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News



Stacy Moses demonstrates how runoff works with the help of her daughter Maddy Moses, 11, at the Friends of Cabin John Creekfest



Janet Dence watches as her grandson Joseph Dence, 5 and a half, makes a butterfly house at the Friend's of Cabin John Creek Creekfest Sunday.

Creekfest Combining environmental awareness and fun.

BY PEGGY McEWAN The Almanac

illed as a "free and fun way to celebrate the watershed in your backyard," Friends of Cabin John Creek celebrated its first Creekfest on Sunday, Oct. 15, at Clara Barton Community Center in Cabin John.

Visitors could visit more than a dozen booths featuring environmentally sound ways to make a difference in the runoff affecting Cabin John Creek and its trip to the Potomac River and Chesapeake Bay.

Children and adults were treated to a

special show by Scales and Tales, an educational arm of the Maryland Department of Natural Resources, plus the opportunity to create a butterfly house.

As the clouds cleared and Sunday became a sunny warm day, several people sat outside of the community center listening to music performed by the Alpha Dog Blues Band, "Blues with a Bite," snack on offerings from The Crepe Shoppe or take a walk down to the Cabin John Creek.

"This is our first effort," Burr Gray, president of Friends of Cabin John Creek, said. "We are very pleased with how it turned



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News

Interfaith Greenway Project links properties, congregations.

BY PEGGY MCEWAN THE ALMANAC

he opening of an Interfaith Greenway behind the properties of Beth Sholom Synagogue and St. James Episcopal Church on Seven Locks Road was officially opened Sunday, Oct. 15 at a ribbon-cutting ceremony

"Initially, the project set out to address drainage issues along the property line shared by Beth Sholom and St. James, and utilize space in a way which would bring our faith communities together," Jessica Pelt, executive director of Beth Sholom Congregation, wrote in an email. "Through dry wells, grading, native plant species, and stone pathways, the Greenway is now a lovely space for our communities to share space and for our early childhood centers to learn about nature. We are already seeing our joint communities using the space, and are looking forward to the next few weeks when our respective Early Childhood Centers begin spending time in the Greenway."

About 100 members of the two congregations attended the ribbon-cutting ceremony held on the parking lot of Beth Sholom.

The project, which turned out to be larger than first expected, started about four years ago, said Susy Altman, landscape architect for the project.

"We had a member who noticed there was pooling of water after rain along a path on a shared property line with St. James," Pelt said. "I initially started to see if there was anything to do about drainage."

What it turned out to be was a full-scale landscape renewal stretching from the edge



This Interfaith Greenway behind Beth Sholom Synagogue and St. James Episcopal Church on Seven Locks Road Road was dedicated Sunday.

of the Beth Sholom property to the far edge ter. We want to slow [its flow]." of that of St. James.

The congregations worked together on the plan and ended up applying for a grant from the Chesapeake Bay Foundation and a State Bond Bill to pay for the \$120,000 project, Pelt said.

"This was so much fun," said Altman, who is a member of Beth Shalom. "We had an opportunity to really play with the ground. It's a new way of working with storm wa-

In addition to stemming the rush of storm water and cleaning up the standing water, the Greenway has a meandering path from one end to the other with native plants taking the place of former plantings and weeds that had grown up over the years There are also benches along the path for sitting and two "story circles" with benches for the congregations to use as outdoor classrooms.

The idea of the Greenway being an Inter-

faith project was much talked about during the ceremony and after.

Members of both congregations enjoyed the symbolism of the work and expressed hope that it will continue to bring people together.

"I'm feeling wonderful about getting together," said Rabbi Nissan Antine of Beth Sholom. "I'd like to offer a prayer that this is the first of many opportunities to be to-



Arusha Landsberger walks with her son David, 2 and a half, along the Interfaith Greenway behind Beth Sholom Synagogue and St. James Episcopal Church.

Help Available for Victims of Domestic Violence

County seeks to raise awareness.

BY PEGGY MCEWAN The Almanac

ctober is Domestic Violence Awareness Month and, on Monday, Montgomery County Executive Isiah and County Councilmember Sidney Katz announced a countywide campaign to raise public awareness of the issue.

Domestic violence affects people of all age, gender, racial, ethnic and socio-economic groups and includes physical, emotional and financial abuse, according to a press release from the county.

"We urge Montgomery County residents who feel afraid of their partner to call us so we can help,"

Leggett stated in the release. "Both our Family Justice Center and our Abused Persons Program offer free, confidential support to people experiencing domestic vio-

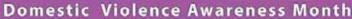
The outreach campaign includes ads posted on Ride On buses and bus shelters, social media and other communications to encourage victims to seek help.

Leggett and Katz, who is chairman of the Domestic Violence Coordinating Council, were joined at lence Coordinating Council the kickoff event by Police Chief J. Thomas Manger: Sheriff Darren M. Popkin; Debbie Feinstein, chief of the Special Victims for the State's Attorney's Office and chair of the Education and Outreach Committee for the Domestic Vio-



Are you afraid of your partner?





The outreach campaign includes ads posted on Ride On buses and bus shelters, social media and other communications to encourage victims of domestic violence to seek help.

(DVCC); Cheryl Kravitz, a survivor and member of the DVCC; and representatives of the Family Justice Center, the Abused Persons Program, the Commission for Women and Court Watch Mont-

"I am so very pleased to serve mestic violence are encouraged to as the chair of the Domestic Violence Coordinating Council," said Katz in the release. "It is this group that helps organize efforts to inform and educate the community regarding this important issue."

Individuals encountering do-

call the Family Justice Center (FJC) at 240-773-0444 to access multiple services in one location, or to call the Abused Persons Program (APP) at 240-777-4673 for counseling and services to help

SEE AWARENESS, PAGE 15

POTOMAC ALMANAC * OCTOBER 18-24, 2017 * 3





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News

Learning Potomac History

Local historian shares stories with WMCCA members.

By Peggy McEwan The Almanac

alph Buglass, a Potomac resident who enjoys researching the history of Montgomery County, spoke at the West Potomac Citizens Association meeting Oct. 11 sharing a history of the Potomac with an emphasis on Offutt's Crossroads — what is now the intersection of River and Falls roads.

Buglass is a descendent of the Offutt family; his grandmother on his mother's side was an Offutt. Nevertheless, he did not hesitate to share the stormy history of family relations among the Offutts.

"It was fascinating," said Barbara Brown, WMCCA secretary. "There was a family feud." William Offutt, a Scotsman, was granted 2,000 acres around Potomac in the late 1600s. Through searching wills, tax records, and lawsuits, Buglass learned much about the history of the family and the area which he put into a book "Legacy Lost."

The family ran a general store where Mitch and Bill's Gas Station now operates and one story is that of a member of the



Ken Bawer and Ralph Buglass talk after the West Montgomery County Citizens Association October meeting. Buglass spoke to the group about the early history of Potomac.

family, Thomas Marshall Offutt, was "convicted in Montgomery County Circuit Court of shooting with intent to kill Oratio Clagett who had opened a rival store at Offutt's Crossroads," Buglass wrote in his book.

Buglass is a volunteer docent at Kingsley Schoolhouse, a restored one-room schoolhouse that operated from 1893 to 1935 in Clarksburg. He has an interest and expertise in the early years of public education in the county. In 2014 he received the National Service Award from the Country Schoolhouse Association of America. He grew up in Montgomery County and attended Montgomery County Public Schools.

"By the end of the meeting we were talking about old buildings still standing in the area," Brown said.



Retreat for Caregivers

Opportunity to practice self-care.

By Peggy McEwan The Almanac

hen caregiving turns to grieving, what's next?
That is the question
Hospice Care, Inc. plans to address during the Weekend Retreat Friday through Sunday at Rockwood Manor Retreat Center in Potomac.

"We find that very often when people are primary caregivers for a loved one it becomes their whole life," said Allison Stearns, executive director of Hospice Caring, Inc. "Often, when grieving, they need to rebuild their identity, and feel isolated."

Colleen Luzier, a member of the Hospice Caring, Inc. board, was herself once a caregiver and she recommended the idea of the retreat to the organization, Stearns said.

She and her husband Ron Luzier donated funds to make the idea a reality and the weekend, overnight retreat is free for all participants.

During the weekend, offered to family and friend caregivers whose loved one has died within the past two years, participants will be able to connect with others who "get it" and have "walked in your

shoes," according to a press release from Hospice Caring, Inc.

Participants will also have the opportunity to practice self-care and relaxation, share their caregiving experiences, and learn how to refocus now that the time of caregiving has ended.

There will also be a time to commemorate loved ones.

Hospice Caring, Inc. offers patient and family services and adult and child bereavement services and community education, Stearns said.

"Community education is to help build capacity – to give people the tools to know where resources are and strategies to share," Stearns said.

"We bring people together and nurture them."

All of Hospice Caring, Inc. services are free of charge, funded by philanthropy, Stearns said. They welcome referrals.

"We are a grass roots caring organization in [Montgomery County]," she said.

For information on the retreat or any other services offers by Hospice Caring, Inc. call 301-869-4673 or visit www.Hospice Caring.org. Ilustration Community Service National History Districtions Chorus Tennis Dance Ensemble Governagement Spanish Experiential Education Track nce Model UN National Spelling Bee Writing Econntmaking Sculpture Robotics Soccer Politics Astreeo Bee Swimming Math Day Class Mayor Capstorish CHALLENGE ACCEPTED

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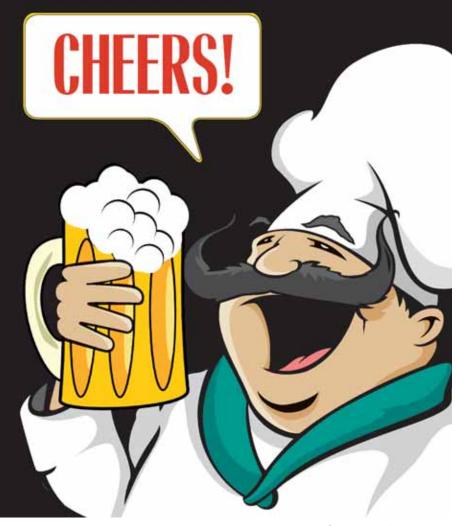
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POTOMAC DAY 2017

Parade To Spotlight Chamber Honorees

This Saturday: Potomac Day

By Susan Belford The Almanac

he Potomac Chamber of Commerce has selected three residents and one family who make Potomac a better place to live to honor on Potomac Day, Oct. 21. Not only do these honorees volunteer their time and talents to help the community, they give of themselves both professionally and personally in a multitude of ways. They will be featured in the Potomac Day parade and also recognized by the Potomac Chamber of Commerce on Nov. 16 at a dinner held at Normandy Farm Restaurant.

The honorees are: Harrison Smith, Youth of the Year; Dr. John Sever, Citizen of the Year; James McWorter, Business Person of the Year; and the Robert Freishtat family, the Grand Marshals of the parade.

Youth of the Year

Harrison Smith of Potomac is a senior at Bethesda's Landon High School where he is a leader, musician, actor, athlete and scholar. The self-admitted science nut helped Landon advance to the Sweet 16 in 2017 Maryland Science Bowl and in April he was one of 18 D.C.-area students selected to take the 2017 US National Chemistry Olympiad Exam. He hopes to study engineering at Princeton, Duke or Carnegie Mellon next fall.

Ehren Federowicz, Landon's Upper School Head, said, "While his 98.8 GPS is absolutely impressive, spending time with Harrison quickly reveals that he measures his success not by grades, but by his

level of interest in learning the material. He has a thirst for understanding and not just for achievement — and he always tries to be his very best self. This 'best self' is a person continually concerned with the welfare of others, including his classmates. His teachers rave about his enthusiasm for assisting his classmates as they strive to understand hard-to-grasp concepts." Harrison is always ready to help others. Along with other Landon boys, he packages meals that are sent to those in need in other countries.



Youth of the Year: Harrison Smith



Citizen of the Year: John Sever

He puts together Thanksgiving baskets for families in the D.C. area, and recently assembled care packages to send to victims of hurricanes Harvey and Irma. He and his family volunteer at a women's shelter on the weekend and he joined other members of his church to rebuild homes ravaged by Superstorm Sandy. He also volunteered to build a home for a newlywed couple of limited means in West Virginia and helped repair a fire-damaged homeless shelter in Athens, Ohio. Harrison's extra-curricular inter-

ests are varied. He is an active member of Landon's Chamber Singers and Bearitones, performed in school musicals, is a member of the Upper school riflery team and a leader on the outdoor track and captain of the cross-country team.

Andy Katz, Landon Senior Class Dean, said, "Harrison's outstanding leadership in our community and his determination to be the best that he can be in all things earned him the 2017 Dartmouth Book Award, given to a Landon junior who achieves academic success and exemplifies the

qualities of teamwork perseverance, honor and civility. Harrison does indeed embody all of these qualities ... and does so with a smile on his face and an unmistakable empathy for others in his heart. He is truly an exemplary student and human being, and I cannot wait to see what the future holds for him."

Citizen of the Year

Dr. John Sever has been a driving force
SEE SPOTLIGHT, PAGE 8

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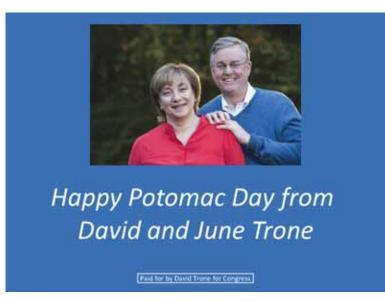
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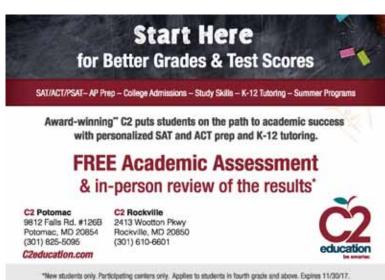


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"National Tutoring Association Program of the Year. Copyright © 2017 C2 Education.



POTOMAC DAY 2017

Spotlight on Chamber Honorees

From Page 7

in the eradication of polio throughout the world for many years. In 1978, he suggested that the Rotary Club adopt eliminating polio throughout the world as its primary 3- H (Health, Hunger and Humanitarism) program objective. At the time, Sever was the director of Infectious Disease Branch at the Institute of Neurological Disease at the National Institute of Health. Sever, a long-time Potomac resident, now resides in King Farm.

After speaking with his colleague at NIH, Dr. Albert Sabin, the developer of the live or attenuated oral polio vaccine, Sever convinced Rotary International to raise \$12 million, partially funded by the Rotary's 75th anniversary fund – and work together with clubs around the world to eradicate polio by Rotary's 100th anniversary in 2005. In 1984, he was named by Rotary International President-Nominee Carolos Canseco to chair the Polio 2005 committee to review all current and proposed activities "related to Rotary's goal of ensuring the immunization against polio of the children of the world by Rotary's 100th anniversary in 2005 and to bring to the board a recommended long-term plan of action for attaining the goal." That committee's recommendation was that Rotary's contribution would be to formulate expert teams to work with countries in mass immunization campaigns and to create a fund to buy the vaccine. He said, "When we launched our program, 1,000 children were becoming infected with polio every day — about 360,000 per year throughout the world. Today, only 12 per year become infected mostly children who live in Pakistan and Afghanistan. I'm hoping we can eliminate those cases and then, like smallpox — the only other disease to ever be eliminated from our world — we will never see this dreadful, crippling disease again."

Sever said, "I am pleased to receive this honor and look forward to participating in the Potomac Day parade and the Chamber of Commerce dinner in November. This honor should really go to the Rotarians who have worked so hard as a partner with the World Health Organization and the Center for Disease Control and for all who raised the funds to support our mission. Rotary International has truly made a difference in the lives of so many throughout the world."

Claude Morissette, also a member of the Rotary Club of Potomac and the Past District Governor, recommended Sever for Citizen of the Year. He wrote, "There is no other Rotarian who has been a leader in Rotary's polio eradication like Sever. Many credit Sever as the most important force in getting the U.S. Congress to recognize and fund Rotary's fight for their cause. He is the best example of how big ideas in Rotary can literally change the world."

Business Person Of the Year

On Dec. 22, 2014, Potomac residents James

Potomac Day

Oct. 21, 8 a.m.-3 p.m. at 9812 Falls Road, Potomac.

Arts and entertainment for all ages, ranging from rides for children to a classic car show and business fair. Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, classic cars, school groups, scouting organizations, and candidates for elected office.

See www.potomacchamber.org.



Business Person of the Year: James McWhorter with the staff of The Market at River Falls.

McWhorter and his wife, Yasmin Abadian purchased River Falls Market. McWhorter was the co-owner of L&M Produce. One October day, his driver called to tell him the doors at the River Falls Market where he was delivering produce were locked and it didn't look as if the store was going to be open again. Both residents and employees were gathered outside the store and all were shocked and saddened that the popular market would be closing — but elated when they heard that it was reopening in December. That thrill and customer satisfaction has continued ever since McWhorter took it over. He retained the former employees and his customer base is bigger than ever.

"I'm having a lot of fun here," he said. "I have a great staff and the best customers. I'm surprised and honored to be chosen Business Person of the Year and I truly appreciate the recognition. We all work hard and don't cut corners and I'm happy the public enjoys our food and presentation."

After he and his wife purchased the Market, they changed its name to The Market at River Falls, and redesigned and updated their space. They have also made a move to offer healthier food. All of their meats are single-sourced; in other words, they know the farm they come from and that the animals are grassfed with no hormones or additives. He said, "We are so proud to be the only source in the D.C. area for Nora Pouillon's blue circle salmon from Norway. All of our fish is fresh — never frozen." McWhorter also continued to provide the popular "Cadillac" crab cakes, fresh shucked oysters, salads, vegetables, sushi, soups and more - all created by store chefs. The store also features boutique grocery items from many small purveyors. Many residents of Potomac also use the Market for catering their events and simply as a meeting place in the Village.

Besides providing much to the Potomac culture, McWhorter is also a believer in giving back. He launched Community First Day in which the Market at River Falls donates 25 percent of its proceeds on the first day of each month to a local charity. Community First Day has donated over \$60,000 to local charities since they launched Community First Day.

See Get Ready, Page 9

POTOMAC DAY 2017

Get Ready for Potomac Day

The Market has participated for 10 years in the Adoptions Together Taste in Potomac. They also donate to the Wounded Warriors Fund each month as well as to numerous other charities.

McWhorter served as chairman of the MDA's Heartsong's Annual Gala for two years, raising \$2.5 million for MDA. He and his family volunteer once a month at Miriam's Kitchen preparing and serving breakfast to the homeless. The Market at River Falls has donated thousands to Miriam's Kitchen and donates hundreds of dollars of food on a weekly basis. Currently the vice chairman of the board of Fresh Farm Markets, McWhorter helped to establish a program called Food Prints, which teaches youths in disadvantaged areas of D.C. about growing and preparing healthy foods. He is also on the board of Coastal Sunbelt's Foundation which donates funds to local charities.

"I thought when we bought The Market at River Falls I would be the owner and come by sometimes — but I have found I always want to be in the market meeting and greeting customers and working alongside of my staff. I enjoy the compliments we get on our foods and the happiness we bring people when they truly enjoy our market and our offerings. It's fun — and I would do it all over again in a heart-

Grand Marshals

The Freishtat family is proud to lead the Potomac Day Parade as the grand marshals. The family is being recognized for their continued commitment to the people of Haiti. Dr. Rob Freishtat said, "I still go to Haiti several times per year as part of the medical work I do there. Despite all of the problems in the Caribbean right now due to the hurricanes (including significant flooding in Haiti), the needs in Haiti remain extreme and our focus remains on continuing to build on the progress we have made there." Freishtat is chief of Emergency Medicine with the Children's National Health System and professor of Pediatric Emergency Medicine and Integrative Systems Biology at the George Washington University School of Medicine and Health. His wife, Dr. Jamie Freishtat is a pediatrician in Washington D.C. She currently practices at Children's National Medical Center for Cancer & Blood Disorders and is affiliated with The George Washington University Hospital.

The Freishtats traveled to Haiti on a medical mission after the devastating earthquake in 2010. They immediately fell in love with the country and the



Grand Marshals: The Freishtat family. from left, Max, Rob, Luke, Jamie, and

people, and have since saved many lives while helping care teams at the Hôpital Sacré Coeur in Milot, Haiti. During one of his trips in 2013, Rob Freishtat met an almost 2-year-old little boy named Louiken (Luke), who would change the course of his family's life. Luke had recently been abandoned at the hospital and was suffering from severe starvation and dehydration. Over the next few days, Freishtat didn't leave Luke's side, as he and the care team nursed him back to health. Not only did he save Luke's life, but after the many hours of bonding, Freishtat and his wife decided to dedicate the next three years to becoming Luke's parents.

The Freishtats completed the long adoption process in December 2015, and were honored by the Congressional Coalition on Adoption Institute. A member of Congress presented the family with an award, made possible by CCAI's Angels in Adoption Program, which honors an individual, couple, or organization that makes an extraordinary contribution on behalf of children in need of homes.

Freishtat said, "Luke is an amazing kid. He just started kindergarten and is doing very well. For a

SEE SPOTLIGHT, PAGE 10





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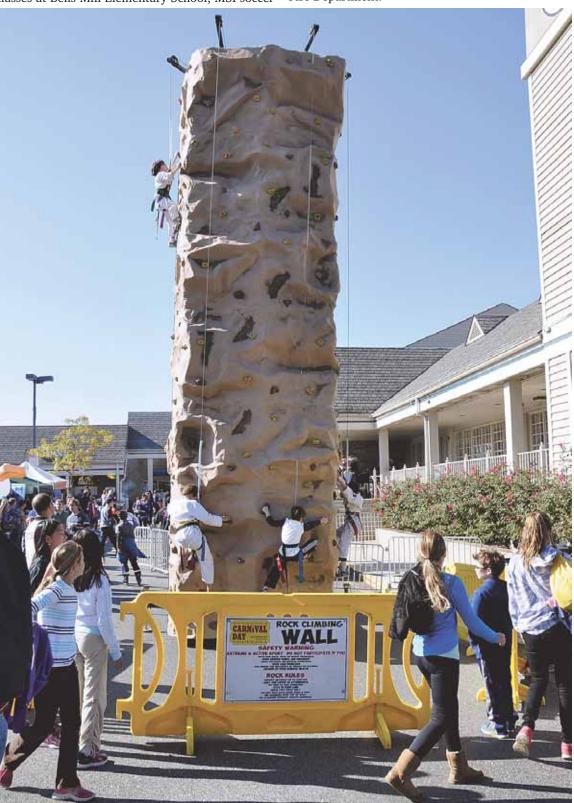
POTOMAC DAY 2017

Spotlight on Chamber Honorees

kid who spoke no English less than two years ago, he has come a long way. Luke is enjoying his new family, particularly his big brothers, his new friends, classes at Bells Mill Elementary School, MSI soccer

- and particularly his chocolate Lab.'

The Freishtats are active at B'nai Tzedek synagogue in Potomac and their son Nate serves as a volunteer firefighter/EMT with the Cabin John Park Volunteer Fire Department.



The climbing wall will be one of many activities returning for this year's Potomac Day.



The Cabin John Park Volunteer Fire Department participates in the Potomac Day parade with its classic apparatus ...

Deborah Stevens The Almanac



... as well as a modern tanker truck

PHOTOS BY

Entertainment

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

ONGOING

Food Pictures. Through Oct. 22 at Photoworks, 7300 MacArthur Boulevard. Foodies: A Juried Photography Exhibition. Visit www.glenechophotoworks.org.

WWI Art on Display. Through Oct. 31, various times at the Olney Library, 3500 Olney-Laytonsville Road. The display, provided by the Maryland Library Association, includes five paintings by Bob Horvath of WWI airplanes. The paintings are on loan from the U.S. Air Force Museum in Washington, D.C. For more information contact Clotilde Puertolas by email at Clotilde.Puertolas@montgomerycountymd.gov.

THURSDAY/OCT. 19

Hispanic Heritage Month

Celebration. 1-2 p.m. at North Potomac Senior Center, 13860 Travilah Road, Rockville. Dancing, music, food fiesta. Free. Call 240-773-4805.

Meet and Talk with Eleanor

Roosevelt. 7-9 p.m. at the Potomac Community Center, 11315 Falls Road. Linda Kenyon performs in a one-woman show tracing the evolution of the former First Lady from a retiring young girl to a wise and purposeful world figure. Call 240-221-1370, email info@ PotomacCommunityVillage.org or check out

www.PotomacCommunityVillage.org.

Paula Cole in Concert. 7 p.m. at the
AMP by Strathmore, 11810 Grand
Park Ave., North Bethesda.
Celebrating the release of her new
CD "Ballads" and the 20th
Anniversary of her landmark album
"This Fire." Visit
www.ampbystrathmore.com.

FRIDAY/OCT. 20

Bike Donation Day. 7 a.m.-2 p.m. outside of the Council Office Building parking garage, located at the intersection of East Jefferson and Monroe streets, Rockville. As part of Community Service Week, the Montgomery County Department of Transportation (MCDOT) is sponsoring a bicycle donation event. Call 240-777-7155.

A Benefit for Homeless Animals. 6-10 p.m. at The William F. Bolger Center, 9600 Newbridge Drive. Dogs in costumes, presented by MCPAW, the Montgomery County Partners for Animal Well-Being. Visit www.mcpaw.org/.

Artists Reception. 7 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E,

Bethesda. Artists behind the "Sent & Received," exhibit which will feature artwork by service members, veterans and military caregivers that explores the tradition of care packages. The exhibit will also include Combat Paper, works made on paper made from military uniforms, which runs through Nov. 4. Visit www.bethesda.org/bethesda/gallery-b

OCT. 21-DEC. 2

Townscapes: Sketching as a Way of Life. 1:30-4:30 p.m. at the VisArts Center, 155 Gibbs St., Rockville. Class will be sketching in the blocks surrounding VisArts, weather permitting. In inclement weather, sketching is done inside. Saturday classes. Call 301-315-8200.

SUNDAY/OCT. 22

Crab Feast Fundraiser. 1-5 p.m at the Hyatt Centric Arlington, 1325 Wilson Blvd. The Bethesda-Chevy Chase Rescue Squad Alumni Association is associated with the Bethesda-Chevy Chase Rescue Squad, a community-supported nonprofit organization that provides fire, rescue, and emergency medical services. \$45 in advance, \$50 at the door. Call 301-442-4136 or visit www.bccrs.org.

Royce Hanson Awards. 3-5 p.m. at the BlackRock Center for the Performing Arts, 12901 Town Commons Drive, Germantown. For recognition of outstanding commitment toward the protection of Montgomery County's Agricultural Reserve. \$75. Visit www.blackrockcenter.org.

WEDNESDAY/OCT. 25

Meet the Interior Designers. 11 a.m.-noon at 9004 Congressional

design/build, architecture, kitchen and bath and interior design.
Featuring Christopher Patrick, www.christopherpatrickinteriors.com; Nancy Twomey, www.finniansmoon.com; and Shawna Underwood, www.sunderwooddesign.com. All panel discussions will be held in the DC Design House's Ballroom on the lower level and are free with the

purchase of \$35 house tour ticket.

Court. Professionals in the fields of

FRIDAY/OCT. 27

Afternoon Movie. noon-2 p.m. at
Potomac community Center, 11315
Falls Road. Potomac Community
Village presents "Smokey Joe's Cafe,"
celebrating songs of Leiber and
Stoller, including "Fools Fall In
Love," "Yakety Yak," "Charlie
Brown," "Hound Dog," "Love Potion
#9," "Stand By Me," "Spanish

Harlem," and "Kansas City." Free. Call 240-221-1370 or visit www.PotomacCommunityVillage.org.

SATURDAY/OCT. 28

Light of Unity Festival. 4-5:30 p.m. at the Hanover at Shady Grove Club House, 9300 Corporate Blvd., Rockville. Light of Unity Festival is a series of activities generated at the grassroots level all around the country, which reinforce Baha'u'llah's vision of the oneness of humanity. \$200. Email 240-508-6689 or visit bahai.org.

Halloween Masquerade. 6-10 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. For ages 15 and up with disabilities. Costumes recommended for this annual, Therapeutic Recreation Halloween dance. \$10. Call 240-777-6870.

OCT. 28-29

Student Art Exhibition. Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Students of Gavin Glakas, an artist from Bethesda. Call 240-626-4981 or email alex.bartman@outlook.com.

SUNDAY/OCT. 29

National Philharmonic Chamber

Concert. 3 p.m. at the John Kendall Recital Hall, Takoma Park, 7711 Eastern Ave. Potter Violins performing the works of Hugo Wolf, Gabriela Lena Frank, Hamza El Din and Antonin DvoYák. \$20. Visit classicalmusicconcert org

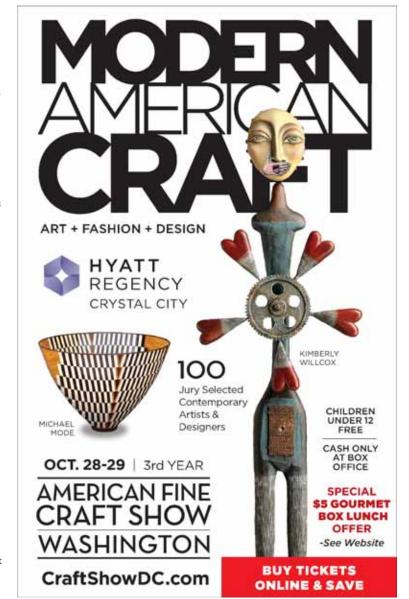
classicalmusicconcert.org.

Meet the WWI Author. 3-4:45 p.m. at the Olney Library, 3500 Olney-Laytonsville Road. Judith Welles, author of the book, "Cabin John: Legends and Life of an Uncommon Place," will present a program called "The Grit and Gusto: Farmerettes and Suffragettes on the Homefront in WWI," on how women in Maryland rallied to support the farms when men were called to serve during WWI. Contact Clotilde Puertolas by email at Clotilde.Puertolas@montgomerycountymd.gov.

Haunted House. 4-6 p.m at the Clara Barton Community Center, 7425 MacArthur Blvd. Fortune tellers, zombies, games of nerve and steel. Visit www.FriendsCBCC.org or call 240-777- 4910.

Zoe Mulford in concert. 7 p.m. at Focus Bethesda at Positano's Restaurant, 4948-4940 Fairmont Ave., Bethesda. \$15-18. Call www.focusmusic.org.

Sound of Music in Concert. 4 p.m. at Dekelboum Concert Hall, The Clarice Smith Performing Arts Center, 8270 Alumni Drive, College Park. Including the original 1959 symphonic orchestrations by Robert Russell Bennett. Call 301-405-2787.





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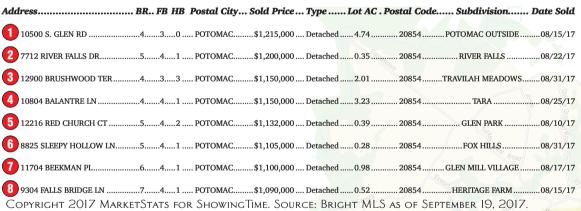


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Business

Anthony Wilder Design/Build Honored

Potomac company inducted into The Great Game of Business Hall of Fame.

> BY MARILYN CAMPBELL The Almanac

lizabeth and Anthony Wilder of Anthony Wilder Design/Build in Potomac were inducted into The Great Game of Business (GGOB) Hall of Fame at the GGOB's 25th Annual Conference, "The Gathering of the Games," re-

The Hall of Fame Award is an honor bestowed upon an organization that has implemented the principles of GGOB and open-book management successfully for more than 10 years and has demonstrated a willingness to tell others about the methodology.



Elizabeth Wilder and Anthony Wilder give remarks after receiving the Hall of Fame award from The Great Game of Business.

In receiving the honor, the

Wilders said that recognizing a

great idea, hiring a coach to help

navigate the complexities of the

game, and sticking with it by find-

ing someone within the organiza-

tion to manage the process and

support everyone on the team are

the three key elements of their

successful implementation of The

"Our approach to open book

Great Game of Business.

our ownership culture," said Anthony Wilder, managing principal of Anthony Wilder Design/Build in statement. "Profitability is part of our plan for success and we plan to use our good fortune to make a difference in the world."

"We are honored to be the 2017 Hall of Fame Inductee," added Liz Wilder, president of Anthony Wilder Design/Build. "We all have a common goal, which is to create a trusting culture where each person takes ownership and responsibility for the company's growth."

The Great Game of Business is modeled on the open-book management principles developed by Jack Stack and outlined in his 1994 book, "The Great Game of Business."

For more information about Anthony Wilder Design/Build, visit www.anthonywilder.com. To learn more about The Great Game of Business, visit www.greatgame.com.



An award winning kitchen in Potomac by Anthony Wilder Design/Build. The company was inducted into The Great Game of Business Hall of Fame.





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Boosting a Child's Self-Esteem

BY MARILYN CAMPBELL

ne of the greatest gifts that a parent can give a child is a healthy self-esteem. Positive feelings about oneself can lead to success in a gamut of situations ranging from school to social circles, say child development experts.

"Self-esteem plays an important role at all stages of our lives," said psychologist Stacie B. Isenberg, Psy.D. "As adults, it can affect how one approaches situations and interacts with other people. When self-esteem is low, it may, for example, affect work performance or one's ability to recognize and enjoy accomplishments.'

Parents play an essential part in the development of their child's self-esteem, advises Cheryl Giacomelli, who teaches psychology at Northern Virginia Community College. "Parents foster self-esteem in many ways including leading by example, being emotionally available, engaging with their children, and providing a loving and supportive environment that allows children to succeed and fail," she said.

Parents can model this behavior in everyday tasks. "For example, while helping a child with a math assignment and not understanding the math problem, the parent

who says 'I can't believe I don't understand this, I was always terrible at math" is sending a different message than the parent who says, 'I'm not sure about this one. Let's ask your teacher to explain it to us in a different way," said Isenberg. "Parents can benefit themselves and their children by learning to describe situations according to the specific circumstances and resisting putting a generalized label on the situation or their behavior."

Since children learn by observation, modeling healthy relationships and habits is a vital component of developing a healthy self-esteem, suggests Giacomelli. "Choose an activity once a day in which you are fully engaged with your child," she said. "This may sound like common sense, however in today's busy world, it's sometimes difficult to devote all of your attention to one task. This means playing a game or reading a book and ensuring your cell phone is nowhere in sight."

"Experiences that may negatively impact the development of a strong sense of self occur when we do not fully engage with our children, when we do not allow our children to fail, and when we do not acknowledge our own faults," continued Giacomelli

Avoid harsh criticisms and display expressions of love, warmth and affection, advises Joanne Bagshaw, PhD, LCPC, professor of psychology at Montgomery College-

"Children's self-esteem develops based on how well their parents love them," she said. "The best thing parents can do is to openly and unconditionally love and accept their child. Parents ... can do so verbally, by telling their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate warmth through their tone of voice, and eye contact."

PRAISING CHILDREN is important, but it must be sincere. Even setbacks can offer opportunities for developing a healthy selfesteem, suggests Isenberg. "Children feel good about themselves when they have received genuine, positive reinforcement from people and situations," she said. "Praising a child's efforts is one of the best things parents can reinforce, because a child can control his effort, whereas outcome isn't always within one's control."

One example that Isenberg offers is saying something like, "I'm so proud of how hard you studied for that science test. You

A positive self image is a lifelong gift.

spent a lot of time reviewing the material and were really dedicated to being prepared."

Allowing children to learn to do things on their own and even experience a setback within a supportive environment may increase feelings of confidence and competence, says Jerome Short, Ph.D., associate professor of psychology at George Mason University.

"Parents may do too much for children or protect them from failure so that children do not learn to cope with difficult situations and soothe themselves," he said. "Children should believe that they have worth for being a unique person."

Fostering opportunities for positive social interaction with their peers can lead to a healthy self-esteem, says Short. "Children who have close friendships and reciprocal sharing with friends tend to have higher self-esteem," he said. "Children's successful accomplishment of goals also boosts selfesteem."

Establishing boundaries and setting limits with children can instill a sense of safety and security, advises Short. "Authoritative parenting that is high in support and high in structure and expectations contributes to children's positive sense of self," he said.



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News

Awareness

From Page 3

end the cycle of violence. The FJC and APP coordinate support services, so individuals can contact either one to get needed help. However, in case of emergency, people should not hesitate to dial 911.

"To transcend from victim to survivor, an abused person needs to know there is a community that cares and will be there to help," said Kravitz in the release. "Montgomery County is demonstrating its commitment to people who experience domestic violence."

"Since May 2009, the Montgomery County Sheriff's Office, in coordination with affiliated Family Justice Center agencies, has provided a broad range of lifesaving and essential services to over 9,000 persons subjected to domestic violence," said Popkin.

Individuals are encouraged to find support and prevent tragedy by calling the FJC or APP before things escalate. In Maryland, 55 people died in domestic violence-related deaths between July 2015 and June 2016.

"The Montgomery County Police remain committed to every victim of domestic violence," said Manger. "Our work goes beyond just investigation and arrest. Making sure that all victims get the follow up care they need is just as crucial. Please don't suffer in silence. Seek assistance from the Family Justice Center. We are all here to help."

"Please call if you need help, or if you have a friend or family member that needs help. Many of us see a friend in need, but don't know where to go - the FJC is here to help you help your friend," said Feinstein, who stressed the importance of accessing services.

"As chair of the Domestic Violence Coordinating Council, I was very pleased to be able to participate in the Domestic Violence Awareness Month Kick-Off event," Katz said. "The county provides so many services to help those in need and it is vitally important that our residents know where they can go for assistance."

Rotary Offers Tech Clinic for Seniors

Many senior citizens who are slow to adopt new technologies are falling behind because of difficulties in learning how to use them, not because they find them useless. Seeing this as a growing need in the community, the Rotary Club of Potomac, in partnership with the Potomac Library, will be offering a technology clinic to help improve senior residents' engagement with technology.

The Rotary Club of Potomac, which has served the local community since 1960, is now creating a bridge to help connect seniors to their new technology toys whether through Facetime connections or using free platforms like WhatsApp

Rotary Club Tech Clinics are scheduled for Oct. 21, Nov. 18, and Dec. 16, from 10 a.m. -noon, at the Potomac Library, 10101 Glenolden Drive. Register at the library's information desk or by phone at 240-777-0690.

In keeping up with the times, Rotary emphasizes engagement more than attendance. The Rotary Club of Potomac meets at Founding Farmers in Park Potomac for breakfast on the first and third Wednesday from 7:30-8:30 a.m.; on the second Wednesday there is generally a local community service project planned; and on the fourth Wednesday, club members meet for Happy Hour at Sugo in Park Potomac from 5-7 p.m.

To learn more, visit www.PotomacRotary.org or president the club Anila.Khetarpal@gmail.com.



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"Righty Tighty, Lefty Loosey"



By KENNETH B. LOURIE

So I've been told mnemonically for years. But when you're home and automotive-repair challenged as I am, everything is much easier said than done, especially when the mnemonic device is easier to handle/figure out than whatever tool and/or schematic is necessary/advisable for the athome/in-driveway repair. (We don't have a garage, or much of a basement for that matter. It's more of a cellar, actually. In fact, I call it "the dug out," so lack of spatial accommodations can exacerbate the problem).

And that's sort of how I feel whenever I attempt a home/car-owner-type repair. Soon after I organize whatever thoughts and tools I guess I might need: within minutes of the initial effort, I will have likely complicated the repair and will be forced to dig myself out, sometimes literally. I'll spare you the details, but suffice to say, I am a man of my word and that word is disaster. To invoke the great and often-quoted Dirty Harry: "A man's got to know his limitations," (Magnum Force, 1973), and believe me, I do.

Granted, replacing bulbs in my house, as written in the final paragraph of last week's column: "What To 'Ware," ranks pretty low on the home owner's list of honey-can-you-do?. Nevertheless, challenges do present themselves, especially when height and a ladder - or a step stool, with no spotter, are involved. And when I'm looking up with arms outstretched attacking the problem: light fixture from multiple angles, sometimes, when I place my hand on the bulb, I begin to lose my orientation and am unsure where's 'Righty and where's 'Lefty.' And even though I always remember 'Tighty and 'Loosey,' when 'Righty Tighty, Lefty Loosey doesn't immediately bring results, I tend to lose patience - and confidence, and slowly retreat to lower ground to reassess.

Unfortunately, there's no one to call. I mean, when you fail at the most basic and fundamental responsibility a home/car owner has, it's difficult, even for someone with as little ego as me, to admit abject failure. Repairing a toilet, installing light fixtures and/or ceiling fans; sawing, sanding, measuring, leveling and drilling; lifting, balancing and carrying; and anything else involving plumbing, electrifying; and even hammering and screwing in general, are tasks I don't mind asking and/or paying for. Having been down this road many times before, I know it's a path that won't lead to my redemption.

So not wanting to make a bad situation worse, or create a problem where one or two previously didn't exist, I have to employ the simplest of solutions. And what's simpler than "a pithy observation that contains a general truth:" an aphorism (Dictionary. com), an aid to one's lack of memory and ability to perform even the most basic of tasks, particularly as it pertains to a home owner: bulb replacement

Not that this inability is at all defensible. It's not. It's totally indefensible and one whose defense is not all explainable by the most offensive of terms: cancer. Which as you regular readers know has been the bane of my existence going back to late February 2009. That's when my Internal Medicine doctor called me at work to share the results of my previous week's surgical biopsy. His suggestion was that we meet in his office to discuss the results. I shook my head in disbelief. If he wants to meet me in person, the results must be bad, I thought. Otherwise, he'd just tell me, right? I asked him to hold on as I found a private office for us to talk (me to react) and braced myself. He told me the growth was malignant and suggested I see an oncologist as soon as possible. An appointment was set for the following Thursday.

Much has changed in my life ever since that fateful day, but not as it concerns this home/car owner's inability to handle the most mundane tasks. Might haven actually gotten worse. As for "the cancer," as "Forrest, Forrest Gump" described the cause of his mother's death, not so bad. I am alive and reasonably well, eight years and nearly two months out, six years plus past the end date of my original "13 month to two year" prognosis. Of that I'm proud. As for the home and car repair deficiencies, I couldn't care less. I have to admit though, it is laughable - and pathetic.

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





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