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Saturdays
At Dream
Catcher
Meadows

NEWS, PAGE 3

A+

PAGE, 4

Dr. Susan Rich operates Dream Catcher Meadows in Potomac, providing supportive programs for individuals with Fetal Alcohol Spectrum Disorders and other neurodevelopmental disorders. Here she grooms one of her very tame goats that help children feel comfortable on the farm.

Coping with
Back-to-School Anxiety

PAGE 4

Sold for How Much?

REAL ESTATE, PAGE 5

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PHOTO BY PEGGY McEWAN/POTOMAC ALMANAC REAL ESTATE MAP, PAGE 5 ♦ ENTERTAINMENT, PAGE 6 ♦ KENNY LOURIE, PAGE 7

KindWorks Takes Supplies to Texas Border

After collecting enough supplies to fill a 16-foot truck KindWorkers drove to the Texas border to where supplies were most needed.

By PEGGY McEWAN
POTOMAC ALMANAC

Potomac resident Debra Lang and nonprofit KindWorks performed a long-distance act of kindness this month, taking donations from Montgomery County to refugees in need along the Texas-Mexico border.

"We worked in three Texas towns, Laredo, McAllen and Brownsville," Lang, executive director of KindWorks, said. "Our project was really to deliver to the centers."

As with many acts of kindness, the idea to help people in centers along the border started with one person, was picked up by another and grew from there.

"It started with Margaret Diamond, [of Rockville], she has a huge heart and knew she had to find a way to help," Lang said. "She mentioned it to Jordana Carmel of Kensington who started collecting supplies."

Workers at the Montgomery County Volunteer Center suggested the two women connect with a nonprofit and suggested KindWorks.

Do KindWorks

With more than 20 monthly service opportunities, KindWorkers support newly arriving refugees, serve meals and throw parties in shelters, clean up parks and neighborhoods, help homeless and formerly incarcerated individuals get back on their feet, cook recovered food together for the benefit of the food insecure, setup fully furnished and well stocked homes for families having had to flee domestic violence, and dozens of other flexibly scheduled, selfless acts of support and kindness. We offer one-time projects and ongoing opportunities. See www.dokindworks.org/ and www.facebook.com/DoKindWorks/



PHOTO COURTESY OF KINDWORKS

Jordana Carmel of Kindworks handing out supplies at a tent city right over the bridge from Texas in Mexico. The group collected supplies in Montgomery County and drove a truckload to the border to distribute them to those in need.

"It was our nonprofit and their idea, we wanted to help them make it huge," Lang said. There were 15 collection sites, some at churches or hospitals, some even at private homes in the county, with a few in DC and Virginia, Lang said.

Altogether the group collected enough essentials such as diapers, wipes, onesies, underwear, socks, soap, hairbrushes, toothpaste and toothbrushes, to fill a 16-foot truck.

"During five days in early August we drove down, visited various bus terminals, Catholic Charities respite centers and a US detention center and worked with local support groups to distribute those supplies,

wherever possible and as needed."

"We are incredibly inspired by the tremendous group effort to support "others" who are so very far outside of our daily lives, and the expressed desire to let 'them' know how much we care about how they are living and how they are doing," reads a posting of KindWorks' website.

The groups worked with the Angry Tias and Abuelas (www.facebook.com/angrytiasandabuelas/) and Catholic Charities to get the donations where they were most needed.

"They were our eyes and ears on the ground," Lang said. We are not interested in [politics], we saw a need and filled the

need." KindWorks has several on-going projects locally that volunteers can sign up for, on a one-time or longer basis.

The group is also sponsoring an Inspiration Day Sept. 22 at the River Falls Club House, 7915 Horseshoe Lane, Potomac.

KindWorks Inspiration Day, Sunday, Sept 22, 1-3 p.m. You may think that you have little in common with refugees, the formerly incarcerated, or those experiencing homelessness. Think again. Join us for a revealing conversation with some "other" people in our community to find out just how similar we all are.

Information can be found on the website: www.dokindworks.org.

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NEWS

Special Place for Inclusion

Local farm offers serenity and sustainability for people dealing with affects of prenatal alcohol exposure.

BY PEGGY McEWAN
POTOMAC ALMANAC

There is plenty new at Dream Catcher Meadows in Potomac: new name, new garden, new compost pile and new volunteers every month.

But the six-acre farm, once called Dream Catcher Farm, is sticking with its original vision to offer an opportunity “for belonging and inclusion for neurodiverse and neurotypical individuals.”

Last Saturday the farm was open for “Saturdays on the Farm,” a twice monthly opportunity for community members to visit the farm and volunteer with the animals, work in the garden or just relax.

Dream Catcher Meadows is the vision of Susan Rich, MD, MPH, who has a private practice in child and adolescent psychiatry. It is operated by 7th Generation Foundation, Inc., a 501c3 established in 2014 and “dedicated to raising awareness and developing inclusive, supportive programs for individuals with neurodevelopmental disorder associated with prenatal alcohol exposure and related conditions,” according to the farm brochure.

“The idea of teaching children [farm] skills is that it gives the life skills and job skills plus confidence,” Rich said.

She said she started using animals with



Volunteers Lara Hattab and Jacob Stefanick shovel wood chips to be used as mulch in Dream Catcher Meadows' vegetable garden.

children after a young client had a meltdown. She had a rescue guinea pig and found the guinea pig helped the client calm.

“Evolutionarily, we evolved with animals,” she said.

Vicky Skene, of Toronto, Canada, whose grandparents began a website for families with Fetal Alcohol Syndrome: Fasworld Canada, is spending her second visit at Dream Catcher Meadows. She said she comes for a month each summer.

“It’s a nice break,” she said. “It’s a judgment free zone. Susan is always here to guide you.” Vicky also said the animals are very calming and she often spends time in the barn with the goats.

Amy Dine and her son Jacob Stefanick spent much of Saturday working in the newly established organic garden. They



Ethan Greenstein, a recent Winston Churchill High School graduate, volunteers regularly at Dream Catcher Meadows.

Saturday on the Farm

Saturday, Aug. 24, 2019, 10 a.m. – 2 p.m.

Come out to enjoy the benefits of nature and interacting with farm animals - building structures for the goats, digging a pit for the pig, watering/weeding the garden, or cleaning out a stall.

MCPS students can earn SSL hours while participating in the agricultural activities and young adults can learn job skills while socializing with others.

We typically have donuts, bottled water, and snacks. Volunteers are encouraged to bring a bag lunch and their own reusable water bottle. Long pants, boots or work shoes, and gloves are recommended.

Volunteers will sign a waiver upon arrival. We meet at the back of the property by the barn. Children ages 8 to 14 must be accompanied by a parent and younger than age 8 are unable to participate at this time in the Saturday on the Farm program.

<https://www.facebook.com/susan.d.rich.5>

<https://www.facebook.com/DreamcatcherMeadow/>

have planted the “Three Sisters,” corn, beans and squash, plus watermelon, radishes and carrots.

Dine believes Rich’s vision of a farm and wellness center is perfect for her needs and those of her son. “It’s been a truly remarkable place to come for both me and my son,”



Anna Bennetsen, visiting from San Francisco, is greeted by Sparky at Dream Catcher Meadows on Saturday.

PHOTOS BY PEGGY McEWAN

Two Climate Workgroups Focused on Community Engagement

Montgomery County has launched a planning process to develop prioritized actions and strategies to meet its greenhouse gas (GHG) emission reduction goals of 80 percent by 2027 and 100 percent by 2035. The county has already formed three “technical workgroups” of experienced volunteers that will help in this effort. Now the county is seeking volunteers for two additional workgroups.

Montgomery was the first county in the nation to declare a “climate emergency.” Earlier this summer, three technical workgroups — on buildings, clean energy and transportation — were formed to help identify the needed strategies. The county is now seeking volunteers to serve on workgroups focused on community engagement and education and climate adaptation.

Interested individuals should have expertise related to the workgroup topics, including identifying economic and equity challenges and opportunities that might arise

in meeting these goals. Applicants not selected for the original three workgroups will automatically be considered for the new workgroups. The deadline to submit letters of interest is Sept. 15.

The workgroups will:

- ❖ Review past County climate reports and plans and best practices from other jurisdictions.

- ❖ Recommend actions and innovative strategies for community engagement/education and for climate adaptation/sequestration.

- ❖ Identify metrics that can be tracked, as well as data and knowledge gaps that could benefit from additional technical analysis.

Each workgroup will consist of community members as well as county staff. Workgroups will convene approximately once a month from Fall 2019 to early 2020. Meetings will be held on a weekday or weeknight, in Rockville or Silver Spring. Workgroup members are expected to attend

each meeting in person.

Following the workgroup convening process, the public will be invited to review the workgroup findings and provide input. A description of each workgroup:

- ❖ Climate Adaptation and Sequestration Workgroup: Climate change has created new weather patterns. Here, this is most evident in the frequency of rainfall events that create flooding and drainage issues. This workgroup will develop recommendations for reducing the county’s climate change vulnerability and strengthening the county’s ability to prepare for and withstand threats (known as hazard mitigation). Other topics for exploration include the effect of periods of high heat on vulnerable populations, the reliability of the electric grid and the reliability of public infrastructure. The workgroup also will develop recommendations for carbon sequestration, which is the process of removing carbon from the atmosphere and storing it (such as in soil through

tree planting or regenerative agriculture). Specific skills/background sought for volunteers: public health, agriculture, green infrastructure, emergency management, climatology, utility/energy management, social services and/or finance/economics.

- ❖ Public Engagement/Education Workgroup: Engaging the public regarding climate change and the county’s aggressive climate goals is vital to the success of all other county efforts. If the public does not understand the issues the county is trying to address, and the policies and programs that may be put in place, the county’s greenhouse gas reduction efforts will not reach their full potential. This workgroup will identify opportunities to communicate with and educate residents about the urgency of taking climate action; advise on effective communications strategies for engagement with diverse audiences; identify partners and linkages to other issues that people care

SEE CLIMATE WORKGROUPS. PAGE 7

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PHOTO BY MARILYN CAMPBELL

Jaelyn Wheeler is helping her children transitions from a care free summer to structured school year.

Back-to-School Anxiety

Easing in to the new year.

BY MARILYN CAMPBELL

After summer camps and a vacation abroad, Jaelyn Wheeler is easing her children into the new routine that they will face later this month when they return to school. She's purchased school supplies and created and laminated a schedule of activities for before and after school. "They've been staying up until the wee hours of the morning, but I've been getting them to bed early and waking them up early," she said. "I've bought organizational supplies from the Container Store to help organize their desks at home so they have a clear workspace for doing homework."

When months of swimsuits, summer camp and lazy days turn into early rising, classroom desks and school bells, many families will feel the shock of a sudden shift in schedule. Faced with the reality of nightly homework, the need to perform well academically and the peer pressure that often comes with returning to school, many parents and children can feel anxious about starting a new school year.

"Children often worry if they will be able to cope with the demands of their new grade, said therapist Carol Barnaby, LCSW-C. "Will they be smart enough? Will they disappoint their parents? Will their teacher like them? Will they fit in with their peers? Will they be bullied? Will they be good enough to make the sports team? The worries can go on and on."

The increased pressures of perfectionism in both academic and extracurricular endeavors can feel daunting, especially after an easy-going summer.

"The social stressors of fitting in, being included [and] being accepted combine to create stress that is only increased by social media," Vicki Kirsch, Ph.D., LCSW Associate Professor of Social Work at George Mason University. "It's not only the difficulties of finding a group to sit with in the cafeteria, but also now criticism and bullying through social media."

As children approach adolescence, peer pressure can intensify such stress, suggests Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University.

"In fact, new school year stress for school-aged children is usually more tied in with pressure to make friends, fit in, wear the right clothes, shoes and backpacks and who will be in their class," she said. "For parents, stress relates more to their expectations of

school performance and other school or extracurricular activities."

Parents can comfort and support their children by acknowledging and validating a child's angst, says Guluyn. "Listen to their concerns and anxieties about social relationships. Help them ease into the transitions," she said. "[Their anxiety] will probably be relieved after a day or two. For younger students it might help to check in with the classroom teacher about these concerns, then drop him or her an email."

As Wheeler did with her children, Barnaby encourages parents and children to develop and discuss the new daily routine to create a concrete awareness of the shifts that are about to occur. "Gradually easing into the schedule can help kids cope with stress and encourage a return to routines, she said. "That includes eight to ten hours of sleep each night, turning off and putting away electronic devices 60 minutes before bed, eating healthy meals and spending time together talking about plans to manage the demands of the new school year."

Managing such stress should include more than academics, like unstructured free time suggests Barnaby. "Try not over schedule children with too many activities," she said. "Create calming spaces in the home to unwind. Sit quietly with your child to just be together. Try a guided meditation. Make time to talk about how things are going, what things are going well and what things they are finding challenging."

Learning and practicing self-care at an early age is a useful way to manage stress, advises Kirsch. "[It's] perhaps the best way," she said. These tools are always with us and the only requirement is to practice self-care skills to increase their effectiveness. Deep, focused breathing, meditation, and mindfulness are all ways to manage stress. People often confuse these three techniques with each other, but they are individual skills that can overlap but can also be practiced separately."

"For example, one can do a regular activity such as washing one's hands or walking to the bus stop in a mindful way by focusing in the present and examining experiences utilizing the five senses. "What am I seeing, smelling, touching, hearing, and tasting?" continued Kirsch.

Gulyn encourages students to focus on the joy they will feel when they are reunited with their friends. "Keep in mind that most other kids are a little stressed and scared about back-to-school stuff, too," she said. "But now you are a grade higher and definitely ready for the next year."

THE CONNECTION

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SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

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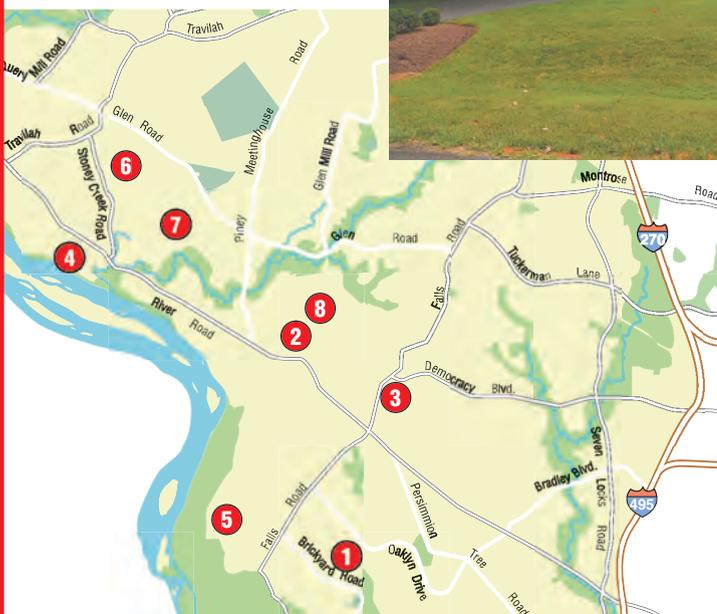
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ENTERTAINMENT

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

ONGOING

Summer Read and Learn Begins. This year's theme for The Montgomery County Public Libraries' (MCPL) 2019 Summer Read and Learn Program is "A Universe of Stories," encouraging children of all ages to dream big, believe in themselves, and create their own stories. Space is featured in celebration of the 50th anniversary of the moon landing. Children from newborn to 12 years old and teens, 13-17 years of age, are invited to sign up online or at any branch through Aug. 31. Participants who read and/or take part in fun learning activities can earn prizes (while supplies last); vouchers to a Friends of the Library, Montgomery County (FOLMC) bookstore; or raffle entries. Visit www.montgomerycountymd.gov/library.

Wings of Fancy. Exhibit hours through Aug. 31 are 10 a.m.-1 p.m. weekdays and 10 a.m.-5 p.m. weekends. Hours will be 10 a.m.-5 p.m. daily Sept. 1-22 at Brookside Gardens South Conservatory, 1800 Glenallan Ave., Wheaton. A live butterfly and caterpillar exhibit. Visitors will be surrounded by hundreds of live butterflies from North America, Costa Rica, Africa and Asia. Learn about their metamorphosis, the role butterflies play in healthy ecosystems, and how to ensure these insects thrive. Call 301-962-1400 or visit www.montgomeryparks.org/parks-and-trails/brookside-gardens.

FRIDAY/AUG. 23

Nando's Fiery Friday Night Concerts. 6:30-8:30 on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. Dine al fresco and see The J.J. Billings Band live on the Boardwalk Stage (near Union Jack's). Visit www.riolakefront.com/events/nandos-fiery-friday-night-concerts/ for more.

AUG. 23-SEPT. 2

Maryland State Fair. 10 a.m.-10 p.m. at the Maryland State Fair Grounds in Timonium. Celebrating its 138th year, MY Maryland State Fair recognizes the enduring appeal of Maryland's citizens, students, and 4-H and FFA members to share their talents and compete for ribbons, prizes and bragging rights. The Fair's buildings, barns and stages provide space for thousands of fairgoers to appreciate the exhibits, learn from the exhibitors, and consider entering a future fair. The Fair will also feature the thrills and chills, sights, sounds and aromas of

numerous Midway and Kidde Land rides, games, and food provided by Deggeller Attractions. For those with a more local palate, the Maryland Foods Pavilion, Dairy Bar, and Chesapeake Craft Brew & Wine Garden, will showcase fresh from the farm and Chesapeake Bay food and drinks. Visit www.marylandstatefair.com.

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.

Ice Cream Social for Charity and Exotic & Classic Car Show. 11 a.m.-3:30 p.m. on the plaza at Park Potomac Place condos, 12500 Park Potomac Ave. Fun for the whole family. Join neighbors and friends in helping underprivileged children go back to school feeling confident, proud and ready to learn. Bring backpacks to win prizes. Ice cream tickets are \$5 in advance (front desk at Park Potomac Place condos), \$10 at the event. Visit www.facebook.com/events/2312574535464684/ for more.

16th Annual Silver Spring Jazz Festival. 3-10 p.m. in Veterans Plaza by the Silver Spring Civic, One Veterans Place. Jazz legend Arturo Sandoval is the headliner for the Silver Spring Jazz Festival, which includes a full lineup of jazz artists and ensembles including Marcus Johnson; Lenda Seikaly; Paul Carr and the Real Jazz Ambassadors; Eric Byrd Trio; Collaboration; and Allison Crockett. The festival features two stages of afternoon and evening entertainment. Free admission. Visit <https://www.silverspringdowntown.com/silver-spring-jazz-festival>.

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

Live Comedy. 8 and 10 p.m. at Cissel-Saxon American Legion Post 41, 8110 Fenton St., Silver Spring. Comic Sara Armour (Last Comic Standing) headlines Stand-Up Silver Spring, with Loy Lee, D Lo, and Maddox Pennington in the line-up. \$16-\$25, at improbablecomedy.com.

SATURDAY-SUNDAY/AUG. 24-25

Art Exhibit: Points of View. Saturday, noon-8 p.m.; Sunday, noon-5 p.m. at The Yellow Barn

Art Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring E Street Artists. An artists' reception is planned for Saturday, Aug. 24, 4-6 p.m. Visit www.yellowbarnstudio.com.

SUNDAY/AUG. 25

Genealogy in the Comics: A Kids' Lecture for Grownups. 1-3:30 p.m. at Bender JCC, 6125 Montrose Road, Rockville. The Jewish Genealogical Society of Greater Washington (JGSGW) and the Bender JCC are co-hosting a special August workshop, Genealogy in the Comics: A Kids' Lecture for Grownups presented by Daniel Horowitz. Activities include consultations with genealogy "mavens" followed by the program at 1:30. Free and open to the public. Email jgsgw@jgsgw.org or visit jgsgw.org.

AUG. 24-OCT. 20

Maryland Renaissance Festival. Crownsville, Md. The Maryland Renaissance Festival celebrates its 43rd season with nine weekends of thrills, feasting, handmade crafts, entertainment and merriment. The 27-acre Village of Revel Grove comes to life each autumn with more than 200 professional performers on 10 stages in the forests and glades with over 140 artisans exhibiting crafts in their own renaissance shops, five taverns featuring cool libations, and 42 food and beverage emporiums. Tickets Aug. 24-Sept. 8, \$9-\$20; tickets Sept. 14-Oct. 20, \$12-\$27. Group and multi-day discounts available. Children under 7, free. Visit www.marylandrenaissancefestival.com for more.

MONDAY/AUG. 26

Learn Basic Knitting. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Knitting is a great way to relax and spend time. Bring a needle craft project in progress or use the library's limited supplies. For ages 8 and up. All skill levels welcome. Meets once a month (except December). Call 240-777-0694.

WEDNESDAY/AUG. 28

Turning Point: The Quest for a Cure. 6-8:30 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Leadership Montgomery, in partnership with the BrightFocus Foundation, presents a special screening event of the captivating new documentary Turning Point from filmmaker James Keach (Academy Award-nominated Glen Campbell...I'll Be Me). Following the film screening, there will be a panel discussion with local experts to talk about the film, the latest

research and available local resources. A 30-minute reception will be offered before the film begins, light refreshments will be provided. Admission is free but registration is required at www.eventbrite.com.

THURSDAY/AUG. 29

Community Conversation. 7 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Councilmember Will Jawando will host a community conversation to discuss the fiscal year 2020 budget, the state of the County's library system and listen to concerns from community members on County issues. Free. RSVP to Walton.Harris@montgomerycountymd.gov or at 240-777-7945.

AUG. 30-OCT. 6

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

SATURDAY/AUG. 31

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

Open House for Classes. Noon-4 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Join the free Open House for Classes and explore the many classes and workshops offered at Glen Echo Park.

Participate in a free workshop, meet instructors, tour the Park, and try something new. Visit Resident Artists' studios, view demonstrations, and enjoy theater performances and family programs. Visit www.glenechopark.org or call 301-320-1400.

Bands on the Boardwalk. 6-9 p.m. on the Rio Lakefront at 209 Boardwalk Place, Gaithersburg. See Among the Stars live on the Boardwalk Stage.

Live music every Saturday through September. Visit www.riolakefront.com/events/concerts-on-the-boardwalk/ for more.

Potomac Artists Prepare for Glen Echo Art Exhibit

BY PEGGY McEWAN
POTOMAC ALMANAC

Three Potomac artists along with two others, make up the E Street Artists, who will exhibit works at The Yellow Barn Gallery in Glen Echo Park Aug. 24 and 25.

Titled Points of View, the exhibit features the work of Nimi Trehan, Jasmin Smith and Sabiha Iqbal, all of Potomac, plus Ferial Ben Salem of Chevy Chase and Guillermo Munoz of Bethesda.

In explaining the name of the exhibit, Points of View, Trehan explained that the artists all come from different backgrounds.

"We bring our culture to our art," she said. "Everybody observes things differently and everybody expresses things differently."

The artists, calling themselves the E Street Artists because they all work at the Corcoran School of Arts & Design at the corner of 17th and E streets, will display about 50 paintings for the exhibit.

"Guillermo Muñoz (GAMA) is a chef de cuisine by formation and painter by passion.



The E Street Artists will host an exhibit of their art at Glen Echo Park this weekend, Aug. 24 and 25. Shown from left are Ferial BenSalem, Sabhia Iqbal, Guillermo Munoz, Jasmin Smith and Nimi Trehan.

He expresses his imaginative work through a spontaneous brush and meticulous details," said Trehan.

Sabiha Iqbal says: "My paintings, though based on observation, are really an adventure into the unknown. I keep an open-

minded approach. I'm never afraid to experiment using brush strokes to convey flow."

Jasmin Smith is a Potomac-based artist who has travelled extensively world-wide. She has experimented with many art styles and her work has transitioned to different expressions of abstract styles, including semi-abstract works depicting animals, impressions of cave art, and stylized mandalas

"I work with acrylics and use them like oils. I start with shapes and wander from there. My inspiration comes from the countries I lived in and great artists like Diebenkorn," wrote Ferial Bensalem in her artist statement.

Trehan wrote: "With color and rhythm as my primary tools, my layered paintings carry a hidden meaning, an added level of information, or mystical symbolism. Look beyond the surface to connect with a fragment that resonates at an emotional level"

An artist reception is Saturday, Aug. 24 from 4-6 p.m. Gallery hours that day are from noon to 8 p.m. and on Sunday, Aug. 25, they are from 2-5 p.m.

PHOTO COURTESY NIMI TREHAN



By DEBBIE STEVENS/POTOMAC ALMANAC

Rocket the Wallaby at the Potomac Library Saturday, Aug. 17.

Wallaby and 'Roo at the Library

On Saturday, some Potomac Library patrons got to meet a kangaroo and Wallaby, learning about what they eat and where and how they live, with Roos2U.



Dumpling the seven-month-old Red Kangaroo with Maya and Melissa Schwimer at the Potomac Library.

Acting Library Manager Dave Payne, Tracy Johnson and seven-month-old Dumping, a Red Kangaroo, at the Potomac Library.

Climate Workgroups

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about (such as public health); identify and promote resources that people can use to reduce greenhouse gas emissions and adapt to a changing climate at the household level; and identify mechanisms to conduct on-going "climate conversations" with residents. Specific skills/background sought for volunteers: marketing and communications. Education, youth perspectives, public health and/or community leaders.

Qualified community members interested in volunteering with one or more workgroups can submit an expression of interest, cover letter and resume by Sept. 15 to climate@montgomerycountymd.gov. Anyone interested in serving on multiple workgroups should indicate their first and second choices.

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

SUNDAY/AUG. 25

Low-Cost Pet Clinic. 8-10:30 a.m. at the Montgomery County Animal Services and Adoption Center, 7315 Muncaster Mill Road, Derwood. Rabies vaccinations are free for dogs and cats with the purchase of a Montgomery County pet license for residents of Montgomery County, City of Rockville, and City of Gaithersburg. \$10 microchipping services are also offered. All pets must be brought to the clinic by a responsible adult. Dogs must be secured on a leash. Cats and ferrets must be secured in a carrier. \$10 fee for vaccination of ferrets. \$10 fee for vaccination of pets owned by non-county residents. Call 240-773-5900 for more.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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"Barbasoul"



By KENNETH B. LOURIE

That was a close shave, if I may euphemistically characterize my most recent, blade-free brush with cancer-like symptoms, especially considering that I thought my life was at stake.

The pain was located around my left-side rib cage, exactly where the pain was on that fateful Jan. 1, 2009 day when I couldn't ignore it any longer and thus felt compelled to get off the couch and go to the emergency room.

Though I didn't have any shortness of breath, or difficulty inhaling, exhaling and bending over (all of which I had back then); nonetheless, I thought the worst and didn't fool around this time and made an appointment with my primary care physician as soon as possible, which was for the following day. I didn't have a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

To say that my life was beginning to pass by is a bit of an overstatement to be sure, but it was moving around a little bit. Trying to bury/compartamentalize what a possible recurrence/resistance to my current standard of treatment would mean before I actually met with a physician and received cancer confirmation was the immediate task at hand.

Rationalizing that what symptoms I wasn't experiencing meant something positive/encouraging compared to what I felt 10 and a half years ago was one mental route I was traveling. The other was my usual and customary fall-back position: "It's nothing until it's something."

However, I have to admit "something."

Though I can't speak for all cancer patients/survivors; for me – in spite of my inherited-from-my-father positive attitude – being diagnosed with a "terminal" disease, as clearly described by my oncologist back in late February 2009, creates a sense of inevitability – as does the "13 month to two year" prognosis that followed.

Inevitability, as in one's demise (I'll never forget the walking-down-the-staircase-with-a-yo-yo example he used) and then death is only a matter of time. Time which you don't have and quality of life which you'll never get back.

And when that "inevitability" is most clear is when you have symptoms (related to your cancer or not; you don't know definitively, at least I never do), especially if those symptoms are identical to the ones that got you into this jackpot in the first place.

So yes, I've had a difficult few days fighting the inevitable feelings and wondering if my amazing good fortune had finally run out. After all, a "terminal" disease doesn't generally mean you go on living a normal life expectancy. Au contraire. It means you don't! And at some juncture, the cancer spreads beyond modern medicine's ability to manage it.

Then the patient is given a choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby live a less cancer-centric quality of life with some freedom and independence – and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer doing what it inevitability (there's that word again) does, which is not cure itself. Or try some experimental treatment and hope for the best.

This is the emotional concern and challenge which hangs over my head. Never more so than when I have the symptoms that I did this past week.

Fighting the cancer and fighting these feelings is too much. One at a time I can handle.

Handle it I did as I sat in my doctor's office and in great detail, described my symptoms, and explained what I was feeling and what I wasn't. My internal medicine doctor listened intently as he has since the very beginning when I was first diagnosed. He was calm and reassuring in his assessment.

My symptoms he said were not cancer-related. They "were muscular," he continued, "on the outside of my lungs."

Not lung cancer at all. As such: No lab work. No X-Ray. No CT scan. No nothing. Another reprieve. Life goes on, until

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

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