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Potomac ALMANAC

WELLBEING

PAGE, 4

Raising Research Funds for Cystic Fibrosis

NEWS, PAGE 3

Brynn Miller riding in autumn. Brynn receives daily treatment for Cystic Fibrosis but is tenacious and poised.

Seek Something
 Greener For Drinks

PAGE 4

Sold for How Much?

REAL ESTATE, PAGE 2

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 REAL ESTATE MAP, PAGE 2
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 KENNY LOURIE, PAGE 7

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

June, 2019 Sales, 1,100,000~\$1,390,000

IN JUNE 2019, 79 POTOMAC HOMES SOLD BETWEEN
\$2,780,000-\$345,000.



2 11233 Greenbriar Preserve Lane — \$1,358,000



5 11703
Roberts Glen Court
— \$1,148,000



7 9808 Glenolden Drive
— \$1,100,000

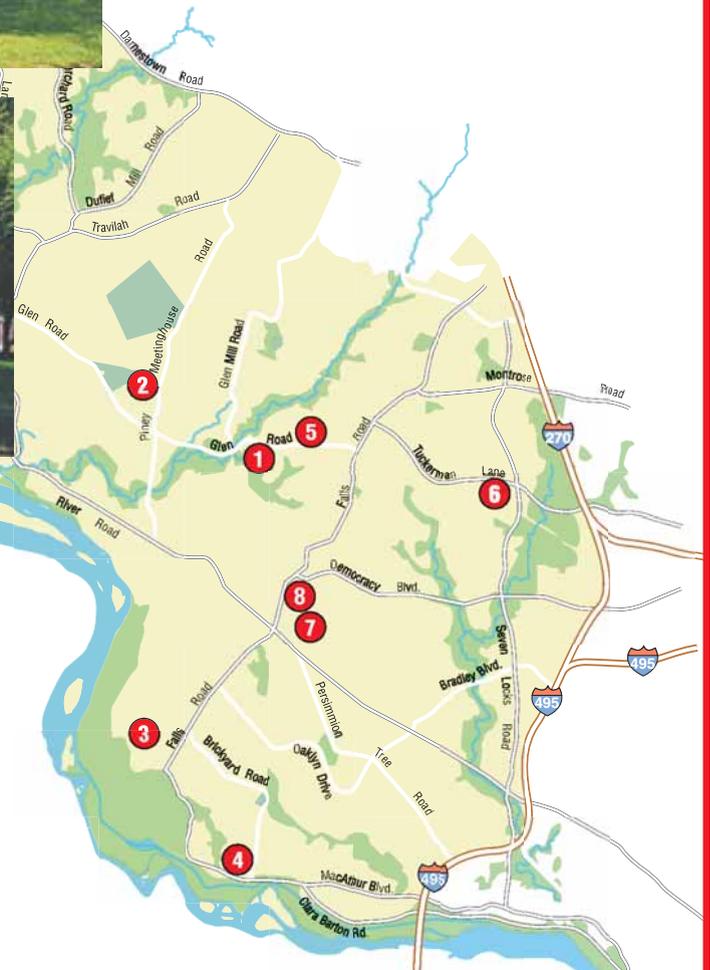
1 11432 Twining Lane
— \$1,390,000



3 8700 Belmont Road — \$1,355,550



4 10505 Stable Lane
— \$1,285,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 11432 TWINING LN	4	4	2	POTOMAC	\$1,390,000	Detached	0.71	20854	GLEN MILL VILLAGE	06/27/19
2 11233 GREENBRIAR PRESERVE LN	5	4	1	POTOMAC	\$1,358,000	Detached	1.09	20854	GREENBRIAR PRESERVE	06/07/19
3 8700 BELMART RD	4	3	2	POTOMAC	\$1,355,550	Detached	2.02	20854	POTOMAC FALLS ESTATES	06/17/19
4 10505 STABLE LN	5	4	1	POTOMAC	\$1,285,000	Detached	0.32	20854	RIVER FALLS	06/21/19
5 11703 ROBERTS GLEN CT	5	4	1	POTOMAC	\$1,148,000	Detached	0.46	20854	ROBERTS GLEN	06/20/19
6 8008 COBBLE CREEK CIR	5	4	1	POTOMAC	\$1,130,000	Detached	0.25	20854	POTOMAC CREST	06/28/19
7 9808 GLENOLDEN DR	4	3	1	POTOMAC	\$1,100,000	Detached	0.46	20854	POTOMAC VILLAGE	06/28/19
8 9900 WOODFORD RD	1	1	0	POTOMAC	\$1,100,000	Detached	0.71	20854	POTOMAC OUTSIDE	06/20/19

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Group photo at the Xtreme Hike for Cystic Fibrosis. Joanne Meszoly, Martin Miller, and hiking friends. Contribute here: <http://fightcf.cff.org/goto/Brynn>



Brynn Miller riding sidesaddle.



Jo Meszoly and her daughter Brynn Miller.



Raising Money for Cystic Fibrosis

“Tenacious, poised” 9-year-old who rides with Potomac Hunt spurs effort.”

BY PEGGY McEWAN

It was an intriguing note on the Potomac Hunt’s Facebook page: “Could you help us raise funds for Cystic Fibrosis research in support of one of our youngest and arguably most tenacious and poised members?”

Brynn is the epitome of not letting a disease define your life even though she battles it every day. She fox hunts, races ponies and even gave a speech about living with CF in front of 500 people at the Grand National! And these are just her equestrian pursuits!

Please consider donating to Jo Meszoly’s Xtreme Hike fundraiser in support of more research into cures and better treatments for CF. <http://fightcf.cff.org/goto/Brynn>.

Brynn is Brynn Miller, a nine-year-old who was diagnosed with Cystic Fibrosis at birth.

“[It’s a disease] that thickens the mucus in your body,” Brynn’s mother Joanne Meszoly said. “The big thing is the lungs and lung infection.”

Meszoly said 30-35,000 Americans have Cystic Fibrosis.

“What is significant is that thirty or forty years ago you didn’t live past childhood [with Cystic Fibrosis],” she said. “Now a drug is available. The FDA approved in 1994 that was a game changer. Now they say 38 is the average life expectancy.”

Meszoly is hopeful that new life extending treatments will become available during Brynn’s lifetime.

“In early 2019, I attended an annual Cystic Fibrosis Foundation meeting, which [discusses] successes and reviews upcoming developments. Despite its upbeat intent, this meeting typically leaves me distressed and upset, as I mull over Cystic Fibrosis’s debilitating nature, and imagine Brynn’s ailing health.

“But — for the first time — this meeting filled me with hope: there is new, undeniable progress in Cystic Fibrosis treatment and management. Gone are the days when CF sufferers rarely lived beyond elementary school. And while Brynn slips on a therapeutic vest twice daily for airway clearance, she won’t be glued to the couch — tethered by tubes and a loud, clunky machine — forever,” Meszoly said.

A battery-operated vest, containing oscillating motors, was recently approved for CF lung therapy.

“Eventually, Brynn will be fitted for a mobile vest, allowing her to roam the house, or even go “walkabout,” (as she often does) while receiving vital airway clearance, Meszoly said.

For now, Brynn said she does not like to be hitched up to a machine twice a day to help move the mucus from her lungs. Which makes the prospect of a portable vest very appealing. Meszoly and her husband Martin Miller are dedicated fundraisers for Cystic Fibrosis research, and for the last seven years have been involved in planning Metro DC’s Xtreme Hike, which this month will be a 25-mile trek in Massanutten, Virginia, Sept. 27-29.

“Xtreme Hike is about reaching new heights physically and philanthropically. It is a journey of passion, determination and personal triumph as much as it is an opportunity to make a difference in the lives of people with cystic fibrosis,” according to the hike’s website. In addition to fundraising, Meszoly and Miller hope to increase aware-

ness of Cystic Fibrosis.

“Without funding and research, we would not have these medications, Meszoly said. “CF is looking for a cure. I don’t expect a cure in Brynn’s life, I’m looking for a longer, fuller life. Quality of life is a big thing.”

Talking to Brynn gives the idea that she too knows the importance of quality in her life. Besides going to school, she is involved in Pony Club and rides with the Potomac Hunt. And she plays soccer.

Though she understands the limits CF puts on her life, she does what she can.

She said the biggest challenge is having to explain her disease to others.

“People don’t understand, it’s an invisible disease,” she said.

She rides her Welsh pony Rocky in the Potomac Hunt where she is the youngest rider. It’s mostly adults, she said.

“I like going fast,” she said. “I like the thrill, and that it’s something only I do,” she said.

To donate to cystic fibrosis research and support Xtreme hike visit Meszoly’s fundraiser site:

<http://fightcf.cff.org/goto/Brynn>

Explore Great Falls Park After Dark for Fundraiser

Special this year will be a night hike to Great Falls Overlook.

BY PEGGY McEWAN
POTOMAC ALMANAC

Once a year Great Falls Park on the C&O National Historical Park is open late for a special event: Park After Dark.

This year the Gala, sponsored by the C&O Canal Trust, will be celebrated from 6-10 p.m. Saturday, Sept. 14 on the grounds of the Historic Great Falls Tavern, in Potomac.

Tickets are still available for the evening which includes dinner, drinks, music, a bonfire, live auction and lots of friendly people sharing their love for the park. Bluegrass music for the evening will be provided by Troy Engle and Southern Skies and Corcoran Catering is providing the food.

Special this year will be a night hike to Great Falls Overlook.

The event is a fundraiser for the C&O Canal Trust, the nonprofit partner of the C&O National Historical Park.

“This year the funds raised will be used for infrastructure improvements including towpath restoration in areas impacted by last spring’s floods,” said Heidi Glatfelter Schlag, Director of Marketing and Communications for the Trust.

The park has a multiyear plan to sustainably rehabilitate the surface of 80 miles of the 154.5-mile towpath, according to information in Canal Quarterly, the C&O

Canal Trust’s summer 2019 newsletter.

“Park After Dark is also coincides with the C&O Canal National Historical Park Superintendent Kevin Brandt’s last day of service before he retires from the Park Service,” Glatfelter Schlag said.

Tickets for park After Dark are \$250 per person or “\$2,000 for a table of eight.

“We typically sell out, so don’t delay,” according to the Canal Quarterly.

For tickets email Patricia Barber, director of development at barber@canaltrust.org or call 301-745-8880.

WELLBEING



PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
THE ALMANAC

Take a quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness..." said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs with-

out moving," continued Elliot. "As we age, often what happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis. "Yoga can lead to better sleep patterns because the mental stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

"Men don't always realize how stressed they until they start talking yoga classes."

—Dawn Curtis,
East Meets West Yoga

Write

The Connection welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
Send to:

Letters to the Editor
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Blue or Red Plastic Drink Cups Cannot Be Recycled

Residents urged to seek greener alternatives.

Those who intend to recycle single-use plastic drink cups made from polystyrene (often blue or red) should be aware that those cups are not recyclable in most

jurisdictions, including Montgomery County.

In fact, placing cups in recycling bins that have No. 6 recycling symbols on the bottom causes interruptions in the recycling process because they must be manually separated from recyclable items.

Montgomery has become a national leader in recycling. The County has improved its waste reduction and recycling rate to more than 60 percent of all solid

waste generated. However, some items that can appear suitable for recycling should instead be placed in the trash.

“Although red and blue polystyrene drink cups are cheap, colorful and may trigger nostalgia for bygone college years, they are a nuisance product from a public standpoint,” said Adam Ortiz, director of the Montgomery County Department of Environmental Protection (DEP). “They cannot be recycled in curbside programs, are diffi-

cult to remove from the recycling stream and contaminate our recyclable product stream.”

The plastics industry has a voluntary system in which plastics are categorized into seven categories by Resin Identification Codes (RIC). They are classified by numbers 1 through 7. In Montgomery County and many other jurisdictions, No. 6 plastics cannot be recycled. The RIC numbers

SEE DRINK CUPS PAGE 7

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Senior Forum & Resource Fair
with County Council members Katz & Friedson
Thursday, Sept. 5, 9:30 am
aging in place • avoiding financial abuse
falls prevention • brain and body health
plus community booths, light breakfast
Potomac Community Center
11315 Falls Road
Details, to RSVP 240-221-1370
www.PotomacCommunityVillage.org

ANIMAL HOUSE
3rd Annual MCPAW Party

SAVE THE DATE! October 5, 2019 | 6:00pm | Bolger Center in Potomac

- Live entertainment by Jr. Cline and the Recliners
- Delish BBQ, raw bar, tons of fresh veggies, sides, and more
- Absolutely fabulous live and silent auctions
- Vintage 60s cars
- Plan to bring your family, your friends, and... your canine party animals!... to Bolger Center in Potomac the evening of October 5th. All are welcome!

It's a rockin', upscale, 60s frat-style party benefiting lost, homeless, and abused animals in Montgomery County!

Don't miss the fun! For advance tickets and more info, visit:
<https://3rdannualmcpawparty.eventbrite.com>

MCPAW (Montgomery County Pet Animal Welfare) is Annual Well-Being is the dedicated nonprofit partner of the Montgomery County Animal Services and Adoption Center (MSAC). Proceeds benefit the homeless animals at MSAC.

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ENTERTAINMENT

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

ONGOING

Wings of Fancy. 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.

Double Vision. Through Oct. 6, 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.

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 through 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.

THURSDAY/SEPT. 5

Senior Forum and Resource Fair. 9:30 a.m.-12:30 p.m. at the Potomac Community Center, 11315 Falls Road, Potomac. Featuring presentations from experts on wellness and brain fitness, ways to prevent falls, detecting and avoiding financial abuse and more. Service providers to seniors will showcase additional topics such as fire prevention and public safety, healthy hearing, transportation, lifelong learning and more. Potomac Community Village will staff a table containing information about the organization. A light breakfast will be served. Free and open to all. Call 240-221-1370 or visit www.PotomacCommunityVillage.org for more.

Bilingual Storytime. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Bilingual storytime just for toddlers and preschoolers. Stories in Chinese and English, songs and rhymes, too! 25-30 minute programs. Call 240-777-0694.

Stay and Play. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Join for an open play program. The Potomac Library will provide the toys and music – families bring the smiles. This program is for children aged 0-6 years old along with their families. Call 240-777-0694.

Live Music: Marcia Ball. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Texas-born, Louisiana-raised pianist, songwriter and vocalist Marcia Ball – the official 2018 Texas State Musician – will perform. \$35-\$55.



Two Exhibit Opening for September

Artists & Makers Studios on Parklawn Drive in Rockville hosts two artists in three galleries for the month of September. Master artist Robert Stark of Union Dale, Pennsylvania – who divides his time between Susquehanna Studio in Pennsylvania and Albuquerque, New Mexico – will fill two galleries at Parklawn. Rosa Inés Vera has exhibited throughout the DMV and internationally, and her work will occupy the third Parklawn Gallery. Both exhibits run Sept. 6-25. These exhibits will open for First Friday festivities on Sept. 6, 6-9 p.m. and will showcase artists open studios for browsing, along with musical entertainment, as well as a gallery talk with Robert Stark, 7 p.m. A Gallery Talk for "Inside, Outside" at Parklawn with invited speaker Jorge Gastelumendi who is the Global Director of Water and Energy Policy at The Nature Conservancy, is planned for Sept. 14, 3-4 p.m. Visit artistsandmakersstudios.com/ for more.

Visit www.ampbystrathmore.com or call 301-581-5100.

FRIDAY/SEPT. 6

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

Casual Concerts at Glen Echo. 7:30 p.m. at Washington Conservatory of Music at Glen Echo Park, 7300 MacArthur Blvd., Bethesda. Mike Kligerman – The Many Moods of the Mighty Ukulele. Each concert date will correspond with an Art Walk in the Park, an evening of open studios and artist talks organized by the Glen Echo Park Partnership for Arts and Culture. Admission is free, and donations are welcome at the door. Visit washingtonconservatory.org or call 301-634-2250.

SEPT. 6-25

Two Exhibit Opening for September. Artists & Makers Studios on Parklawn Drive in Rockville hosts two artists in three galleries for the month of September. Master artist Robert Stark of Union Dale, Pennsylvania – who divides his time between Susquehanna Studio in Pennsylvania and Albuquerque, New Mexico – will fill two galleries at Parklawn. Rosa Inés Vera has exhibited throughout the DMV and internationally, and her work will occupy the third Parklawn Gallery. These exhibits will open for First Friday festivities on Sept. 6, 6-9 p.m. and will showcase artists open studios for browsing, along with musical entertainment, as well as a gallery talk with Robert Stark, 7 p.m. A Gallery Talk for "Inside, Outside" at Parklawn with invited speaker

Jorge Gastelumendi who is the Global Director of Water and Energy Policy at The Nature Conservancy, is planned for Sept. 14, 3-4 p.m. Visit artistsandmakersstudios.com/ for more.

SEPT. 6-OCT. 6

Visual Poetry. At the Popcorn Gallery at Glen Echo Park. Photoworks Gallery announces a new collaborative exhibit in the Popcorn Gallery that will feature work that challenged the photographers to ponder the poetry in their images and to assign words to the photos in the exhibit. An opening reception is planned for Friday, Sept. 6, 6-8 p.m. with a live reading from Poet E. Ethelbert Miller at 7. Visit glenechophotoworks.org/ for more.

SATURDAY/SEPT. 7

Store Opening. Loyal Companion, 6900 Arlington Road, Bethesda. Loyal Companion, a family of pet nutrition and supply stores dedicated to modern and holistic pet wellness, is opening a new location with services including training, daycare and grooming – plus self-wash stations – along with a variety of products and other shopping experiences. Visit loyalcompanion.com for more.

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.

Grand Opening Celebration. 10 a.m.-1 p.m. at Georgetown Hill Early School, 9905 Counselman Road,

Potomac. Visit www.georgetownhill.com or call 240-447-3341.

Chinese Book Discussion. 10:15 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Adults, seniors. Chinese book discussion in Chinese language – Lost in the Pacific by Qin Zhuang. Ask for the book at the circulation desk. Free. 90 minutes. No registration. Call 240-777-0694.

Pawpaw Festival. Noon-4 p.m. at Meadowside Nature Center, 5100 Meadowside Lane, Rockville. Celebrate this native fruit with music, crafts, games, expert advice on pawpaw cultivation, and most importantly a pawpaw tasting station. Pawpaw fruit and trees available for purchase. \$5; children ages 2 and under are free. No registration required. Intended for ages 3 and up. No pets. Visit www.montgomeryparks.org/parks-and-trails/rock-creek-regional-park/meadowside-nature-center/ for more.

Comedy as a Second Language. 8 p.m. at Silver Spring Black Box, 8641 Colesville Road, Silver Spring. A night of stand-up comedy with immigrant and first generation performers – Che Guerrero, Alyssa Al-Dookhi, Umar Khan and Reem Seliem. Light concessions and drinks will be sold at the venue. Seating is theatre style and general admission. \$22-\$30 at www.eventbrite.com/e/comedy-as-a-second-language-tickets-67653345979.

SUNDAY/SEPT. 8

Walk for the Ages. 8:30 a.m.-noon at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Celebrate National Grandparents Day. Jewish Council for the Aging invites all to attend their first annual walk and family fun day. Event includes a short walk around Glen Echo Park, a DJ, a photo scavenger hunt, a selfie-booth with props, art activities, corn hole, giant

connect-four and more. To walk, raise funds or donate, visit AccessJCA.org/walk. Rain or shine. Contact Micki Gordon at MGordon@AccessJCA.org or 301-255-4231 for more.

Harry Watters Band. 2-5 p.m. at Rosensteel Knights of Columbus of Silver Spring, 9707 Rosensteel Ave., Silver Spring. Harry Watters performs with his All Star Band, with Harry on trombone, Graham Breedlove on trumpet, Henning Hoehne on woodwinds, Bob Boguslaw on piano, Eric Sabo on bass and Randy Jennings on drums. Students free; \$25; \$22.50 in advance at PRJC.org.

THURSDAY/SEPT. 12

Bring a Friend Social Lunch. Noon-1:30 at Tally Ho Restaurant, 9923 Falls Road, Potomac. Join Potomac Community Village for social lunch. Bring a friend or come on your own. Participants pay for their own meals. RSVPs preferred by Wednesday, Sept. 11 but not required. Call 240-221-1370 to RSVP.

FRIDAY/SEPT. 13

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 Eclectiks live on the Boardwalk Stage (near Union Jack's). Visit www.riolakefront.com/events/nandos-fiery-friday-night-concerts/ for more.

Live Music: Shemekia Copeland. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Award-winning blues, R&B and Americana vocalist Shemekia Copeland, is touring in support of her latest Alligator Records release, America's Child. \$25-\$45. Visit www.ampbystrathmore.com or call 301-581-5100.

SATURDAY/SEPT. 14

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.

Book Sale. 10 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Monthly Potomac Friends of the Library Book Sale features books, DVDs, and more available for children, teens, and adults. All are welcome. Call 240-777-0694.

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

SUNDAY/SEPT. 15

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

Blue or Red Plastic Drink Cups

FROM PAGE 5

of many plastic items, including most cups, can be found on the bottom of the items.

Many cups that are red and blue on the outside and white on the inside are made of polystyrene or No. 6 plastic and cannot be recycled. In addition, some other single-use cups are made of No. 6 plastic and cannot be recycled.

DEP Director Ortiz is urging residents to use recyclable alternatives, such as cups made of No. 1 or No. 5 plastics—or made of recyclable

paper.

Other items that should not be placed in recycling carts or bins—and disrupt the recycling system if they are—include plastic straws, plastic bags, plastic wrap, polystyrene (commonly known as Styrofoam), electronics, hazardous or toxic products and home health care products such as syringes and needles.

More information about the Montgomery County recycling program can be found on the [DEP website](#).

BULLETIN BOARD

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

SATURDAY/SEPT. 14

Vienna, Austria Social Housing Model. 9:30-11:30 a.m. on the third floor of the Stella B. Werner Council Office Building, 100 Maryland Ave., Rockville. Councilmember Hans Riemer and Sierra Club of Montgomery County will host a community conversation entitled “Vienna, Austria’s Smart City Strategies for Housing, Energy and Mobility.” Close to 60 percent of Vienna’s 1.8 million residents live in government-subsidized housing that is rented to them by the municipality or nonprofit housing associations. One characteristic of Vienna’s social housing system is its goal to serve both people with low incomes and “a broad middle class.” To RSVP, visit www.councilmemberriemer.com/vienna.

Remodeling Seminar. 10:30 a.m.-noon at Hopkins & Porter, 12944 Travilah Road, Suite 204, Potomac. Seminar - “Remodeling Your Kitchen or Bathroom.” Bring questions. Kitchen and bath experts will be available to help assist in making good decisions when remodeling. Seating is limited. Light refreshments will be served. RSVP at 301-840-9121.

SUNDAY/SEPT. 15

Submission Deadline. 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 strategies. The County is now seeking volunteers to serve on workgroups focused on community engagement/education and climate adaptation/sequestration. Interested individuals should have demonstrable expertise related to the workgroup topics, including identifying economic and equity challenges and opportunities that might arise in meeting these goals. Submit an expression of interest, cover letter and resume to climate@montgomerycountymd.gov.

WEDNESDAY/SEPT. 18

Potomac Rotary Gatherings. 7:15-8:30 a.m. at Founding Farmers MoCo, 12505 Park Potomac Ave., Potomac. Rotary Club of Potomac meets for breakfast first and third Wednesday of each month and a Happy Hour at Sugo Pizzeria, 5-7 p.m., on the last Wednesday. Learn how to serve humanity globally. Individuals pay for their own breakfast. No admission fee. Visit www.PotomacRotary.org for more.

WEDNESDAY/OCT. 2

Potomac Rotary Gatherings. 7:15-8:30 a.m. at Founding Farmers MoCo, 12505 Park Potomac Ave., Potomac. Rotary Club of Potomac meets for breakfast first and third Wednesday of each month and a Happy Hour at Sugo Pizzeria, 5-7 p.m., on the last Wednesday. Learn how to serve humanity globally. Individuals pay for their own breakfast. No admission fee. Visit www.PotomacRotary.org for more.

WEDNESDAY/OCT. 16

Potomac Rotary Gatherings. 7:15-8:30 a.m. at Founding Farmers MoCo, 12505 Park Potomac Ave., Potomac. Rotary Club of Potomac meets for breakfast first and third Wednesday of each month and a Happy Hour at Sugo Pizzeria, 5-7 p.m., on the last Wednesday. Learn how to serve humanity globally. Individuals pay for their own breakfast. No admission fee. Visit www.PotomacRotary.org for more.

CRISIS PREVENTION SERVICES

EveryMind Crisis Prevention and Intervention

specialists are available by phone, text and chat every hour of every day. The community can also look to EveryMind for mental health professionals who are prepared to talk about warning signs and ways anyone can help to prevent suicide from ending lives far too soon. EveryMind is an independent 501(c)3 nonprofit organization. Visit Every-Mind.org. More resources include:

- ❖ Call or Text Montgomery County Hotline: 301-738-2255
- ❖ Chat: Crisis Prevention Chat: <https://suicidepreventionlifeline.org/chat/>
- ❖ Call: National Suicide Prevention Lifeline: 1-800-273-8255
- ❖ www.every-mind.org/services/crisis/
- ❖ www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf
- ❖ suicidepreventionlifeline.org
- ❖ www.suicidology.org

SUPPORT GROUPS

Cancer Support Groups. Held at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Free. Weekly support groups for people with all types of cancer, caregivers, people with advanced cancer and a bereavement group. An ovarian/gyn support group and group for young adults with cancer are offered twice a month, as are monthly groups for people with breast cancer, bladder cancer, blood cancers, and gastro-intestinal cancers. Orientation sessions are held every Monday at 11 a.m. and the second and fourth Thursday of each month at 6 p.m. in Bethesda. RSVP at 301-634-7500 or info@hopeconnectionsforcancer.org.

The Alzheimer’s Association’s Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

Because I Love You is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child’s behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit www.becauseiloveyou.org, email hbrite1@netzero.com or call 301-530-3597.

Adult Bereavement Groups. Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or Pennyg@hospicearing.org.

ONGOING

Potomac Rotary Gatherings. 7:15-8:30 a.m. at Founding Farmers MoCo, 12505 Park Potomac Ave., Potomac. Rotary Club of Potomac meets for breakfast first and third Wednesday of each month and a Happy Hour at Sugo Pizzeria, 5-7 p.m., on the last Wednesday.

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Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/“terminal,” is top of mind. (If truth be told, it’s middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer “centricity” without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks’ columns “Barbasoul” and “Side Splitting But Not Very Funny” notwithstanding), there are a number of things in my life which aren’t doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats (“The Diabetic Duo” as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he’s confined in the kitchen because he doesn’t seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He’s down to two units a day and appears quite himself. He’s free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor’s orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I’m about to give pale in comparison to Chino’s situation but in the aggregate, they represent a pattern that’s making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I’m getting regular messages that unless I act accordingly, I’m about to find out.

My museum-piece flip phone is dying. It won’t hold a battery charge for nearly as long as it used to. Either I’m speaking into it or I’m speaking at it because I only have one bar and I need to charge it. As a result, it’s become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I’ve been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I’ll be staring at a blank screen. I don’t mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can’t ignore and compartmentalize all things. After all, as the old joke “punchlines:” I gave you lots of warnings.

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

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