

Potomac ALMANAC

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Little Diamond, a PetConnect pup just waiting for a forever home, had a ball at the Citi Open Tennis Tournament.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ROADWAY RESURFACING

Dada Woods/Fawsett Farms.

Monday-Friday, 7 a.m.-5 p.m. for six to eight weeks. Montgomery county's Division of Highway Services will soon begin resurface roadways in the Dada Woods/Fawsett Farms neighborhoods of Potomac. The roads to be resurfaced are bordered by Brickyard Road, MacArthur Boulevard and Falls Road. There will be no parking restrictions that are updated daily and periodic one-way traffic patterns. Access to homes will be available at all times, although there may be delays when workers restrict traffic from driving on freshly applied material until it is fully cured, usually for three to four hours. Visit www.montgomerycountymd.gov/DOT-Highway/Resources/Files/FawsettFarmsDadaWoodsPatching.pdf.

SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Jeffrey En-Hsiang Chang, of Potomac, was awarded a National Merit Baylor University Scholarship to study business at Baylor University (Waco, Texas). Jeffrey is a graduate of Richard Montgomery High School.

The following Potomac residents have been named to the Rensselaer Polytech-

TUESDAY/AUG. 2

Public Hearing. 1:30 p.m. in the Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a public hearing on a special appropriation of \$75,000 to the County Government's Fiscal Year 2017 Operating Budget for Strategic Plan to Achieve Food Security. The source of the funds is general fund reserves. Those interested in testifying can sign up at www.montgomerycountymd.gov/council/phsignup.html or by calling 240-777-7803. The deadline to sign up is 5 p.m. on Monday, Aug. 1. Call 240-777-7910 to obtain copies of the appropriation resolution and background information or go to <http://tinyurl.com/hn2lya9>.

TUESDAY/AUG. 2, 9 AND 16

For Men: Getting a Handle on Grief. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A three-session workshop for men grieving the death of a loved one. Led by male facilitators. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

301-921-4400. Visit www.montgomeryhospice.org for more.

THURSDAY/AUG. 4

Drop in Discussion about Grief and Healing. 1:30-3 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

TUESDAY/AUG. 16

Drop in Discussion about Grief and Healing. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

SUNDAY/AUG. 21

Rabies Vaccine Clinic. 8-10:30 a.m. at 7315 Muncaster Mill Road, Derwood. The Montgomery County

Animal Services and Adoption Center will hold rabies vaccination clinics through September. The vaccinations are free with the purchase of a Montgomery County Pet License. Maryland law requires that all dogs, cats, and ferrets over the age of 4 months be continuously vaccinated against rabies. Also by law and beginning at that age, all dogs and cats must have a Montgomery County Pet License. Bring proof of previous rabies vaccinations. All dogs must be leashed and cats and ferrets must be in carriers or otherwise contained. Visit www.montgomerycountymd.gov/animalservices for more.

THURSDAY/SEPT. 1

Drop in Discussion about Grief and Healing. 1:30-3 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

SUNDAY/SEPT. 18

Rabies Vaccine Clinic. 8-10:30 a.m.

at 7315 Muncaster Mill Road, Derwood. The Montgomery County Animal Services and Adoption Center will hold rabies vaccination clinics through September. The vaccinations are free with the purchase of a Montgomery County Pet License. Maryland law requires that all dogs, cats, and ferrets over the age of 4 months be continuously vaccinated against rabies. Also by law and beginning at that age, all dogs and cats must have a Montgomery County Pet License. Bring proof of previous rabies vaccinations. All dogs must be leashed and cats and ferrets must be in carriers or otherwise contained. Visit www.montgomerycountymd.gov/animalservices for more.

JULY-SEPTEMBER

Plant Clinic. 10 a.m.-1 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. During the 2016 growing season Montgomery County Master Gardeners will answer gardening questions at walk-in Plant Clinics located around the County. Bring full and intact plant and insect samples, garden problems and questions and get free answers.

nic Institute (Troy, N.Y.) dean's list for the spring 2016 semester: **Andrew Albert** (studying mechanical engineering), **Beverly Sihsobhon** (studying computer science), **Sruti Uppuluri** (studying biochemistry and biophysics) and **Nicolaas Verbeek** (studying computer science).

Laura Amortegui-Ordonez and **Caroline Chiaramonte**, both of Potomac, have been named to the dean's list at Loyola University (Balti-

more, Md.) for the spring 2016 semester.

Kyle Morris, of Potomac, who is studying communication, was named to the Dean's List at Rochester Institute of Technology (Rochester, N.Y.) for the spring 2016 semester.

The following Potomac residents have graduated from Tufts University (Medford, Mass.): **Ping Ni**, with a Bachelor's degree in economics Summa

Cum Laude; **Sarah Reitzes**, with a Bachelor's degree in mathematics Summa Cum Laude; **Michael Yang**, with a Bachelor's degree in mechanical engineering Cum Laude; **Rebecca Sinai**, with a Bachelor's degree in political science Cum Laude.

Emily O Shaughnessy, of Potomac, graduated with a B.S. in packaging science from the College of Applied Science and Technology at the Rochester Institute of Technology (Rochester,

N.Y.).

The following Potomac residents made dean's list at Tufts University (Medford, Mass.) for the spring 2016 semester: **Melissa Adler**, class of 2018; **Scott Bettigole**, class of 2018; **Gil Jacobson**, class of 2019; **Celia Karparkin**, class of 2019; **Rebecca Sinai**, class of 2016; **Hershel Tamboli**, class of 2018; and **Michael Yang**, class of 2016.

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Bringing 'A Delicate Balance' to Potomac

Peace Mountain Theatre Company will produce the Edward Albee play in November.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

Until just two years ago, there was only one professional Jewish theatre company in the entire D.C.-metropolitan area — Theater J in Washington, D.C. However, when theater professional Laurie T. Freed and a group of colleagues realized their dreams of building a Jewish theatre in Potomac, Peace Mountain Theater Company, Montgomery County got its own professional Jewish theatre company.

"It was my baby," Freed said, "something I wanted to do for a number of years, and with the passage of time, I decided to give it a shot. We are a resident theater company of [the Potomac synagogue] Congregation of the Har Shalom. They have with open arms welcomed us in so that we can do high quality professional theatre."

Peace Mountain's mission is to produce thought-provoking productions that emphasize the values and ethics of the Jewish religion. Their upcoming November production, "A Delicate Balance," will be the company's third production.

"We wanted to start a Montgomery County Jewish Theater and I thought this area could lend a certain support," Freed said. "We use the values and the ethics of the Jewish tradition in order to choose plays. The plays may not be of Jewish characters but they have within them the values, ethics and message that certainly underscore the Jewish religion."

Peace Mountain's last show, "All My Sons," by Arthur Miller, was a huge success. "We

had a record number of people coming to the company and received recognition from [the region's theatre media outlet] DCMetroTheatreArts."

Freed said the success of "All My Sons" led her to choose an Edward Albee play for the 2016 production.

"Going through various plays, I turned to Edward Albee who is one of the most highly decorated living American playwrights," Freed said. "We thought this would be a good follow up to last year — in part because it's something different. 'A Delicate Balance' deals with what happens to married couples, or people in general, when they have decided to settle."

THE MESSAGE of the play Freed says is hard to "nail down" but is in keeping with a central Jewish value — to participate fully in your own life.

"What Albee is saying is that people hide behind this picture of reality and love, but behind the façade is this isolation. He said it was important to take risks in life and evaluate your life and values," Freed said. "Here, there is a message in line with Judaism: Do something. Be out there."

The actors chosen for the six roles will rehearse for two months before opening night. While it's not completely out of the question, Freed said beginner actors are not ideal for the show.

"We are looking for people who know their way around the stage," she said. "It solves the problem of me teaching while directing."

PMTC cast and crew receive a stipend for their work, which Freed said was a non-



PHOTO BY SORELL SCHWARTZ/COURTESY OF PMTC

The Peace Mountain Theatre Company steering committee, from left: Hal Freed, Laurie Freed, Leah Mazade, Natalie McManus, Peri Schuyler, Steve Alkire, Kristin White, and Nancy Eynon Lark.

negotiable part of starting a theatre company.

"We pay the people who work on the plays, including the actors," Freed said. "That was extremely important to me because actors work for free more times than I care to say. These people are trained actors and they deserve to be given something for that."

From the actors to the people selling refreshments during rehearsals, Freed said between 50 and 60 people are involved with each show. One of them is her husband, Hal Freed, Executive Producer of this year's production.

"My wife wanted to bring in a little professional experience on the management side and I have many years of experience in Program Management and business," Hal Freed said of how he first got involved, despite having no previous background in the-

atre. "She drafted me for the first show and I have been involved now all three years."

He said it's clear that there is a great demand for theater in the D.C.-Metro area, and that Peace Mountain is here to supply some of that cultural need.

"We average about 75 to 110 in the audience," he said. "Last year, we went from three shows to six. It was a risk, but it was a success so we are doing it again. The audience is growing with us and we look forward to continued growth with good quality theatre."

Audition dates are Sunday, Aug. 21 at 6 p.m. and Monday, Aug. 22 at 7 p.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. Peace Mountain will run six shows of "A Delicate Balance" Nov. 10-20 on Thursdays, Saturdays and Sundays. For information on auditions, the upcoming show or PMTC, visit peacemountaintheatre.com.

Celebrating Potomac Community Village's Volunteers and Supporters



A Capella music group Just In Time, featuring Jan Provost, Betty Nevins, Joan Gmitter, Vicki Stokes, Mary Lou Terselic, Lenore Shavell, Ellen Cook and Jan Fitch, entertained guests at Potomac Community Village's dinner celebrating volunteers and community supporters.



Barry Perlis, Potomac Community Village President



The youngest Potomac Community Village volunteers were recognized at the dinner: Austin Chen, Grace Chen, Stephanie Zoltick and Elisa Zoltick.



The volunteers and community supporters of Potomac Community Village.

PET ALMANAC

ALMANAC
FAMILIES

PHOTOS BY AARON HWANG/THE ALMANAC



Katherine Zenzano, Montgomery County Animal Services and Adoption Center's Community Outreach Coordinator.



Margaret Smith, Montgomery County Animal Services and Adoption Center Volunteer.



Cathy Daniels, Montgomery County Animal Services and Adoption Center Volunteer



Jenn Sawir and Jack Stoddard are still thinking of a name for their new cat.

Finding Families for Homeless Pets

MCASAC participated in nationwide "Clear the Shelter" weekend.

BY AARON HWANG
THE ALMANAC

Unfortunately, not all homes last forever, and this is just as true for our four-legged friends as it is for us. Enter the Montgomery County Animal Services and Adoption Center (MCASAC), the county's only open-admissions municipal animal shelter. While this establishment prides itself on providing high-standard shelter for homeless, abused, and neglected animals in the community, the Center's true goal is to find its animals loving and permanent homes.

"It's giving a home to an animal who's lost a home," said Tom Koenig, Director of MCASAC and proud owner of two adopted dogs, "The first option should be adoption. Many of the animals here have had time in homes already, and they're good pets, as those of us who've adopted all know."

"We have lots of pets and they're looking for love, and a forever home," said volunteer Margaret

Smith. "And if you've got love to give and a space, this is the place for you."

And such is the goal of the Clear the Shelters initiative, a national team-up between NBC/Telemundo and animal shelters across the United States. Shelters like MCASAC drop adoption fees for a single day, while NBC spreads the word, all with the intent of finding homes for as many of the shelter's animals as possible. This initiative's second annual campaign came to local shelters Saturday, July 23, finding homes for many of MCASAC's animals, ranging from Boyd the Iguana to Richard the Chinchilla.

"This is fate," said Rachel Gill, referring to Alex, her newly adopted Chinese hamster, who happened to share a name with Gill's boyfriend, Alex Sickler.

"We got our dog Maggie from here too, back in April," Sickler added, "She's half Chihuahua, a quarter Min Pin, and the rest is a mix."

"They found her in March this year as a stray outside a Petco in Kentlands," Gill elaborated, "So they didn't know too much about

her, but when we came and saw Maggie we fell in love with her. She's great. Now she's almost about to graduate from puppy class, so she'll have a little certificate that we'll frame and put up by our diplomas."

A loving home indeed, but unfortunately, not all the animals find a home and framed diploma so easily. "It's always a little harder for the bigger, older dogs," said MCASAC's Community Outreach Coordinator Katherine Zenzano. "Since everybody always wants small dogs and puppies, because they think they'll be less work."

"It's particularly hard for the ones who can look kind of ferocious and fierce in their kennels because they're stressed out and they're scared. The fear can escalate to aggression and they bark and they lunge and they bare their teeth — and then you get them out and they're friendly and they're nice."

Zenzano seemed frustrated and saddened by this vicious cycle some of the dogs go through, as those most terrified by their surroundings are those forced to stay the longest, as their fearful behavior drives off potential families.

Lillie Jean is one such dog, who Zenzano noted was so congenial, playful, and confident outside of the kennel that it was a shock to discover she remained unadopted

nearly three months later. "Then I saw her the other day, and she was barking and lunging and growling," Zenzano said, "and I thought, 'oh ok, this is why, you have terrible kennel presentation, and you're that dog that when people see you, they're scared of you. And they don't see what a great dog you are.' And Lillie Jean is like so many dogs. They're sensitive and scared and they deteriorate."

Luckily for every animal there's still some hope, and many older cats and dogs are sponsored year-round by the MCASAC's non-profit partner MCPAW, which designates certain cats and dogs as Purple or Amber Care animals, and pays their adoption fee for any would-be adopters.

During this Clear the Shelter event, Lillie Jean was among the 78 animals adopted, alongside 20 other dogs, 37 cats, several guinea pigs, a pair of frogs, a pigeon, and many more.

Those interested in adopting can find the animal shelter at 7315 Muncaster Mill Road, Derwood, MD 20855. MCASAC can also be contacted at 240-773-5900, and those interested in adoption or simply hoping to learn more can find more information both on their website at: <https://www.montgomerycountymd.gov/animalservices/adoption/index.html> or their Facebook page: www.facebook.com/mcasac/



Robert Rickerson and Yeseny Abrego with their new dog, Bigun.



Vanessa Miller (left), Hollie Miller (right), and Jessica Mendez, (center, President of the MCPAW Explorer's Post 7315) are hoping for a dog!



Andrew Hyman and Daniel Hyman with their new dog MJ.

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From left: Ann Cederna's Afghan hounds — Ava, Jason and Jet.



Rose, a Potomac resident, was rescued at about 2 weeks old by Lost Dog and Cat Rescue, bottle fed along with four other kittens by a volunteer foster mom, and then adopted by Mary Kimm. She is a beloved member of the household.



Cumin was rescued by Pet Connect, a Potomac-based Pet Rescue organization, and adopted by Emma Dixon of Potomac.

Emma Dixon with her horse Stella, dressed for an eventing Easter egg hunt at Phyllis Dawson's Windchase.



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'PetConnect and their Citi Dogs'

For the volunteers of PetConnect Rescue, a dog and cat rescue organization located in Potomac, the adoption event is the heart of their outreach effort.

Meeting potential adopters is paramount in pet rescue and the adoption event is the stage where each dog or cat can show his or her stuff and win hearts. The website: www.petconnectrescue.org has a wide following, but the hands-on experience of adoption events is the ultimate means of bringing pets and people together.

These events are staged in every part of Maryland, Virginia and Washington, D.C. They take place at malls, at pet stores, at restaurants and at events of every type including sporting events such as a tennis tournament.

Featured here is a photographic peek at the scene of PetConnect's adoption event taking place at the Citi Open Tennis Tournament in Washington, D.C., on its opening day called Kid's Day. Families are invited to attend the qualifying matches and participate in kid-friendly sports and games.

It is at places such as the Citi Open that the dogs can be seen and touched and hugged. It is here that someone who may have lost a pet or is ready to adopt, may fall in love with a

pup or a senior dog that had been saddened by the loss of his or her family.

At their table under the trees, volunteers and their rescued dogs met with families and kids, tennis players and officials who stopped to say hello and bond with some furry and enthusiastic pooches ready to find their forever home.

— CAROLE DELL

Carole Dell is a board member of PetConnect Rescue.



What would this little pup named Diamond say if he could talk? Maybe: OK, what are these big fuzzy things? Answer: They are Bam and Boo, Citi Open's tournament mascots, two fictional tennis-playing pandas on the loose.



Lost in a sea of sneakers, oh so adoptable little mucho adoptable Charlie enjoys being one of the crowd as he hangs out among the ball boys and girls waiting to go on court for a qualifying match on opening day at the Citi Open Tennis Tournament.



Willie, a PetConnect senior dog that had to be given up, is waiting for a loving home.



Kay McKay of Washington, DC, fills out her application to adopt a PetConnect rescued dog. "They are all so cute," she said as Cindy looks for her to finish and maybe find that forever home.



It was a very active day for PetConnect pets and volunteers at the Citi Open Tennis Tournament. Potential adopters and new volunteer, Anna Palmade, of Bethesda, signed up for duty, with lively children's events serving as a backdrop. Close by at the tennis courts, players practiced and kids learned to hit the ball over the net.



Kids came from far and near to enjoy a day of relaxed fun, face painting and tennis instruction on the opening day at the Citi Open Tennis Tournament in Washington, D.C. Butterfly gal, Juliana Dabo from Italy stopped by the dog adoption table to show off her art and hopefully impress Rosie, a PetConnect Rescue dog. But, butterflies begone, Rosie appeared to be more interested in the hand that held the treat.



Rescued from the scary barren shelters in the south, each dog at PetConnect's adoption event at the Citi Open reveled in the attention and excitement. Families surrounded the dogs and took them into their arms. There was no limit on the love that each dog received and this dog's face reveals just a bit of the joy.



Michael Akin, President of Link Strategic Partners, the public relations group for the Citi Open Tennis Tournament, is also part of PetConnect's organization. Here, he chats with long-time volunteer, Liz Purcell.

ALMANAC FAMILIES PET ALMANAC



Brandy is a rescued 4-year-old St. Bernard and a member of the Phillips family.



Jill Phillips of Squeals on Wheels raises teacup pigs.

This is Briar a 2-month-old, miniature Nubian goat at Squeals on Wheels.



Grant Phillips and Kate Brownstein of Squeals on Wheels, hold young goats — Briar and Patch.

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LET'S TALK Real Estate



by Michael Matese

Swimming Pool Trends

As summer nears (or even when its balmy memory is keeping you warm in wintertime), the thoughts of many homeowners turn to thoughts of lounging by the pool and ways to improve the overall ambiance of your pool area. Both traditional, in-ground pools and more cost-effective, above-ground options are both choices that add hours of endless enjoyment to a home while you're living in it, and dollar value to homes on the market.

For both options, there are any number of ways to spruce up the pool area of a home on the market, making it ever more appealing to the prospective buyer. When it comes to decking material, paving stones are an option that is fast-growing in popularity. Industry professionals cite advantages to paving stones such as their ability to outperform, outlast and outshine stone set in mortar, grass, wood, concrete or brick when it comes to flexibility, durability and strength. Paving stones are available in a variety of colors and sizes, lay well if installed properly and are less susceptible to shifting, sagging, cracking and separating.

Above-ground pool owners, as with traditional in-ground pools, should consider adding decking and fencing to the above-ground pool unit—with just a few minor upgrades that are cost-efficient, your affordable pool option can add untold value to your home's asking price. Once you've taken the time to invest in the appearance and function of your pool area, not only do you have the coolest place to spend your hottest months, but you've got a sizzling feature to display to buyers when your home hits the market!

For professional advice on all aspects of buying and selling real estate, call:

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AUGUST

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

9/21/2016.....A+ Camps & Schools Back to School, Open Houses

9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Outdoor Yoga Class. Saturdays through Sept., 9-10 a.m. behind Lahinch Tavern & Grill, 7747 Tuckerman Lane, Potomac. The classes are led by instructors from Blue Heron Wellness in Silver Spring and are open to people from beginner to experienced. Free. Visit www.facebook.com/ShopCabinJohn.

Thursday Evening Concerts. Thursdays through July, 6-8 p.m. at Veterans Park, 7800 Woodmont Ave., Bethesda. The concerts offer a diverse range of music including rock, funk, jazz, swing, and reggae. Free. Visit www.bethesda.org for more.

“Frame the Lawyers.” Through July 29, gallery hours at Washington ArtWorks, 12276 Wilkins Avenue, Rockville. Washington ArtWorks in Rockville is hosting “Frame the Lawyers,” a juried gallery exhibition of artwork by current and retired lawyers and law students in the D.C. area. Free. Visit www.washingtonartworks.org for more.

Photo Exhibit: “Vastness of Space.” Through Aug. 14, 12-4 p.m. Saturdays, 12-8 p.m. Sundays at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photographers John R. Cooper and Andrew Currie partner for this exhibit. Free. Visit www.glenechophotoworks.org for more.

Call for Artwork. Through Aug. 15. Art at large Inc. in collaboration with VisArts, ArtWalk, and the Shelter Group Brightview project invite you to participate in a piece of permanent public art. There is no cost for entry; maximum of five pieces per entrant. Visit visarts.submittable.com/submit/58437 for more.

Nicole Mueller: “First Cut.” Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. “First Cut” is a series of works exploring collage as both medium and metaphor. Free. Visit www.visartsatrockville.org for more.

Gen-Y 3.0. Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. This exhibit features artists age 17-27. Exhibiting artists include: Sobia Ahmad, Katherine Akey, Susie Bae, Amy Berbert, Abbie Fundling, Jared Green, Ashley Ja’nae, Kern Lee, Emmanuel Mones, Richard Munaba, Angelique Nagovskaya, Raheel Raad, Yoon Sun Shin, Qin Tan, and Vivien Wise. Free. Visit www.visartsatrockville.org for more.

Eric Celarier: “Trash.” Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. Eric Celarier assembles garbage to describe biological evolution in the wake of human existence. Free. Visit www.visartsatrockville.org for more.

“Jumanji.” Through Aug. 28, various times at Adventure Theatre MTC, 7300 MacArthur Blvd., Glen Echo. When Judy and Peter find a mysterious old board game, they play it, hoping to alleviate their boredom. One live lion, an erupting volcano, and a dozen destructive monkeys later, the children are no longer bored. Tickets are \$19.50. Visit www.adventuretheatre-mtc.org for more.

Exhibit: “Triple Vision.” Through Aug. 28, 12-6 p.m. Saturday and Sunday at Glen Echo Park – Popcorn Gallery, 7300 MacArthur Blvd, Glen Echo. The exhibition features works from Mimi Betz, Marylouise Roach,

and Madeleine Schaller. For this show, they have prepared several paintings that are three visions of the same subject, and other paintings displaying their individual interests. Free. Visit www.glenechopark.org for more.

“Rising Scaffold.” Through Aug. 28, 12-6 p.m. Saturdays and Sundays at Glen Echo Park – Stone Tower Gallery, 7300 MacArthur Blvd, Glen Echo. This site-specific installation of wire sculpture emerges from the floor of the Stone Tower Gallery to make a rising tide of dimensional linework. Free. Visit www.glenechopark.org for more.

“Movement and Balance: Abstract Drawings of an Internal Life.” Through Aug. 28, 12-6 p.m. Monday-Saturday at Glen Echo Park – Park View Gallery, 7300 MacArthur Blvd, Glen Echo. Each piece is an expression of an internal personal challenge that is described through a multi-layered tableau. The use of rhythm, movement and balance helps to illustrate each story. A solo exhibit by Heidi Sheppard. Free. Visit www.glenechopark.org for more.

Canal Boat Excursions. April-Oct., Saturday and Sunday, 11 a.m., 1:30 p.m., and 3 p.m. at Great Falls Tavern Visitor Center of the Chesapeake and Ohio Canal National Historical Park, 11710 MacArthur Blvd., Potomac. Go on a 19th-century mule-drawn canal boat excursion. Hear tales of what life was like for the families who lived and worked on the canal. Tickets are \$8 for adults (ages 16-61), \$6 for seniors (ages 62 +), and \$5 for children (ages 4-15). Call 301-767-3714 for more.

Children’s Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children’s stories. Free. Visit www.store-locator.barnesandnoble.com/event/4824850-21.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. Visit www.dancesidra.org.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit capitalblues.org for more.

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park,



PHOTO BY RUTH FAISON

National Philharmonic Program Culminates in Concert

This summer, the National Philharmonic will teach and coach some of the area’s young musicians at its summer String Institutes. The institutes, for middle and high school string players, nurture young talent and teach musical skills and techniques while preparing the participants for a performance. The High School String Institute will culminate in a free public performance at the Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda, and on Friday, Aug. 5 at 7:30 p.m. and on Friday, Aug. 12 at 7:30 p.m. for the middle school session. Visit www.nationalphilharmonic.org.

7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny’s Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny’s is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery’s Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit www.popovers.com for more.

Chocolate Factory Tours. Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. Visit www.spagnvola.com.

Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park’s history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

THURSDAY/JULY 28

Paper Source Craft Social: Mod Card Crafting. 6-8 p.m. at Paper Source, 4805 Bethesda Ave., Bethesda. You will make four mod cards and a floral pouch from the art prints using a variation of techniques and tools. Learn to collage, stamp, heat emboss, use a goodie bag making tool, and make envelopes. Tickets are \$32. Visit www.papersource.com for more.

Molly Ringwald. 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. Former teen actress sings jazz accompanied by Dave Damiani & The No Vacancy Orchestra. Tickets are \$35. Visit www.bethesdabluesjazz.com or call 240-330-4500.

FRIDAY/JULY 29

The Chuck Brown Band. 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. The Chuck Brown Band continues to keep the legacy alive by performing all your Chuck Brown and Go-Go favorites. Tickets are \$25. Visit www.bethesdabluesjazz.com.

FRIDAY-SUNDAY/JULY 29-31

“The Lady With the Little Dog.” 8

p.m. Friday-Saturday, 2 p.m. Sunday at The Writer’s Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta, one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov, discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more.

SATURDAY/JULY 30

A Celebration of North Indian Classical Music. 7:30 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. The Washington Conservatory of Music presents “A Celebration of North Indian Classical Music” featuring Tabla Maestro Pandit Anindo Chatterjee, with Ramesh Misra, and Alif Laila. Free. Visit www.washingtonconservatory.org for more.

Swing Dance. 8 p.m.-12 a.m. at Glen Echo Park – Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. American Swing presents a swing dance with live music by the Glenn Miller Orchestra in the historic Spanish Ballroom. Tickets are \$20. Visit www.glenechopark.org or call 301-634-2222.

The Fabulous Thunderbirds. 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. Live music. Tickets are \$35. Visit www.bethesdabluesjazz.com or call 240-330-4500.

SATURDAY-SUNDAY/JULY 30-31

Civil War Encampment. 9 a.m.-4:30 p.m. at C&O Canal Great Falls Tavern Visitor Center, 1710 MacArthur Blvd., Potomac. The Civil War living history encampment will offer both formal and informal programs. Visitors are invited to walk through the camp and talk to the re-enactors throughout the weekend. Free. Visit www.nps.gov/choh for more.

ENTERTAINMENT

SUNDAY/JULY 31

“Harry Potter and the Cursed Child” Celebration. 9 a.m. at Barnes & Noble, 4801 Bethesda Ave., Bethesda. Celebrate the release of “Harry Potter and the Cursed Child.” Free. Call 301-986-1761 for more.

Garbage Art Workshop. 2-4 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Participants of all ages will make their own creation from trash and consider other artists who use discarded materials. Tickets are \$5. Visit www.visartsatrockville.org.

Ballroom Dance. 3-6 p.m. at Glen Echo Park – Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Attend Mike’s Ballroom Blast, featuring Mike Surratt & the ECB playing a wide variety of dance music to include Foxtrot, Rumba, Samba, Mambo, Tango, Cha-Cha, Merengue, Waltz, Swing, and more. Tickets are \$10. Visit www.glenechopark.org.

Merle Haggard Tribute. 7:30 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. A thorough look at the music of one of the greatest songwriters in American history. Tickets are \$15-30. Visit www.bethesdabluesjazz.com.

MONDAY/AUG. 1

Legomasters. 3:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Children are invited to play with two large tubs of Legos. Free. Call 240-777-0690.

TUESDAY/AUG. 2

Cooking Class: Tapas. 7 p.m. at Jaleo, 7271 Woodmont Ave, Bethesda. Chef Robbie will show the proper cleaning, prep and cooking techniques for tapas featuring seasonal ingredients, including Fried Green Tomatoes with Valdeón Cheese, Gazpacho and Tomato Confit. Tickets are \$75. Email christopherb@jaleo.com for more.

WEDNESDAY/AUG. 3

Senior Movie at Montgomery: “Hook.” 10 a.m. at Montgomery Mall, 7101 Democracy Blvd., Bethesda. Free. Call 240-773-6728

THURSDAY/AUG. 4

Barefoot Puppets Present “Trickster Tales.” 10:30 a.m. at Bethesda Library, 7400 Arlington Road, Bethesda. Meet Anansi the Spider and learn some of his tricks. This puppet show is for children ages 3 and older. Free. Visit www.montgomerycountymd.gov/library/branches/bethesda.html.

Kids are Scientists Too. 10:30-11:30 a.m. at Potomac Library, 10101 Glenolden Drive. Learn about interactive demonstrations on how the digestive system works — and make a craft to take home. Free. Visit Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html.

Moonlight Movie: “The Help.” 8:30 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. A free parking lot for Glen Echo Park is located just off MacArthur Boulevard on Oxford Road, across from the Glen Echo Shopping Center. Food and picnicking is permitted in the park. Guests are encouraged to bring blankets and lawn chairs for seating. Free. Visit www.gwparkwaytrust.org.

FRIDAY/AUG. 5

High School String Institute Performance. 7:30 p.m. at Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda. The National Philharmonic High School String Institute will study and

perform Mozart’s Divertimento in Bb Major, K. 137; Telemann’s Concerto for Viola in G Major; Elgar’s Serenade for Strings and Arthur Foote’s Suite in E Major. Free. Visit www.nationalphilharmonic.org.

FRIDAY-SUNDAY/AUG. 5-7

“The Lady With the Little Dog.” 8 p.m. Friday-Saturday, 2 p.m. Saturday-Sunday at The Writer’s Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta, one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov, discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me.

SATURDAY/AUG. 6

Draw-A-Thon. 10 a.m.-5 p.m. at Washington ArtWorks, 12276 Wilkins Ave., Rockville. Figure models hold gesture, short and long poses over a seven-hour period. Figures rotate throughout the day. Bring your own supplies. Tickets are \$30. Visit www.washingtonartworks.com.

THURSDAY/AUG. 11

Crafty-Y-Kids. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Decorate a fan for the summer heat. Free. Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html.

Marshmallow Challenge. 11 a.m. at Bethesda Library, 7400 Arlington Road, Bethesda. The challenge is to build the tallest tower you can using only spaghetti, string, tape and a marshmallow. This STEM program is for children ages 6 and up. Free. Visit www.montgomerycountymd.gov/library/branches/bethesda.html.

FRIDAY/AUG. 12

Middle School String Institute Performance. 7:30 p.m. at Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda. The National Philharmonic Middle School Institute will study and perform Handel’s Concerto Grosso, Op. 6 No. 1; Percy Grainger’s Molly on the Shore; Penderecki’s Three Pieces in the Olden Style; and Michael McLean’s Fandango. Free. Visit www.nationalphilharmonic.org.

Centennial Campfire. 8-9 p.m. at C&O Canal’s Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Sing songs and listen to stories from across America’s National Parks as well as night-time-themed canal stories. Free. Great Falls Tavern historic area has an entrance fee of \$10 per vehicle.

AUG. 12-20

Montgomery County Agricultural Fair. Various times at Montgomery County Agricultural Center, 501 Perry Parkway, Gaithersburg. Tickets are \$10, free for children 11 and under. Visit www.mcagfair.com for full schedule.

SATURDAY-WEDNESDAY/AUG. 13-17

8th Annual Uke & Guitar Summit.

9 a.m.- 5 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Strathmore’s Uke & Guitar Summit offers classes for all levels, with instructors like Denmark’s Tobias Eloff and Hawaii’s Jeff Peterson, concerts featuring favorite artists, and a grand finale of the Ukulele Orchestra at UkeFest. Tickets are \$400. Visit www.strathmore.org for more.

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I believe the future is only the past again, entered through another gate.
-Arthur Wing Pinero

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Cancer Patient Super Heroes



By KENNETH B. LOURIE

To say that cancer patients have to call upon superhuman qualities to fight their disease is, to those of us in the trenches, the most obvious and perhaps most under-appreciated fact. The emotional, physical, psychological and spiritual toll is excruciating at best and the tip of the iceberg at worst. The relentless, never-ending, life-threatening, roller coaster ride of highs and lows – and some in-betweens, is more than enough tumult to unsteady any man – or woman. And so I'd like to introduce some of the non-Hollywood/non-comic book super heroes for your consideration:

"Statman." Because of the seriousness of the underlying diagnosis, lab work is always ordered "stat," meaning top priority. "Statman" has the wherewithal to learn results quickly and not allow potentially negative results to affect his day-to-day activities. Much easier said than done.

"Stuperman." Because of the exhausting side effect of some heavy-duty chemotherapy infusions, the patient is often dazed and confused after treatment. Add in some ongoing sleep deprivation – and anxiety, and the patient's ability to get out of his or her own way is compromised. Yet, "Stuperman" endures, somehow. No longer can he leap tall buildings in a single bound, though.

"Iron-Deficiency Man." Because some chemotherapy obliterates both white and red blood cells, cancer patients are often terribly anemic and quite weak, and unable to fend for themselves. In effect, there is no fuel in the tank. Still, "Iron-Deficiency Man" manages to complete his most basic tasks: eating and going to the bathroom. Not without a struggle, though.

"Sedentary Man." Is able to stay in one place for hours, hardly moving. Nevertheless, given the extreme fatigue and the challenge of moving even 10 feet, "Sedentary Man" is still able to work the television remote, walk to the mailbox and pet the cats.

"Port Man." Due to the recurring nature of most chemotherapy (every three weeks, generally), often a device is implanted in the patient's chest to avoid potential vein collapse that regular intravenous injections – and their toxicity (lasting six hours plus) – can cause. "Port Man" is able to endure the temporarily permanent implant and live his life as if a foreign object has not been embedded just under the surface of his skin. (It would certainly get under my skin.)

Thor/Thorazine. Because of the side effects of dexamethasone, a drug prescribed to facilitate the absorption of the chemotherapy infusion, serious hiccups result. Though not exactly the hammer, Thorazine, at 25MG, stops the hiccups and saves the day.

"Chemosabe." There's no more important person in a cancer patient's life than his or her companion. And though it's equally important to never feel like a lone ranger, for a cancer patient to be treated respectfully and affectionately carries benefits Tonto likely never imagined.

"Barco Lounger." While being infused non-stop for up to seven hours, "Barco Lounger" can recline in one chair, in one place, for the entirety of his/her treatment. Moreover, while tethered to an I.V. pump, "Barco Lounger" is able to read, write, eat, drink, even go the bathroom (with a few minor adjustments) without ever stopping the infusion. Certainly, receiving the medicine is important, but so too is having some control over your environment. "Barco Lounger" succeeds on all fronts.

Legendary Hollywood actress Bette Davis is credited with having said: "Old age ain't no place for sissies." As a 61 and half years-old, seven years and five months-long cancer survivor, I would welcome old age and the arrival of yet another cancer-patient super hero: "Survivor Man," who lived years beyond his original "13-month to two-year prognosis."

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

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