

Potomac ALMANAC

HomeLifeStyle

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Members of the Washington Waist Drum Team, all parents of Winston Churchill High School students, perform at the school's Asian American Festival Saturday, June 1.



Asian Festival at Churchill Shines

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Seniors Say Farewell

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KEEN on Sports for All

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ATTENTION POSTMASTER:
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POTOMAC HOMES SOLD, PAGE 4 ♦ ENTERTAINMENT, PAGE 10 ♦ KENNY LOURIE, PAGE 11

PHOTO BY PEGGY MCEWAN

JUNE 12-18, 2019

ONLINE AT POTOMACALMANAC.COM

Dementia Caregiver Support Group

Facilitated by Andrew Ryan
Alzheimer's Association, National Capital Area Chapter

Held the Third Tuesday of Each Month
3:00 pm to 4:30 pm

Caring for a loved one living with Alzheimer's disease or a related dementia can be very challenging and can often leave you feeling overwhelmed. Arden Courts of Potomac wants to let you know that you are not alone.

OBJECTIVES

- Discover how other family members and caregivers have addressed challenging situations
- Find out valuable caregiving tips from other caregivers
- Get the extra guidance and support you may need from others who are in a similar situation
- Decrease your caregiving stress and improve your well-being

WHO SHOULD ATTEND

Caregivers, family members or friends of those who are living with Alzheimer's disease or a related dementia are invited to attend.

Call (301) 983-3620 or e-mail Potomac@arden-courts.com for more information.

In the event of inclement weather, if the Montgomery County Schools are closed, our group will not meet.



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PHOTOS BY DEBBIE STEVENS/POTOMAC ALMANAC

Outside DAR Constitution Hall on June 6, ecstatic new graduates: Lawson Carver, Ethan Askarinam, Dylan Spicer, Ethan Kohan, Farland Lee, Frank Malmgren, Nima Padash, Bennett Werbel, Lucas Picone, Arthur Varner, Raphael Metz, and Christopher Atkinson.

Walt Whitman High School Graduates

It's been a year of County Council Alums. Gabe Albornoz, County Council at large, spoke to Walt Whitman High School graduates, families and guests at DAR Constitution Hall on June 6.

“What made it even more special is that I graduated from Whitman 25 years ago this month. ... It's an incredibly impressive group of young people.”

Andrew Friedson, County Council district 1 spoke to his alma mater graduation, Wootton, earlier.

Albornoz praised the graduates for exceptional work, “from leading walkouts to fighting some of the most pressing issues of our time such as gun violence and climate change, ... to discussing women’s rights and the great work of the minority scholars program, to continued athletic success.”

Albornoz gave a special shout out to the Whitman boy’s soccer team for bringing home the 10th state championship in the history of Walt Whitman High School. He said he was on the team that won the fourth championship, and added that his letter jacket still fits; he wore it the day of graduation.

“The opportunity to give this speech is one of the highlights of my first six months in office.”

Here is a link to his speech. <https://youtu.be/DjC7IXTYuB4>



Ava Henderson, Cameron Corcoran, and Francesca Cohen-Dumani, joyful as newly minted Whitman graduates on June 6 outside DAR Constitution Hall.



Brian Babbitt, Evan Beckley and Mater Fawzy outside after graduating from Whitman.

County Council member Gabe Albornoz, Whitman graduate of 25 years ago, catches a selfie with the Whitman class of 2019. Albornoz commended the graduates for “leading walkouts to fighting some of the most pressing issues of our time such as gun violence and climate change.”



Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

April, 2019 Sales, \$655,000~\$745,000

IN APRIL 2019, 55 POTOMAC HOMES SOLD BETWEEN \$1,860,000-\$532,500.



1 12039 Great Elm Drive
— \$1,350,000



2 12500 Park Potomac Avenue #905N
— \$1,335,000



3 7809 Pearson Knoll Place
— \$1,300,000



6 11300 Hawhill End
— \$1,180,000



8 9529 Fox Hollow Drive
— \$1,110,000



4 10642 MacArthur Boulevard
— \$1,300,000



Address BR FB HB ... Postal City .. Sold Price Type Lot AC . PostalCode Subdivision Date Sold

1	12039 GREAT ELM DR	6	.5	.1	POTOMAC	\$1,350,000	Detached	2.02	20854	GREAT ELM FARM ESTATES	04/26/19
2	12500 PARK POTOMAC AVE #905N	2	.2	.1	POTOMAC	\$1,335,000	Unit/Flat		20854	PARK POTOMAC	04/26/19
3	7809 PEARSON KNOLL PL	4	.3	.2	POTOMAC	\$1,300,000	Townhouse	0.04	20854	WHEEL OF FORTUNE	04/15/19
4	10642 MACARTHUR BLVD	5	.5	.1	POTOMAC	\$1,300,000	Detached	0.49	20854	POTOMAC OUTSIDE	04/12/19
5	10804 BALANTRE LN	4	.4	.1	POTOMAC	\$1,250,000	Detached	3.23	20854	POTOMAC VIEW ESTATES	04/26/19
6	11300 HAWHILL END	5	.6		POTOMAC	\$1,180,000	Detached	0.54	20854	BEDFORDSHIRE	04/30/19
7	13521 MAIDSTONE LN	4	.4	.1	POTOMAC	\$1,133,000	Detached	2.27	20854	RIVERS EDGE	04/12/19
8	9529 FOX HOLLOW DR	5	.4	.1	POTOMAC	\$1,110,000	Detached	0.22	20854	BEDFORDSHIRE	04/26/19

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Designer Annie Elliott designed this room adding an abstract painting by artist Karen Silve.

PHOTO BY ANGIE SECKINGER

A special event...
Bob Levey, on his years at WaPo, and his new book, "Larry Felder, Candidate" \$10 for non-members; apply it to your membership when you join by June 30
Thursday, June 20, 7 – 9 pm
Potomac United Methodist Church, 9908 South Glen Road, Potomac
Details at 240-221-1370 or
www.PotomacCommunityVillage.org

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SUBMIT YOUR LETTER TO THE EDITOR HERE
www.ConnectionNewspapers.com/contact/letter

Versatility of Abstract Art

Ideas for decorating with this adaptable art form.

BY MARILYN CAMPBELL
 THE CONNECTION

From adding a burst of boldly colored angular shapes to a sterile, white wall to using spheres in muted tones to create serenity in a bedroom, abstract art has the ability to set the tone or change the mood of a space. In spite of its versatility, melding it tastefully into a home's décor can be daunting. Local designers share their strategies for aesthetically appealing placement of this adaptable art form.

Abstract art can become the center of attention in a space, notes Pamela Harvey of Pamela Harvey Interiors of Herndon, Va. "One of my favorite ways to transform the look of a room is to add an over-sized piece of abstract art to create a dramatic focal point," she said. "My go-to frame is a simple floater frame to give the art a clean finished look."

Abstract art works well in pairs allowing the use of smaller scale pieces, advises Amanda Mertins of Patina Polished Living in Alexandria.

"Don't be afraid to hang abstract art in gallery style. Be mindful to use like frames and materials," she said. "The use of complementary colors to your space is a safe way to incorporate abstract art into your décor without allowing it to grab all the attention."

One of Mertins' favorite uses of abstract art is pairing it with what she describes as its decorative opposite: traditional décor. "Beautiful wood furniture, silver, crystal lighting and porcelain accessories are perfect as a backdrop for bold prints and abstract paintings," she said. "Mirrors are wonderful to use as abstract décor, but always pay attention to what will be reflected in the mirror."

Abstract art work is a versatile accessory and works well in modern as well as traditional room settings, suggests Harvey. "When choosing a piece I look for something that has some of the room's existing colors in it with an opportunity to introduce new colors into the space."

Harvey implemented this technique in the recent

re-design of a client's living room. "We added a piece that had blue and white, but introduced a bold pink to create a dramatic focal point on the back wall."

Abstract art shouldn't be limited to neutral spaces, says Annie Elliott of Bossy Color, Interior Design by Annie Elliott. "If your walls are white and your furniture is gray, the effect will be pretty, but cold and museum-like, not homey," she said. "You should complement a painting's colors [and] the room should feel harmonious. If you put a red sofa under a red and blue painting, the effect may [appear similar too] a hotel lobby."

From a practical standpoint, Anne Walker of Anne Walker Design believes in mixing media to avoid creating a space that has an overly uniform aesthetic. "Oil paintings, both abstract and traditional, framed photography, sculpture, textiles, antique botanicals, framed mirrors, antique porcelain china – all of these art forms can co-exist happily in a single home," she said.

Versatility is one of the traits of abstract art that Mertins appreciates. "This style of art can be very bold and take charge of a room or be soft and fade into the background," she said. "If your room needs a focal point, then abstract art is the way to go."

"The use of black and white art will make a bold statement without adding color to a space," continued Mertins. "Monolithic art produces a solid look, splatter art is happy and upbeat while graceful line drawings impart a feeling romance and intrigue. Photographic art can be personal, bold and sometimes more affordable than painted pieces."

Works of art that one purchases spontaneously, such as during travels, is often both more meaningful and more likely to enhance a home's décor, says Walker. "When art is purchased for the entire home all at once, the result can often feel contrived," she said.

"Surround yourself with art, furnishings and objects that make you feel joyful, and consult a design professional if you need help editing or arranging your collection," continued Walker. "I've often helped clients sort through their existing art collections and place them in just the right spot," she said. "Moving a piece of art from the wrong location to the right location can not only transform a room, it can transform the work of art itself."

THE CONNECTION
 Newspapers & Online

UPCOMING SPECIAL SECTIONS

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6/5/19.....	Wellbeing
6/12/19.....	Father's Day Dining & Gifts
6/12/19.....	HomeLifeStyle
6/19/19.....	A+ Graduations & Summer Education
6/26/19.....	Senior Living: Connection Families: Summer Life
July	
7/3/19.....	Wellbeing
7/10/19.....	HomeLifeStyle
7/17/19.....	A+ Camps & Schools

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Churchill Students Celebrate Asian American Heritage

Parents and students from Cabin John Middle join in colorful, tasty sharing.

By PEGGY McEWAN
POTOMAC ALMANAC

The savory smell of Asian foods filled the halls outside the cafeteria of Winston Churchill High School Saturday as students, parents, faculty and neighbors gathered to celebrate the school's second Asian American Festival.

"I think everyone likes the food," Grace Chen, one of the student organizers of the Festival said.

Grace and "about 12 other students" put together the festival this year, as they did last year for the first festival.

Asian students are, by far, the largest minority at Churchill, outgoing PTSA president Bruce Adelson said.

Asian students made up almost 30 percent of the school's student popu-

"The group of kids that run this, they are the best."

— Jonathan Lee, chemistry teacher and faculty advisor to Festival

lation for the 2017-18 school year, according to Montgomeryschoolsmd.org.

"I think the PTSA and the Asian Community feel very strongly this is a part of the end of year tradition [at the school]," Adelson said.

Grace Chen said she would like to see the event include community residents too.

She invited members of Potomac Community Village to attend and some did.

Judy and Jose Placer, Phyllis Peterson, and Honey and Moe Rosen sat together watching the music and dance presentations.

"The food was excellent," Judy Placer said. "And we learned a new word: matcha. It's a green tea powder. It was in the cookies, very good."

Anjali Iyer, a rising senior, performed a traditional Indian Dance called Bharatanatyam.

"It expresses stories from long ago — about the gods," she said.

Anjali said she has studied Indian dance since she was in third grade and, she said, she is "passionate about it."

"I think everyone likes the food."

— Grace Chen, one of the student organizers of the Festival



Anjali Iyer, a rising senior, performed an Indian Classical Dance at the Winston Churchill High School Asian American Festival on Saturday, June 1. She performed a traditional Indian Dance called Bharatanatyam. "It expresses stories from long ago — about the gods," she said.

She said she thought the festival was a good idea.

"I definitely think it's a great idea because all Asians come together and celebrate their cultures," she said.

Back at the food tables, Winston Li, a Churchill junior, was busy making Beijing Egg Pancake Rolls. His mother, Xiaowei Lu, stood by with helpful advice as Winston created each pancake to order. And there was a line. Winston told people to just write their names on the napkin in front of him and he would prepare them in order.

"It's really good," Tsach Mackery said when his name came up. "The sauce is perfect."

The sauce recipe is classified Winston said.

"It's five different Chinese sauces," he said. "This is mom's way."

Jonathan Lee, who teaches chemistry and physics at Churchill, was faculty adviser for the festival.

"The group of kids that run this, they are the best," he said.

He said last year for the first Asian American Festival, it was "scary." But it went well.

"It was very successful," he said. "And now [this is] another one that's bigger and better."

He said they are already looking forward to next year when it will be even bigger and even better.



Clair Chen, Elaine Wong and Elizabeth Gao, Cabin John Middle School students, prepare to demonstrate a Chinese Ribbon Dance At the Winston Churchill High School Asian American Festival Saturday, June 1.

Winston Li, a junior at Winston Churchill High School, prepares Beijing Egg Pancake Rolls At the school's Asian American Festival.

PHOTOS BY PEGGY McEWAN



COMMUNITY

KEEN on Sports for All 600 turn out for KEEN Community annual Sports Festival.

BY PEGGY McEWAN
POTOMAC ALMANAC

There was bouncing, jumping, running and ball games along with quieter activities like reading, coloring, face painting or just watching at the KEEN Greater DC Sports Festival at Avenel Park Sunday.

The day celebrated 27 years that KEEN (Kids Enjoy Exercise Now) has provided exercise and recreation programs in the DC area for young people with developmental and/or physical disabilities.

The program meets monthly, September through June, and brings together KEEN athletes with volunteer coaches in one on one partnerships, allowing the athletes, some living with autism, cerebral palsy, and Down syndrome, to participate fully in exercise and recreational activities in the community. Participation is free for all.

"I love it," Mary Andrade, of Germantown, said. "They give the opportunity to the kids to enjoy [themselves] and the family can come."

Mary brought her daughter, Michelle, 22, to the Festival, along with a younger sibling. Michelle seemed fascinated by the dogs who were also there for a day with their families. She didn't want to touch, just fol-

low and watch them.

Daniel Padilla, 7, from Fairfax, Va., sat quietly while volunteer Michele Doyle painted his face to look like a pirate, finishing with a great expression.

Doyle said this was her 10th year helping at the Festival.

"I love it," she said. "It gives me such joy to be here. When you are with the kids you have no choice but to be present. They can do anything and not be judged."

Doyle's sister, Jennifer Sabatini, and her daughter Isabella came from North Carolina to help with face painting.

"It's a good cause," Jenifer Sabatini said. "It's helping the kids, helping my sister and we like to give back."

KEEN executive director Beata Okulska said there were more than 600 people at Sunday's event, athletes, coaches, parents, siblings and friends.

"Anyone can come and volunteer," she said. "We say, 'Open heart, open minds and a good imagination,' that makes the magic."

Potomac's own Potomac Pizza arrived with 150 pizzas for the group to enjoy.

"They have been a great supporter," Okulska said.

For more information visit www.KEENGreaterDC.org.

Daniel Padilla, 7, shows off his pirate look at the face painting table at the KEEN Sports Festival at Avenel Sunday, June 2.



PHOTOS BY PEGGY McEWAN/THE ALMANAC

Athletes and volunteers participate in Zumba exercise at the KEEN Sports Festival at Avenel Sunday, June 2.



Kevin Bai, of Bethesda, stands by as KEEN athlete Cole prepares to zoom away on a motorcycle at the KEEN Sports Festival at Avenel Sunday, June 2.



It was a colorful sight at Avenel Park Sunday when KEEN of Greater DC celebrated its annual Sports Festival.



Teresa Deneau helps her daughter Anna, 10, into her KEEN tee shirt at the beginning of the KEEN Sports Festival at Avenel Sunday, June 2.

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Jake Geline, Amanda Levenson, Jasmine Rafie, Phoebe McCann, Jordan Kirsh-Clemenceau, and Carson Blum enjoy the beautiful weather after graduating from Thomas Wootton High School on May 29.



Teachers Zeleke Dudi, Lily Herzing, Megan Miller, Patrick Sikora, and Cesar Acevedo with graduate Michael Huang outside DAR Constitution Hall after Thomas Wootton High School graduation on May 29.



James Forna displays his diploma outside DAR Constitution Hall after Thomas Wootton High School graduation on May 29.

PHOTOS BY
DEBBIE STEVENS
POTOMAC ALMANAC



It was a perfect day to celebrate with family. Here Chandev, Meehiv, Rajeev, Anjana, and Meeva Bhalla enjoy time after Wootton's ceremony at DAR Constitution Hall on May 29.

Paving the Way for More Affordable Housing

The Planning, Housing & Economic Development (PHED) Committee held three meetings to review ZTA 19-01 paving the way for accessory dwelling units in Montgomery County, and unanimously recommended approving the zoning text amendment with changes. Recommendations from the PHED Committee will go to the full Council for review and a final vote in early summer.

Backyard cottages: Detached ADUs would be allowed in areas of the County that are zoned R-60 (residential) and larger lot zones.

ZTA 19-01 removes the requirement that only properties of one acre or larger may have a detached ADU.

Unit size and lot coverage: The size of an ADU would be limited to 1,200 square feet (unless the footprint of the basement is larger than that size and the basement is proposed for the ADU). Detached ADUs would be limited to ten percent of the lot size. For example, a 6,000 square foot lot could have a detached ADU no larger than 600 square feet. This limits the size of detached structures, particularly in smaller lot zones.

Parking: The current parking requirements for ADUs located more than one mile away from any Metrorail or Purple Line Station would remain the same. Generally, this means that an ADU applicant must build an additional parking spot or receive a waiver based on a finding by the hearing examiner that there is available parking on the street. Within one mile of such stations and within the boundaries of the City of Takoma Park there would be no additional on-site parking requirement for an ADU.

Distance restriction removed: The requirement that no ADU may be built within 300-500 feet of another ADU was removed.

Setbacks and height: Existing setback and height requirements for accessory structures were retained. This allows existing accessory structures including garages, guest houses (without a kitchen), offices, studios, and sheds. Setbacks for new ADUs would be the same as existing setbacks for accessory structures; however, an ADU that is 32 feet in length or shorter (i.e. container size) would not be required to have an increased setback.

Existing structures: Current law allows backyard structures like garages, guest houses, pool houses, offices, and sheds.

In older neighborhoods, existing structures were often located closer to the lot line before modern zoning standards required setbacks. These could be converted to ADUs with some restrictions, if they were built legally at the time. For example, no new window would be allowed facing a neighboring property and adding height or expanding the footprint would trigger setback requirements

matching new structures.

Additional rental prohibition: The proposal retains the prohibition on any other rentals on a property where an ADU is licensed. Short-term rental prohibition: A property with an ADU license may not also have a short-term rental license (i.e., Airbnb) and an ADU cannot be used for short-term rentals.

Owner occupancy: As is the case under existing law, there is an ownership-occupancy requirement for a license.

Occupancy limit: The proposal retains the current ADU occupancy limit of two adults (and their children).

New construction: The requirement that a new house cannot be constructed with an ADU already in it was removed, which would enable owners to design a new house with this feature.

The PHED Committee identified several additional provisions that will need to be modified in a subsequent bill amending the licensing section of the Montgomery County Code: These include:

- ❖ The applicant for an ADU license must certify that they have reviewed their home owner association (HOA) rules and that an ADU is allowed by those rules.

- ❖ Revise the ownership requirement in licensing to allow the owner to live in either the main home or the ADU.

- ❖ Change the name of accessory apartments to accessory dwelling units to match the standard terminology in other jurisdictions.

Further Discussion Many important issues emerged during the ADU discussion and will be presented for Committee discussion in the future. They include:

- ❖ Racial equity analysis: An outreach plan will be developed to include low-income communities, so all residents are aware of the opportunity to build ADUs and ways to expand financing options for homeowners of all incomes.

- ❖ Objection process: The current licensing law (unchanged by ZTA 19-01) allows a neighbor to object to an ADU based on a claim of insufficient parking, even if the applicant has met the parking requirement in the code. The hearing examiner can apply additional requirements or reject the application.

- ❖ Enforcement staffing and budget: A review of staffing in the Department of Housing and Community Affairs will occur to make sure that applications are processed in an efficient manner and that inspections and enforcement measures are robust.

- ❖ An evaluation will occur to review how fees will be used to support ADU code enforcement and outreach.

- ❖ The Committee will also review if there needs to be a fee waiver provision for ADUs constructed for individuals who have disabilities.

ENTERTAINMENT

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

ONGOING

Bicycle Pump Track. Through June 26, open dawn-dusk in Elm Street Park, Bethesda. Adults and children can take turns on the track to learn how to ride on a pump track or to simply fine tune their bicycle skills. Call 301-215-6660 or visit www.bethesda.org.

THURSDAY/JUNE 13

Appetizers and Art. 5:30-8 p.m. Meet at Silver Branch, 8401 Colesville Road, Silver Spring. Learn about Silver Spring's public art with free artwork tours on select Thursday evenings during spring and summer 2019. Montgomery Planning will provide appetizers for attendees. Drinks and main entrees are available for individual purchase. The art walk is free; however, registration is limited. Visit www.silverspringdowntown.com/art-walk-tour to sign up.

FRIDAY/JUNE 14

Submission Deadline. Photoworks Gallery announces a Call for Entries for "Worlds Apart," their 2019 Juried Youth Photography Contest and Exhibition. Young photographers and students are encouraged to submit their work, and their perspectives, to this year's show. This competition seeks to identify that which makes us all the same, and all so different. Designed for students of photography aged 18 and under. Past year's selected photographs have been taken by students as young as 10. Visit glenechophotoworks.org for entries.

SATURDAY/JUNE 15

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/.

Bringing Literature to Life. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Chris Fascione acts out children's library stories and poems, motivates kids to read, and leaves everyone laughing as he brings literature to life. This is a summertime program for children of all ages and their families. Free. Call 240-777-0690.

SATURDAY-SUNDAY/JUNE 15-16

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



Heritage Days 2019

Join Heritage Montgomery in celebrating the 22nd annual Heritage Days with a weekend packed with fun, family-friendly, free events all across the county. Visit 38 parks, museums, and historic sites all open with free admission highlighting local history, culture, and outdoor recreation. Explore historic houses, schools, churches, railroad stations, banks, and mills. See an 1899 observatory, trolleys and trains, unique farms, art exhibits, archaeology sites, and community museums; or stop by the grand opening of a newly restored 1830 C&O Canal lockhouse. Learn about African American and Quaker history, environmental conservation efforts, farming and farm history, Native American culture, and discover more stories of local history and culture than you've ever imagined. And enjoy live music, games and crafts, children's activities, storytelling, live animals, food and drink, and more. Saturday-Sunday, June 29-30, noon-4 p.m. at 40 sites throughout Montgomery County. Visit www.heritagemontgomery.org/events/heritage-days/.

Visit www.rockvillemd.gov/sundsandsoles to register.

WEDNESDAY/JUNE 19

Recycled Robots. 3-4 p.m. at Potomac Library - meeting room, 10101 Glenolden Drive, Potomac. Using only pieces of scrap and imagination, create a zany Recycled Robot. All supplies will be provided. Open to all ages; children younger than 8 years old must be accompanied by an adult. Free. Call 240-777-0690.

THURSDAY/JUNE 20

Thursday Night Concerts: The Back Pages Band (60s/70s Tribute). 7 p.m. at Veterans Plaza, One Veterans Place, Silver Spring. The concert series returns with a full line-up, featuring touring artists and local favorites. From Motown to rock to Oldies, the popular summer concert series has music for everyone. No concert July 4. Free. Visit www.silverspringdowntown.com/summer-concert-series or call 240-777-0311.

FRIDAY/JUNE 21

Family Fun Party. 6-7 p.m. at My Gym Potomac, 11325 Seven Locks Road, Potomac. Let's Celebrate Summer and learn about My Gym summer fun including August camp. Fun games, activities and a summer treat for kids. \$10 members, \$15 non-members. Visit www.mygym.com/potomac/events or call 301-983-5300.

SATURDAY/JUNE 22

Suds & Soles 5K. 7:30 p.m. at Rockville Town Center. The Montgomery County Road Runners Club and the City of Rockville are teaming up to present the Suds & Soles 5K. The 5K course on neighborhood roads begins and ends in Rockville Town Center. The race is open to adults, youth and children, and, new this year, features a tiered pricing structure. There will be no paper registration forms onsite and cash and checks will not be accepted.

SUNDAY/JUNE 23

Memoir-Writing Workshop. 1-5 p.m. at Congregation Beth El of Montgomery County, 8215 Old Georgetown Road, Bethesda. Writer/editor Gina Roitman will explore beginning the writing process, review different ways to tell stories, and do writing exercises to help participants gain confidence need to share their stories. \$30 in advance, \$36 at the door. Visit www.genafterdc.com or call 301-580-2215.

Bob Sima at Focus Rockville. 7:30 p.m. at Tikvat Israel Congregation, 2200 Baltimore Road Rockville. Bob Sima has the gift of creating music that defines, recalls, heals and inspires everyday life. He is accompanied by Shannon Plummer. Tickets are \$18 in advance at www.focusmusic.org/buy-tickets and for members, \$20 at the door.

MONDAY/JUNE 24

Blast Off to Reading. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. "Blast Off to Reading" is an interactive musical performance connected to the 2019 summer reading theme of "A Universe of Stories," featuring songs about space, reading and books. The program will get everyone involved through singing, movement, lyrics-on-the-spot, sign language and visual aspects such as puppets. Free. Call 240-777-0690.

Learn Basic Knitting. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Knitting is a great way to relax and spend your time. Bring your own needlecrafts or use our limited supplies. For ages 8 and up. All skill levels welcome! Meets once a month (except December). No registration required. Call 240-777-0694.

THURSDAY/JUNE 27

Thursday Night Concerts: Josh Christina (Rockabilly). 7 p.m. at

Veterans Plaza, One Veterans Place, Silver Spring. The concert series returns with a full line-up, featuring touring artists and local favorites. From Motown to rock to Oldies, the popular summer concert series has music for everyone. No concert July 4. Free. Visit www.silverspringdowntown.com/summer-concert-series or call 240-777-0311.

Potomac Community Village Meeting.

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

SATURDAY-SUNDAY/JUNE 29-30

Heritage Days 2019. Noon-4 p.m. at 40 sites throughout Montgomery County. Join Heritage Montgomery in celebrating the 22nd annual Heritage Days with a weekend packed with fun, family-friendly, free events all across the county. Visit 38 parks, museums, and historic sites all open with free admission highlighting local history, culture, and outdoor recreation. Explore historic houses, schools, churches, railroad stations, banks, and mills. See an 1899 observatory, trolleys and trains, unique farms, art exhibits, archaeology sites, and community museums; or stop by the grand opening of a newly restored 1830 C&O Canal lockhouse. Learn about African American and Quaker history, environmental conservation efforts, farming and farm history, Native American culture, and discover more stories of local history and culture than you've ever imagined. And enjoy live music, games and crafts, children's activities, storytelling, live animals, food and drink, and more. Visit www.heritagemontgomery.org/events/heritage-days/.

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

FRIDAY/JULY 5

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

SUNDAY/JULY 7

Waltz Dance. 3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Introductory Waltz Workshop from 2:45-3:30 p.m. Featuring the ensemble Tainted Romaine, who will

provide a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, or visit www.WaltzTimeDances.org.

THURSDAY/JULY 11

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

SATURDAY/JULY 13

Strathmore's Bloom Concert Series: Wytold. 6 p.m. at Good Hope Neighborhood Recreation Center, 14715 Good Hope Road, Silver Spring. The concerts are part of a collaboration and partnership with Montgomery County Recreation and Strathmore. The concerts are free and family-friendly. Reserve tickets at www.strathmore.org. Visit MoCoRec.com for more about Good Hope.

SUNDAY/JULY 14

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

THURSDAY/JULY 18

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

SUNDAY/JULY 21

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

THURSDAY/JULY 25

Thursday Night Concerts: MoCo's Got Talent (Variety). 7 p.m. at Veterans Plaza, One Veterans Place, Silver Spring. The concert series returns with a full line-up, featuring touring artists and local favorites. From Motown to rock to Oldies, the popular summer concert series has

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WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

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music for everyone. Free. Visit www.silverspringdowntown.com/summer-concert-series or call 240-777-0311.

THURSDAY/AUG. 1

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

FRIDAY/AUG. 2

Casual Concerts at Glen Echo. 7:30 p.m. at Washington Conservatory of Music at Glen Echo Park, 7300 MacArthur Blvd., Bethesda. Jazz trio: Marty Nau, saxophone; Robert Redd, piano; and Steve Novosel, bass; with music from the Great American Songbook. 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.

THURSDAY/AUG. 8

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

SATURDAY/AUG. 10

Strathmore's Bloom Concert Series: Josanne Francis. 6 p.m. at Good Hope Neighborhood Recreation Center, 14715 Good Hope Road, Silver Spring. The concerts are part of a collaboration and partnership with Montgomery County Recreation and Strathmore. The concerts are free and family-friendly. Reserve tickets at www.strathmore.org. Visit MoCoRec.com for more about Good Hope.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

THURSDAY/JUNE 13

Online Chat with County Executive. 12:30-1:30 p.m. via the Montgomery County website. Join County Executive Marc Elrich for an online chat. Submit questions to the county executive before and during the online event at Live Discussion with County Executive Marc Elrich. Questions and answers will be posted online. Call the Office of Public Information at 240-777-



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

Shrek the Musical Jr.

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

THURSDAY/AUG. 15

Appetizers and Art. 5:30-8 p.m. Meet at Astro Brewing, 8216 Georgia Ave., Silver Spring. Learn about Silver Spring's public art with free artwork tours on select Thursday evenings during spring and summer 2019. Montgomery Planning will provide appetizers for attendees. Drinks and main entrees are available for individual purchase. The art walk is free; however, registration is limited. Visit www.silverspringdowntown.com/art-walk-tour to sign up.

6507.

SATURDAY/JUNE 15

Caregiver Support Program. 10 a.m.- 4 p.m. at the Silver Spring Civic Building, downtown Silver Spring. Montgomery County's Caregiver Support Program is hosting interactive sessions designed for family/friend unpaid caregivers. Attend and learn how to maintain well-being through support, community connections and education programs. Free. Register at www.eventbrite.com/e/care-for-the-caregiver-event-registration-57422198341.

FRIDAY/SEPT. 6

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.

MONDAY/JUNE 17

MCGOP's 2019 Lincoln Day Dinner. VIP reception, 6:30 p.m.; dinner, 7:30 p.m. at Double Tree Bethesda, 8120 Wisconsin Ave., Bethesda. Lt. Governor Boyd Rutherford, keynote speaker, is the ninth Lieutenant Governor of the State of Maryland. He was elected to office with Governor Larry Hogan in 2014, and re-elected in 2018. He is the first Republican lieutenant governor to ever be re-elected in Maryland. \$125. Visit www.mcgop.com/2019_lincoln_day_dinner for more.

What A Week!



By KENNETH B. LOURIE

The least of it was my pre-immunotherapy lab work on Wednesday and then my actual immunotherapy infusion on Friday. The most of it was my navigating websites and trying to properly complete applications/enrollment forms for the Virginia Unemployment Commission and the Maryland Health Connection.

For a man (me) who fancies himself your go-to-guy for sports and chocolate, getting immersed in policies and procedures for government agencies providing unemployment benefits and health care - with our (my wife, Dina and I) respective lives somewhat dependent on the time-sensitive completion of said documents, was akin to sending your truly out to sing the National Anthem at the next Nationals' game. It would be a disaster of titanic proportions (fortunately without the loss of life).

As it has been my entire life, I can't sing any more than I can now compute.

As I sit and write this week's column, having barely survived the excruciating ordeal of this past week - with only an in-office visit left to go on Monday - I now have next week to look forward to. And what garden path am I leading you down?

Another week of time-sensitive/computer-centric tasks, of course. Once again I will be sitting at my computer attempting to navigate through another government web site and this time a private sector website, as I try to sign up for Medicare effective Sept. 1, as well as the associated but independent supplemental medical insurance necessary to fill in the coverage gaps that I, as a former insurance broker, know exist.

Granted, with these two tasks I do have some time. I just hope I have the wherewithal.

This past week took a toll emotionally. And I'm not sure if I really want to climb that emotional mountain yet again.

This week's tasks are not any easier. Shooting fish in a barrel they're not. They're more like having to make the barrel and then catch the fish. Not easier said than impossibly done. For a man who knows his limitations, the week ahead will likely test those limitations.

But if not me, then who? Unfortunately, it has to be me. The other party with whom I share a long-standing arrangement has a skill set unsuited to and incompatible with, computers, and the kind of searching/deciphering/hunting and pecking on web sites required for completion of this week's tasks.

Moreover, if I enlist her support or insist on her participation, my present and future will not be enhanced by the experience. She may be a resource in many other respects, but in this respect, she's not.

And I can respect that. Give me a little credit, I've learned something in our 40 years together.

That being said - and understood, I think I'll take the weekend off from such endeavors and prepare myself for next week as I consider the challenges which lie ahead.

I'd like to think I've gained some confidence in the progress I made this past week. I've nearly completed both tasks, tasks which initially seemed almost insurmountable. However, if it were not for the amazingly patient, courteous and knowledgeable assistance I received from the call centers associated with these sites, I'd still be stumbling and stammering (literally) into oblivion.

But as of this past Friday, I've nearly reached the promised land. ("I can see Russia from my house.")

I can only imagine the satisfaction I'll feel next Friday when I anticipate I will have completed two more of these tedious tasks and secured yet another part of our financial and emotional future.

Four huge hurdles overcome, but still with a few more yet to go: probably applying for a reverse mortgage and possibly researching a kitchen renovation.

Wait a second. Don't I have lung cancer? Jeez, I almost forgot.

With all this other stuff going on, the cancer compartment stayed closed. Now it's open again. Damn, now I really have problems.

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

We didn't inherit the earth from our parents. We're borrowing it from our children.

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(1788-1866)
Suquamish/
Duwamish chief

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