUZZLE. 2-5 p.m. Locust Grove Nature Center, 7777 Democracy Boulevard. Looking for a little adventure? Follow the clues and work together with your family to solve a new nature-themed puzzle each month. Naturalists will hide little caches around the park for families to find. The free mobile app will lead you to these hidden places. Register to receive a time slot. \$2 per person. See <https://www.montgomeryparks.org/events/geocaching-2-00pm/>

WEDNESDAY, AUG. 18

ENGLISH CONVERSATION CLUB FOR YOUTH. Join MCPL and practice English conversation in an informal, friendly, and fun setting. New members are always welcome but space is limited. 4pm. Virtual. FREE. See Bethesda Urban Partnership calendar at <https://www.bethesda.org/> or search the Montgomery County Public Libraries website to register to

receive the zoom links.

FRIDAY, AUG. 20

WEED WARRIORS. 3-5 p.m. Bethesda Urban Partnership, 7700 Old Georgetown Road. Bethesda Green and Bethesda Urban Partnership are working together to pull weeds from sidewalks and tree boxes all through Bethesda. No prior knowledge needed; team leaders will help distinguish between weeds and wanted plants. Participants will be provided with tools, water and lunch. This event will be repeated Saturday, Sept. 18 from 10 a.m. to noon. Free, open to all. See <https://www.bethesda.org/events-calendar>

OUTDOOR MOVIE. 8 p.m. Potomac United Methodist Parking Lot, 9908 S Glen Road. "Soul" stars Jamie Foxx, Tina Fey, and Graham Norton

CALL FOR ARTISTS. Locust Grove Nature Center seeks themed stepping stones created for the reopening of the Nature Exploration Area as an outdoor exhibit. Locust Grove is also looking for donations of mosaic tiles (no sharp edges), glass gems, or small river rocks and QUIKRETE®. If you or your family, group, or club would like to create part of the pathway, please email MCP-LocustGrove@MontgomeryParks.org for the instruction sheet and to get a theme assigned. We are aiming to install the pathway by August 20.

LABOR DAY WEEKEND

50TH ANNUAL ART SHOW. 12-6 p.m. Saturday Sept. 4, Sunday, Sept. 5, Monday, Sept. 6. Reception on Friday, Sept. 3 from 7:30 - 9 p.m. Glen Echo Park, 7300 MacArthur Blvd.

THURSDAY, SEPT. 9

THE TRAWICK PRIZE. Gallery B, 7700 Wisconsin Avenue, Suite E. The Trawick Prize is an annual regional Contemporary Art Awards

founded by Carol Trawick. This juried art competition and exhibition was established in 2003, with the top winners receiving a total of \$14,000 in prize money: Exhibition runs through Oct. 3, 2021.7700

FRIDAY, SEPT. 10

CANSTRUCTION. Westfield Montgomery, 7101 Democracy Boulevard. International charity competition where teams compete to design and build giant structures made entirely from full cans of food. At the close of the competition all of the food is donated to local food banks Canstruction has raised millions of pounds of food in 170 participating cities and is one of the largest drives for food bank donations in the world. Structures will be displayed through Sept. 22; an awards ceremony is scheduled for Sept. 20. See <https://www.westfield.com/montgomery/events>

TUESDAY SEPT 14TH

INOVA BLOOD DRIVE. 11 a.m. - 5 p.m. Westfield Montgomery, 7101 Democracy Boulevard. Donate blood via INOVA's "Bloodmobile" at Westside Montgomery, outside the Dining Terrace entrance near Urban Plates. Outside the Dining Terrace entrance near Urban Plates Additional blood drives are scheduled for Tuesdays, Oct. 12, Nov. 9 and Dec. 14. See <https://www.westfield.com/montgomery/events> to register.

THURSDAY, SEPT. 16

SCHOOLS OUT SKATE DAY. 9 a.m. - 5 p.m. Cabin John Ice Rink, 10610 Westlake Drive. On many of the days Montgomery County Public Schools are off, School's Out Skate Days are on. Bring youth (6-12) for a day full of supervised activities, including a group ice skating lesson, practice skating time, arts and crafts, and fun games. See <https://www.montgomeryparks.org/events/schools-out-skate-day/>

Sole Survivor



By KENNETH B. LOURIE

It's been nearly three weeks since "the burning," and I'm here to say - while sitting down with my left foot elevated, that I am approximately 75% the man I used to be pre-July 17 around 2 pm central standard time. I can now walk, mostly on my right foot, but always with the help and security of my new best friend: the walker. I am no longer housebound or bedridden. Though I still cannot drive for fear of ripping off the brand new skin which has appeared on the balls of my feet (especially the progress on my right/driving foot), healing from the inside out; I am free however to be a passenger, and load myself onto the backseat of our SUV and extend my legs across the entire seat to minimize any discomfort. The pain is very manageable, but on occasion I have taken a few of the percocets that had been prescribed for pain. The relief was hardly immediate and the pill size was moderate so I don't see myself getting addicted (percocet is OxyContin). In fact, the size pill I was prescribed barely dulled the pain; most of which has subsided anyway. (And when I was in severe pain in Texas, the physician's assistant prescribed tylenol with codeine. It did nothing. It wasn't even worth the co-pay. Perhaps a physician's assistant, without a doctor present, couldn't prescribe a narcotic, especially one that has addictive qualities. Presumably, it was for my own protection. At that point however, I didn't need protection. I needed pain relief.)

After seeing a physician's assistant in Galveston, an Emergency Room doctor in Gaithersburg, two Podiatrists in Kensington and my Internal Medicine doctor in Silver Spring, I have been set free-ish. None of these doctors felt the need to see me again. The healing of my feet has progressed far enough that the threat of infection has passed so I am now on my own, sort of. I (my wife, Dina, actually) am to continue dressing my wounds for one to two weeks (depending on which foot) and use our own judgment about when to discontinue the treatment. It appears as if I have survived the ordeal, mostly.

And though there were times at the beginning when the pain was excruciating, and times in the middle when the pain was bearable; at the end, in a week or two, I will be forever grateful that my condition did not deteriorate due to infection, blistering or nerve damage. As it happened, "the burning" was simply the unintended consequence of the damage 11-plus years of chemotherapy has done to my body, inside and out. Because of the neuropathy in my feet (thankfully, there isn't any neuropathy in my hands or other extremities), I can never, because physically I can't, walk barefoot. And because of that pre-existing condition, the bottoms of my feet are as soft as a baby's behind. With no calluses formed on my feet to protect me, I'm kind of a standing duck out there. I found out the soft way how hard it is for me to walk across hot pavement.

And the shoeless choice I made was a choice I, like millions of others who've gone to the beach, made quite casually. I was simply doing something - walking barefoot, that came naturally and historically, as in I've done it a hundred times, especially having walked across hot sand. Not anymore. As a long-time cancer patient, generally speaking, I'm aware of many of the dos and don'ts and what trouble to avoid, but never had I considered that my lung/thyroid cancer treatment might cause a problem potentially, on the soles of my feet if I walked barefoot at the beach. I know I'm supposed to avoid the sun (I'll be the one sitting under a beach umbrella with a hat on my head, sunglasses on my face and covered head to toe, with towels and a tearshirt), but nobody ever advised me that I shouldn't go to the beach. Before "the burning," I would have thought I was an experienced enough cancer patient that I knew what situations might be harmful to my health. Apparently not. It seems as if I haven't quite learned all my lessons, yet.

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

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Legals

Coxe & Graziano Funeral Home is seeking permission from the State's Attorney's Office of Montgomery County to disinter remains of Walter Nelson from St. Gabriel Cemetery in Potomac, MD, Section New Lot 301 Site 1. The remains will be reinterred in Putnam Cemetery, Greenwich, CT, Section P, Plot 45, Grave 1. The request is being made on behalf of Walter B Nelson, the son, for the purposes of placing the remains nearer to the family.

Legals

Coxe & Graziano Funeral Home is seeking permission from the State's Attorney's Office of Montgomery County to disinter remains of Mary Nelson from St. Gabriel Cemetery in Potomac, MD, Section New Lot 309 site 2. The remains will be reinterred in Putnam Cemetery, Greenwich, CT, Section P, Plot 45, Grave 2. The request is being made on behalf of Walter B Nelson, the son, for the purposes of placing the remains nearer to the family.

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