Healthy and Delicious At Height Of Summer

Cory McCleaf of McCleaf’s Orchard stacks fresh ripe peaches at the Potomac Farmers Market. The bounty of summer produce comes to the market on the corner of Falls and S. Glen roads every Thursday, 2-6:30 p.m.
Shillelagh’s Travel Club
100 East Street SE, Suite 202 • Vienna, Virginia 22180
703.242-2204 • 1-800-556-8646
Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.

OVERNIGHT GETAWAY TO PA! Sept. 12-13
Wolf Sanctuary, Aged Horses Farm, Yandle’s Recovery Tour & Tasting.
Celebrated Railfan!! Includes Motorcoach from Vienna, McLean Metro or Rockville, Overnight At Best Western, Breakfast & Dinner, Sightseeing.

HALLOWEEN PARTY AT CLUB MED, FLORIDA Oct. 29-Nov. 4
All-Inclusive Club Med’s Sandpiper Resort! 6 Nights with All Meals & Beverages including alcoholic, Activities, Entertainment & Fun Transportation is Additional. Motorcoach will depart from Vienna, Rockville or McLean Metro.

IRELAND FOR NEW YEAR’S! Dec. 27-Jan. 2
Includes air from Dulles, 5-nights Hotel, daily breakfast, 2 dinners & New Year’s Eve Dinner with wine, Sightseeing – Call for Itinerary.

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

The public is invited to comment on a new Pay-by-Plate payment option, available by June 2020, which will allow tolls to be automatically billed to credit cards at the same rate that cash customers pay today; new vehicle classifications, available by September 2020, providing lower toll rates for motorcycles and for vehicles towing one- and two-axle trailers, such as those for watercraft or landscaping equipment; and a new 15 percent discount for Video Tolling customers who pay before invoices are mailed, available by December 2020.

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

Montgomery County Agricultural Fair
The 71st Montgomery County Agricultural Fair will occupy the Fairgrounds from Aug. 9-16. From the community to kids, we hope you will find fun for everyone! Check out the Free Entertainment page for full descriptions.

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

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

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

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

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

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

Kountry K-9’s - These amazing rescue canines will do such things as skateboard races, walking on whiskey barrels, a little bit of magic and a whole lot more.

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

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

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

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

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

The Milking Parlor – where you can Milk a Cow by hand for $1, on various days and times. This See News Briefs, Page 7
Jake Cassell, 17, Dead in Bike/Vehicle Collision

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

By Peggy McEwan
Potomac Almanac

The death last week of Winston Churchill High School student Jacob (Jake) Cassell in a bicycle accident has community members sharing their grief and their happy memories of a young man who was a light in their lives.

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

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

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

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

“Detectives from the Montgomery County Department of Police – Collision Reconstruction Unit (CRU) are investigating a fatal bicycle-involved collision that occurred yesterday in Bethesda,” according to police reports, “on Wednesday, July 31, at approximately 4:52 p.m., 2nd District officers and Fire and Rescue personnel responded to the intersection of Old Georgetown Road and Beech Avenue for the report of a serious collision involving a bicyclist and a vehicle.

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

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

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

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

Jake was a Churchill Bulldog in more ways than one. He was the student mascot, and dressed as a bulldog at school events last year. “The Bulldog embodies the true dynamism and attitude of Churchill High School,” Bruce Adelson, Churchill PTSA President from 2017-2019, said. “As the Bulldog, Jake was an energetic and creative exemplar of Winston Churchill High School’s indomitable spirit and indomitable students. He will be sorely missed. We mourn for Jake with his family and friends.”

Adelson called Jake’s death a terrible tragedy.

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

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

From Churchill athletics: This is an enormous loss for the Cassell family, our community and anyone who has ever come in contact with Jake. His smile and heart were bigger than his Bulldog costume and no bike lane. Jake was on a sidewalk of Old Georgetown Road and no bike lane. Jake was on a narrow section of sidewalk.

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

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

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

A Celebration of Life in honor of Jake (10/10/2001 - 8/1/20019) will be held from 2-3:30 p.m., Friday, Aug. 9 in the Winston Churchill High School Auditorium, 11300 Gainsborough Road, Potomac.

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

In honor of Jake (10/10/2001 - 8/1/20019) will be from 2-3:30 p.m., Friday, Aug. 9 in the Winston Churchill High School Auditorium, 11300 Gainsborough Road, Potomac.

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

Celebration of Life

A Celebration of Life in honor of Jake (10/10/2001 - 8/1/20019) will be held from 2-3:30 p.m., Friday, Aug. 9 in the Winston Churchill High School Auditorium, 11300 Gainsborough Road, Potomac.

In lieu of flowers, the family is asking for donations to The Diener School (https://thedienerschool.org/Donate-Jake/)
Local farmer’s markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season’s bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

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

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

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

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

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

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. “Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. “Complicated recipes are not needed when quality summer produce is available … in fact it’s better to cook simple recipes that bring out the food’s flavor.”

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

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

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

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

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

**WELLBEING**

**Summer’s Bounty: So Healthy and Tasty!**

By Marilyn Campbell

The Connection
**Potomac REAL ESTATE**

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

In May 2019, 72 Potomac homes sold between $4,200,000-$329,900.

<table>
<thead>
<tr>
<th>Address</th>
<th>BR FB HB</th>
<th>Postal City</th>
<th>Sold Price</th>
<th>Type</th>
<th>Lot AC</th>
<th>PostalCode</th>
<th>Subdivision</th>
<th>Date Sold</th>
</tr>
</thead>
<tbody>
<tr>
<td>9712 Glynshire Way</td>
<td>5..4..1</td>
<td>POTOMAC</td>
<td>$1,300,000</td>
<td>Detached</td>
<td>0.20</td>
<td>20854</td>
<td>CLAGETT FARM</td>
<td>05/17/19</td>
</tr>
<tr>
<td>8003 Cobble Creek Circle</td>
<td>5..4..1</td>
<td>POTOMAC</td>
<td>$1,295,000</td>
<td>Detached</td>
<td>0.20</td>
<td>20854</td>
<td>POTOMAC CREST</td>
<td>05/31/19</td>
</tr>
<tr>
<td>23 Beman Woods Court</td>
<td>5..4..1</td>
<td>POTOMAC</td>
<td>$1,287,500</td>
<td>Detached</td>
<td>0.21</td>
<td>20854</td>
<td>AVENEL</td>
<td>05/17/19</td>
</tr>
<tr>
<td>7301 Loch Edin Court</td>
<td>6..5..2</td>
<td>POTOMAC</td>
<td>$1,252,500</td>
<td>Detached</td>
<td>2.02</td>
<td>20854</td>
<td>MAZZA WOODS</td>
<td>05/16/19</td>
</tr>
<tr>
<td>10902 Larkmeade Lane</td>
<td>5..4..1</td>
<td>POTOMAC</td>
<td>$1,230,900</td>
<td>Detached</td>
<td>0.20</td>
<td>20854</td>
<td>BELLS MILL ESTATES</td>
<td>05/16/19</td>
</tr>
<tr>
<td>8113 River Falls Drive</td>
<td>5..4..1</td>
<td>POTOMAC</td>
<td>$1,225,000</td>
<td>Detached</td>
<td>1.18</td>
<td>20854</td>
<td>RIVER FALLS</td>
<td>05/22/19</td>
</tr>
<tr>
<td>9209 Barnsworth Dr</td>
<td>4..3</td>
<td>POTOMAC</td>
<td>$1,179,000</td>
<td>Detached</td>
<td>1.18</td>
<td>20854</td>
<td>BRADLEY RD ESTATE</td>
<td>05/02/19</td>
</tr>
</tbody>
</table>


A Trace Left by the Future

Solo exhibition by Washington, D.C.-based artist and VisArts Studio Fellow Jonathan Monaghan, featuring new sculpture, video, print and installation work which uncovers fears and anxieties about an increasingly technological future. Première is Out of the Abyss, a 19-minute seamlessly looping video installation also presented as new 2D and wallpaper work. These cryptic works draw attention to the increasingly blurry lines between the natural and artificial. Through Aug. 11 at the Gibbs Street Gallery, 155 Gibbs St., Rockville. Visit www.visartscenter.org/gallery/venue/gibbs-street-gallery/ for more.


Bands on the Boardwalk. 6-9 p.m. on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. Dine al fresco and see i81 live on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. See the J.J. Bills Band live on the Boardwalk Stage (near Union Jack’s). Visit www.riolakefront.com/events/concerts-on-the-boardwalk/ for more.

Monday, August 12

Flower Beds Preschool Classes. 10:30 a.m.-11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Storytime experience for the youngest learners. Library provides the toys, music and participants bring the smiles. This program is for children aged 6 years old and younger. Adults must accompany children. $7 per child. Registration required. Call 202-238-0230 or visit www.ampbystrathmore.com or call 301-581-5100.

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

SUNDAY/AUG. 18


WEDNESDAY, AUG. 21

Book Discussion Group. 1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Discussion this week is for adults to discuss Night Owls by Joaquin Roarty. Call 202-238-0230 or visit www.riolakefront.com/events/nando-friarty-night-concerts/ for more.

SATURDAY, AUG. 24

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

SATURDAY, AUG. 24

Maryland Renaissance Festival. Crownsville, Md. The Maryland Renaissance Festival celebrates the spirit of England’s Elizabethan era. This is a weekend of thrills, feast, handmade crafts, entertainment and more. Live music every Saturday and Sunday. Two weekends left. Discounted adult tickets are onsale now. Visit www.marylandrenaissancefestival.com for more.

August 8 - 25

Strathmore’s Bloom Concert Series: The Chopteeth Afrofunk Big Band.

6:30-8:30 p.m. on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. Dine al fresco and see the I81 Live band on the Boardwalk Stage. Live music every Saturday through September. Visit www.riolakefront.com/events/concerts-on-the-boardwalk/ for more.

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

SUNDAY/AUG. 18


WEDNESDAY, AUG. 21

Book Discussion Group. 1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Discussion this week is for adults to discuss Night Owls by Joaquin Roarty. Call 202-238-0230 or visit www.riolakefront.com/events/nando-friarty-night-concerts/ for more.

SATURDAY, AUG. 24

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

SATURDAY, AUG. 24

Maryland Renaissance Festival. Crownsville, Md. The Maryland Renaissance Festival celebrates the spirit of England’s Elizabethan era. This is a weekend of thrills, feast, handmade crafts, entertainment and more. Live music every Saturday and Sunday. Two weekends left. Discounted adult tickets are onsale now. Visit www.marylandrenaissancefestival.com for more.
Some Trek: To Go Where This Man Has Never Gone Before

By KENNETH B. LOURIE

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

Never more so than when your quarterly CT scan is imminent, sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there’s none with electro-medical being what it is, one does receive multiple reminders: text, email and the occasional call.

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

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

So, if and when the chips and/or the "chippee" are to fall, the one who has to be ready for it is one's oncologist. Which is why one’s oncologist to focus your attention on the fact that it's now time to begin living with what an oncologist originally characterized back in early 2009, as a "terminal disease,” non-small cell lung cancer stage IV (and giving you a "13 month to two year" prognosis, to boot).

A discussion whose initial progression consists of you and your oncologist talking about "quality of life" challenges. Of how a CT’s imminence affects one's life.

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

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

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

So, if and when the chips and/or the "chippee" are to fall, the one who has to be ready for it is one's oncologist. Which is why one’s oncologist to focus your attention on the fact that it's now time to begin living with what an oncologist originally characterized back in early 2009, as a "terminal disease,” non-small cell lung cancer stage IV (and giving you a "13 month to two year" prognosis, to boot).

A discussion whose initial progression consists of you and your oncologist talking about "quality of life" challenges. Of how a CT’s imminence affects one's life.

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

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

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

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

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

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

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT’s imminent affects one's life.
COME CELEBRATE
“THIRSTY THURSDAYS”
AT POTOMAC PIZZA!

ALL DAY ON THURSDAYS!

$2.00 DRAFT BEERS
1/2 PRICED BOTTLES OF WINE

Dine-in only. Please drink responsibly.

POTOMAC PIZZA
www.potomacpizza.com
Dine-in, Carry-out, Delivery & Catering
Serving Our Communities Since 1978

CHEVY CHASE CENTER
301 951 1127
19 Wisconsin Circle
Chevy Chase, MD 20815

COLLEGE PARK
240 582 5242
7777 Baltimore Avenue
College Park, MD 20740

POTOMAC PROMENADE
301 299 7700
3912 Falls Road
Potomac, MD 20854

TRAVILLE VILLAGE CENTER
301 279 2234
9700 Traville Gateway Drive
Rockville, MD 20850