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Members of Saints
Peter and Paul
prepare spinach
pies for upcoming
35th annual Medi-
terranean Festival.

Potomac **ALMANAC**

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PHOTO CONTRIBUTED

**Tiger Trot 5K
This Sunday**

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**Safety Patrols Learn
As They Serve**

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‘Sharing Our Culture’

NEWS, PAGE 3

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CHEERS!





Annual Tiger Trot 5K returns Sunday, Sept. 23.



Participants warm up for the Tiger Trot 5K.

PHOTOS CONTRIBUTED

Tiger Trot 5K Bounds Into Action on Sunday

Holy Child's 8th annual event promotes health and wellness.

BY SUSAN BELFORD
THE ALMANAC

Tiger Paws will be dashing through the hills and valleys of Potomac on Sunday morning, Sept. 23 as runners and walkers meet the challenges and enjoy the camaraderie of participating in the 8th annual Holy Child Tiger Trot.

This family and community event draws close to 500 runners and walkers every year, including the students, families and staff of Holy Child, members of the Cabin John Park Volunteer Fire Department (CJPVFD), elite runners and those who choose to stroll with a purpose. The run/walk begins on the Holy Child campus, travels through Potomac neighborhoods and ends back at the Bradley Boulevard school grounds for post-race



Registration packet pick-up is Saturday, Sept. 22 from 12-4 p.m. at the school or from 7 - 8 a.m. on the day of the race.

activities.

Tiger Trot Co-Chair Maria Welsh has continued her involvement in this race for many reasons: "Now in its 8th year, the Holy Child Tiger Trot 5K has become a steadfast com-

munity building event that not only promotes health and wellness physically but also socially and mentally. It gathers both the girls and families from the school with our local runners and businesses from the

Metropolitan DC area in fellowship, to empower them to be strong and healthy and also bring awareness and thanks to our emergency response teams at the Cabin John Volunteer Fire Department. Even though my daughter and one of my sister's daughters have graduated, we continue to chair this event because we love seeing everyone working together to make it a success while also enjoying the family fun it brings."

Welsh's co-chair, Rosina Aguiar, said, "I love being part of an event that not only promotes health and wellness through exercise but also brings families and friends together in a fun way. Watching participants of all ages crossing the finish line, cheering on the sidelines or donating to benefit the CJPVFD truly warms my heart."

The CJPVFD is the first to the scene when a Potomac resident requires emergency medical treatment or fire suppression services. They keep the community safe and constantly are called upon to respond quickly and efficiently. The Tiger Trot 5K is

SEE TIGER TROT 5K, PAGE 10

'Sharing Our Culture' Saints Peter and Paul Antiochian Orthodox Christian Church's annual Middle Eastern Festival returns.

BY COLLEEN HEALY
THE ALMANAC

Saints Peter & Paul Antiochian Orthodox Christian Church is ready for its 35th annual Mediterranean Festival Sept. 21-23. In August, preparations began with a grape leaves cooking session, one of many planned to prepare for the festival.

Hala Paskaleva enjoys coming to the annual cooking sessions because she learns how to make Arabic food. As a child, she was taught to make traditional dishes by her mom and feels, "it is fun to come here and see different techniques and learn from the ladies of the church."

What's nice is that we are from all over the Arab world. There are third and fourth generations here. I am the first generation

to be born in this country. Now I bring my daughter who gets to put her hands in the dough and learn the names of the food.

"Food is memories. We eat when we are sad and when we are happy we celebrate with food."

At the festival all the food is made with love. We welcome everyone and want to show them what it is like to be a part of our family. We hope people get to know us and our culture."

Steve Simon said, "This event is more than fundraising; it is about sharing our culture with the community. It is about maintaining traditions and understanding customs and there is no better way to share than through food. It is fun to see many

SEE 'SHARING OUR', PAGE 10



Michael and Nadia El-Hage prepare meat for the grape leaf stuffing.

PHOTO CONTRIBUTED



ALL PHOTOS BY CHARLENE SAENZ



Safety Patrols at Wayside Elementary School.

Learning as They Serve

Safety Patrols play important role.

BY PEGGY MCEWAN
THE ALMANAC

“I promise to do my best to: report for duty on time perform my duties faithfully strive to prevent traffic crashes, always setting a good example myself obey my teachers and officers of the patrol report dangerous student practices strive to earn the respect of fellow students.”

That is the School Safety Patrol pledge.

It is a lot for 10-year-olds to live up to, but they grow into the responsibility as they grow as fifth graders, according to Julie Macro, a fifth-grade teacher and Safety Patrol sponsor, along with fourth grade teacher Lilit Bayburtian, at Wayside Elementary School.

“At Wayside, every fifth grader has a job,” Macro said. “Patrols tends to be one of the favorites. It’s a fifth-grade thing: they get to walk around, be in charge, and there is the Patrol Picnic.”

The Patrol Picnic is a reward in the spring for all county patrols — not all on the same day. It is a day of carnival rides, lunch and hanging out with friends. It is a big deal for the patrols.

Macro was a patrol at Dufief Elementary School when she was in fifth grade and still remembers her patrol picnic.

“It rained,” she said. “But we could still go to go on the rides.”

Before they earn that picnic, Wayside patrols help in the halls, the school bus and carpool lines, while riding on the buses and helping students in wheelchairs from the school’s School Community Based Program, Macro said.

“They do a great job,” she said. “Especially in the beginning of the year when kids don’t know where to go.”

They walk with the kindergartners and first graders. They are great role models.”

Patrols are an important part of a smooth-running school Principal

Donna Michela said.

“There are just not enough adults to cover everything,” she said. “We have adults with the patrols where we need to for safety, but [the kids are a big help].”

Together Macro and Bayburtian work with 58 patrols who are among the approximately 7,000 patrols across the county, Montgomery County Police Officer Terese Guilday said. Guilday supervises County Safety Patrols and supervises and trains crossing guards.

“I love working with the kids,” Guilday said. “It’s a very positive and rewarding job for a police officer. It helps [them] develop a positive attitude towards police.”

Guilday, too, said that being a patrol encourages the kids to develop leadership skills, and she added, they are also learning problem solving and improving communication skills.

“They really develop leadership

and are doing something for their community,” said. “And they are working as a team.

“They are like extra eyes and ears of the community. Parents rely on them, teachers rely on them. They are often the ones who spot suspicious vehicles. We train them to be aware of their surroundings, let someone know if there is something suspicious, don’t keep it to yourself.”

Macro said she notices her patrols as they grow in leadership and responsibility. “At meetings they talk about jobs and where changes need to be made,” she said. They make suggestions for improving their coverage.

The School Safety Patrol program was started in 1920 by the American Automobile Association. Presidents Jimmy Carter and Bill Clinton were former patrols as were 21 astronauts, according to Wikipedia.

At Wayside the patrols are gaining skills for their futures.

POTOMAC ALMANAC

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One-Woman Show, 'Bon Appetit,' at Community Center

Free performance sponsored by Potomac Community Village.

By PEGGY McEWAN
THE ALMANAC

Julia Child to speak in Potomac Thursday. Well, not really. Julia Child, the woman who brought French cooking into American homes with the publication of her cookbook, written with two others, "Mastering the Art of French Cooking" in 1961, died in 2004.

She comes alive in the person of actress Linda Kenyon who will perform a one-woman show, "Bon Appetite," at 7 p.m. Thursday, Sept. 20 at Potomac Community Center, 11315 Falls Road. "I wear a wig and I bought a blouse that I thought Julia would



Linda Kenyon

like," Kenyon said of her preparation for the role.

She also said she adopts the mannerisms and voice of Child. And, of course, there was the study. "I really liked the book of letters she wrote to Avis [Avis De Voto was a good friend and an early editor of "Mastering the Art of French Cooking."], Kenyon said. "And her general sense of fun." Thursday's performance is sponsored by

Potomac Community Village, a "Neighbor Helping Neighbor" community. "[Kenyon] did Eleanor Roosevelt for us last year," said Thalia Meltz from Potomac Community Village. "She was excellent."

Kenyon is a professional actress who lived

in the Washington D.C. area for 42 years. She now lives near New Hope, Pa, and her professional career centers around three famous women: Eleanor Roosevelt, Julia Child and Babe Didrikson Zaharias.

In spite of Julia Child's fame as cookbook author and TV cooking personality, there is no cooking in "Bon Appetite," which was written by local resident Clay Teunis. "That was a big dilemma when the show was being written, because you don't see Julia without her cooking," Kenyon said. "It is performed in people's living rooms, church sanctuaries and [other places] where there is no kitchen available."

So, she mimes it.

"I mime scrambling eggs and sharpening a knife," she said.

"Audiences love the show," Kenyon said. "I've always had very good reviews."

Kenyon said that after each show she is available to answer questions as either Julia or herself. One usual question is, does she like to cook.

And she does, she said.

The performance of "Bon Appetite" is free and open to the public this week, Meltz said.

To learn more about Linda Kenyon, visit lindakenyon.com.



PHOTO COURTESY LINDA KENYON

Actress Linda Kenyon will perform as Julia Child at the Potomac Community Village program 7 p.m. Thursday, Sept. 20 at the Potomac Community Center.

"That was a big dilemma when the show was being written, because you don't see Julia without her cooking. It is performed in people's living rooms, church sanctuaries and [other places] where there is no kitchen available."

— Linda Kenyon

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Meet "Julia Child"
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Thurs, Sept. 20, 7 pm, Potomac Comm Ctr

a Walk on the Canal
Sat, Sept 29, 9:30 am, Great Falls Tavern

Saving Money on Medicare Plans
Wed, Oct. 3, 3 pm, Potomac Comm Ctr

www.PotomacCommunityVillage.org
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ENTERTAINMENT

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ONGOING

Art Exhibits. Through Sept. 26,
Tuesday-Saturday, 10 a.m.-4 p.m. at
Artists & Makers Studios 1, 11810
Parklawn Drive, Suite 210, Rockville
and Artists & Makers Studios 2,
12276/12280 Wilkins Ave.,
Rockville. Artists & Makers Studios
are featuring three lush exhibits at
two locations with a three-gallery
retrospective exhibition that spans a
lifetime of glass artist Nancy
Weisser's art making, a solo exhibit
for Spencer Dormitzer, and a group
exhibit of the lavender fields of
Provence with Glen Kessler's
Compass Atelier in the galleries. Visit
artistsandmakersstudios.com for
more.

**Art Exhibit: "Abstract & The
Figure."** Gallery hours, through Oct.
31 at Framer's Choice Gallery, 402
Main St., Gaithersburg. Vian
Borchert's collection consists of a
melange of recent abstract paintings
along with abstracted figurative
artwork. Visit
theframerschoicegallery.com/ or call
301-987-8711.

THURSDAY/SEPT. 20

Yappy Hour. 6-8 p.m. at Elm Street
Urban Park, 4600 Elm Street,
Bethesda. Bethesda Urban
Partnership and Montgomery Parks
present this year's second "Yappy
Hour," an evening of fun in
downtown Bethesda for residents,
visitors and their furry friends. Wind
down from the week and enjoy the
company of your dog while listening



Yappy Hour 2018

Bethesda Urban Partnership and Montgomery Parks present this year's second "Yappy Hour," an evening of fun in downtown Bethesda for residents, visitors and their furry friends. Wind down from the week and enjoy the company of your dog while listening to live music, enjoying food and drinks by Bethesda restaurants and more. The pop-up dog park will consist of a small dog and a large dog enclosure area for well-socialized dogs. Thursday, Sept. 20, 6-8 p.m. at Elm Street Urban Park, 4600 Elm Street, Bethesda. Admission is free. Call 301-215-6660 or visit www.bethesda.org.

to live music, enjoying food and
drinks by Bethesda restaurants and
more. The pop-up dog park will
consist of a small dog and a large dog
enclosure area for well-socialized
dogs. Admission is free. Call 301-
215-6660 or visit www.bethesda.org.

"Meet Julia Child." 7-9 p.m. at
Potomac Community Center, 11315

Falls Road, Potomac. Professional
actress Linda Kenyon will portray
world famous cookbook author and
TV personality Julia Child in a one-
woman show at the Potomac
Community Village September
meeting. Free admission, open to all.
Call 240-221-1370 or visit
www.PotomacCommunityVillage.org
for more.

SEPT. 20-23

"The Last Five Years." At Randolph
Road Theatre, 4010 Randolph Road,
Silver Spring. Produced by The
Montgomery Playhouse and
Theatre@CBT, this musical by Jason
Robert Brown follows an interfaith
couple through their five-year
relationship, as we witness them
falling both in and out of love. Jamie
Wellerstein, a rising novelist with
strong Jewish roots, works to balance
his suddenly successful career while
embarking on a relationship with
Cathy Hiatt, a struggling non-Jewish
actress, who is left to deal with her
stalled career while watching her
husband from the sidelines. Visit
facebook.com/Theatre@CBT and
montgomeryplayhouse.org.

FRIDAY/SEPT. 21

Fall Open House. 4-7 p.m. at My Gym
Potomac, 11325 Seven Locks Road,
Potomac. Celebrate 35 years of My
Gym with an open house. Learn all
about fall classes, meet teachers, play
fitness games, practice gymnastics,
and receive back to school discounts.
Free. Call 301-983-5300 or visit
www.mygym.com/potomac/articles/8858 for more.

Paul Stanley Art Exhibition. 6-9
p.m. at Westfield Montgomery Mall,
7101 Democracy Blvd., Bethesda.
Wentworth Gallery presents a
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of KISS. All artwork is available for
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FRIDAY-SUNDAY/SEPT. 21-23

**35th Annual Middle Eastern
Festival.** At Saints Peter & Paul,
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Peter and Paul Antiochian Orthodox
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ENTERTAINMENT

35th Annual Middle Eastern Festival featuring authentic Middle Eastern food, music, giftware, raffles, pastries and jewelry. Free parking, free admission, carry out available. Call 301-765-3400 or visit www.peterpaulpotomac.org for more.

SATURDAY/SEPT. 22

Blacksmith Demonstration. 10:30 a.m.-4 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Learn about the art and science of blacksmithing during this demonstration. In the 19th century, things were generally made to last; if it broke it was often repaired or re-purposed by a blacksmith instead of being thrown out. The programs at Great Falls Tavern are free, but there is an entrance fee to the park of \$10 per single vehicle (subject to change). Call 301-767-3714 for more.

Opening Reception: "Abstract & The Figure." 3-5 p.m. at Framers Choice Gallery, 402 Main St., Gaithersburg. Vian Borchert's collection consists of a melange of recent abstract paintings along with abstracted figurative artwork. Free and open to the public. Refreshments will be served. Visit theframerschoicegallery.com/ or call 301-987-8711.

MCHS's 60th Anniversary Gala. 7-11 p.m. at Lakewood Country Club, 13901 Glen Mill Road, Rockville. Montgomery County Humane Society is celebrating six decades of serving the community with animal welfare services, pet adoptions and animal-related resources. Evening includes a cocktail reception, dinner, a video commemorating the anniversary, and plenty of dancing to the live music of New Monopoly. Tickets start at \$185. Visit www.mchumane.org/support/events/60th-anniversary-gala/.

SUNDAY/SEPT. 23

8th Annual Tiger Trot. 8:30 a.m. at Holy Child, 9029 Bradley Blvd., Potomac. Paws up and running shoes on for Holy Child's 8th Annual Tiger Trot 5K Run/Walk. After the scenic race, the finish line celebration and awards ceremony will include music, rides for children and entertainment as well as food and drinks – free to all runners and families. Go to www.holychild.org/tigertrot5k to register.

SEPT. 25-MAY 28

Teen Writers' Club. 6:30-8 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens (13-18) with a passion for writing are invited to join the Teen Writers' Club. Learn and practice new writing techniques, share your work, and learn how to critique other works with author Neal Gillen. Free. Email acsagillen@aol.com for more.

THURSDAY/SEPT 27

Ask the Experts for Seniors. 5-7 p.m. at Dawson's Market, 225 North Washington St., Rockville Town Center. Topics will include estate and elder law issues, home modifications for aging in place, daily money manager, organizing for life, safety and security tips, downsizing, home health care services and pharmacy services. Guest speaker is Trish Evans, village facilitator, City of Rockville. RSVP required to 301-213-6327 or email experts4seniors@gmail.com.

SATURDAY/SEPT. 29

Walk on the Canal. 9:30 a.m. at the Great Falls Tavern in Potomac. Potomac Community Village (PCV) calls on all its members and their



"Sunset Over The Water" by Vian Borchert.

Solo Exhibit: 'Abstract & The Figure'

Vian Borchert's collection consists of a melange of recent abstract paintings along with abstracted figurative artwork. Gallery hours, through Oct. 31 at Framers Choice Gallery, 402 Main St., Gaithersburg. Opening reception Saturday, Sept. 22, 3-5 p.m. Visit theframerschoicegallery.com/ or call 301-987-8711.

guests to participate in a Walk on the Canal. Combining physical activity with social connections in a beautiful, accessible Montgomery County location, walkers will proceed along the River Trail for about four miles. RSVP's are required by Thursday, Sept. 27 to 240-221-1370, info@PotomacCommunityVillage.org or using the sign up form on www.PotomacCommunityVillage.org. Include name and mobile phone number to be advised on the morning of any event plan changes.

TUESDAY/OCT. 2

Read to a Dog. 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Every first and third Tuesday of the month, school-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private sessions with a certified therapy dog. First-come, first-served. No registration required; no younger siblings. Free. Call 240-777-0694.

SATURDAY/OCT. 6

Dulcimer Music. 12:30-3 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Live music by the Mountain Dulcimers of Northern Virginia. Visitors can try playing. The programs at Great Falls Tavern are free, but there is an entrance fee to the park of \$10 per single vehicle (subject to change). Call 301-767-3714 for more.

Taste in Potomac. 6:30-11:30 p.m. at The Bolger Center, 9600 Newbridge Drive, Potomac. Taste in Potomac brings together leaders in the community, advocates for children and friends who care together. Guests enjoy an evening of fabulous auctions and delicious food from Potomac area restaurants. Nearly 30 restaurants donate their fare for the enjoyment of our guests and to help Adoptions Together raise awareness and funding to find homes for children in foster care. Call 301-503-6741 or visit www.adoptionstogether.org.

Piano Trio Gems by Ravel and Tchaikovsky. 8 p.m. at Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. Pressenda Chamber Players present

piano trio gems by Ravel and Tchaikovsky as part of the 2018-19 Washington Conservatory Concert Series. Free, with donations welcome at the door. Visit www.westmorelanducc.org/ for more.

Toast in Potomac (The After Party). 10 p.m.-12:30 a.m. in The Bolger Center - Franklin Room. The Toast in Potomac welcomes our next generation of community partners and emerging champions to enjoy an evening of dancing, mingling, food from Potomac area restaurants, the A-List beauty bar, and much more... The after party proceeds benefit Adoptions Together and FamilyWorks Together. Limited tickets are available, reserve early. Call 301-503-6741 or visit www.adoptionstogether.org or www.familyworkstogether.org.

SATURDAY-SUNDAY/OCT. 13-14

Bethesda Arts Festival. Saturday, 11 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m. at Bethesda Row, 4841 Bethesda Ave., Bethesda. The 21st Annual Bethesda Row Arts Festival, one of the region's premier arts festivals, brings together 190 national artists in a free outdoor art gallery. Free. Call 301-637-5684 or visit www.bethesdarowarts.org for more.

MONDAY/OCT. 15

The Stitching Club. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Join other stitchers and share ideas while working on individual needle craft projects, bring personal supplies. For ages 8 and up. All skill levels welcome. Meets once a month. No registration required. Free. Call 240-777-0694.

TUESDAY/OCT. 16

Read to a Dog. 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Every first and third Tuesday of the month, school-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private sessions with a certified therapy dog. First-come, first-served. No registration required; no younger siblings. Free. Call 240-777-0694.

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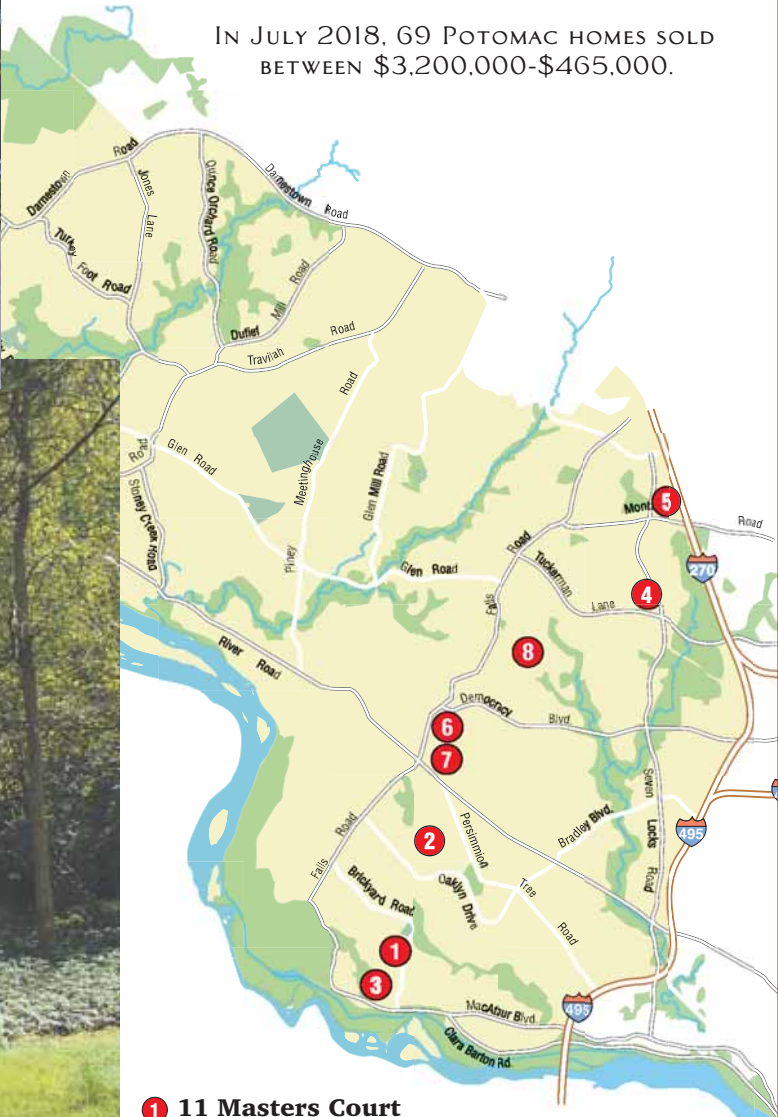
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Navigating the Tween Years

Child development experts offer suggestions for a difficult period of development.

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent."

Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will seethe at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.

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NEWS

Tiger Trot 5K This Sunday

FROM PAGE 3

one of the most special events in our community because all proceeds remain in the Potomac community — to benefit the Connelly School of the Holy Child Health and Wellness Programs as well as the Cabin John Park Volunteer Fire Department.

Students at Holy Child enjoy participating in this fun event — but this year the school has created fun “Challenges” which pit students against their teachers.

There are bronze, silver and gold packages in both the Middle and Upper Schools. Thus, if students in the Middle School beat Mrs. Davis, Mrs. Kannapell or Mr. O’Dea, they receive a free Homework pass, lunch and a gift card. In the Upper School the prizes are for beating Mrs. Bradley, Mrs. Greene and Coach Cali; these winners receive a prize pack, a gift card — and free lunch with a “significant” gift card.

“I love participating in our annual 5k because it is a great community event that is fun for the whole family. Running and walking are not only great for you physically but also keeps you strong mentally,” said Middle School Counselor Lindsay Davis

(one of the staff to beat).

The morning will begin with warm-ups and last minute registrations. Then the run/walk will begin and after, there will be music, food and a special time to mix and mingle.

Ashley Lowry, dean of academics at Holy Child said, “There is something about the atmosphere on the morning of a 5K — everyone is happy and the sense of camaraderie is strong. It’s an extra special opportunity to run alongside my students and their families since the spirit of Holy Child alive and joyful all along the course.”

All participants will receive a free race tee-shirt and there will be prizes for the top three female and male contestants. Registration is now \$35 for adults, \$25 for youth and \$20 for children 10 and under. Registration packet pick-up is Saturday, Sept. 22 from 12-4 p.m. at the school or from 7 – 8 a.m. on the day of the race. Many local businesses are donating food, beverages and serving as sponsors.

The race is on — rain or shine. To register online or for more information, go to <https://runsignup.com/Race/MD/Potomac/HolyChildTigerTrot>.

‘Sharing Our Culture’

FROM PAGE 3

generation working together to prepare the different dishes.”

Nadia El-Hage said, “This is our church and we try to help before the festival in anyway we can and come to help prepare food whenever we can. We help to organize and are happy to do that. We are a close knit community. I made traditional food for my children every Friday. The food is time consuming to make, but worth it in the end.”

Michael El-Hage said, “We rolled 3,500 grape leaves with over 20 people rolling and stuffing them with the meat and rice mixture.

Father Isaac Crow said, “Middle Eastern food is widely available now. We represent food from many countries: Syria, Jordan, Lebanon, Palestine, Greece, Turkey. The grape leaves are made differently in each country.

All the food at the festival is handmade. It will be three days of food, community, culture and faith. We are reaching out to the community and this is an important event for us. We are an immigrant culture and are proud and honored to be a part of the community.”

All the food is made from family recipes and each year some new dishes are offered. The festival will also have guided tours of the church and Byzantine singing. There will also be activities for children to do such as face painting, a playground, crafts, and games.

Saturday night there will be a DJ and dancing.

The bazaar will feature authentic, homemade cuisine and sweets such as grape leaves, kibbi, spinach pies, falafel, gyros, shawarma, leg of lamb, chicken kabobs, vegetarian dishes, ma’amoul cookies, and custard triangles with orange blossom glaze.

Booths will be selling international groceries, jewelry, clothes, art, local crafts, olive oil and religious items.

Saints Peter and Paul Antiochian Orthodox Christian Church’s 35th Annual Middle Eastern Festival features authentic Middle Eastern food, music, giftware, raffles, pastries and jewelry. Free parking, free admission, carry out available. The church is located at 10620 River Road, Potomac.

For more information call 301-765-3400 or visit www.peterpaulpotomac.org

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Scenes from A Dog Swim

The Potomac Swim and Tennis Club hosted its annual dog swim on Sunday, Sept. 9.



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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.

ONGOING

Sponsors/Donations Wanted. Consider donating an item for the Taste in Potomac auction and receive a tax-deductible donation. The live and silent auctions help raise thousands of dollars for programming to support children growing up in foster care throughout the region. Taste in Potomac takes place Saturday, Oct. 6 at the Bolger Center, 9600 Newbridge Drive, Potomac. Contact Director of Development Margo Devine at 301-503-6741 or mdevine@adoptionstogether.org.

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.

WEDNESDAY/SEPT. 19

Community Input Wanted. 7-9 p.m. at Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda. Montgomery County's Department of Environmental Protection seeks input for the sustainable management of the County's solid waste. Residents, business owners and other stakeholders can offer input through an online survey and an open house. Visit www.montgomerycountymd.gov/SWS/masterplan.html for more.

FRIDAY-SATURDAY/SEPT. 21-22

Car Free Days 2018. Telework, bicycle, walk, take transit or carpool/vanpool (car-lite). Everyone who takes the free pledge for one or

both days will be entered into a raffle. Registrants will also have the opportunity to participate in several local area events including: PARK(ing) Day, Clarendon Day, The Great Frederick Fair, Try Transit Week, and more. Take the free pledge to go car free or car-lite for a day at www.CarFreeMetroDC.org.

TUESDAY/SEPT. 25

National Voter Registration Day. Visit one of the locations listed below, where staff members will be present to assist in registering individuals to vote, verifying current voter registration, and providing information on how to volunteer to serve as an Election Judge. Check registration at voterservices.elections.maryland.gov/. VoterSearch to make sure it is up to date. Students age sixteen or older are eligible to serve as an Election Judge.

- ❖ 8:30 a.m.-5 p.m. – **Montgomery County Board of Elections**, 18753 N. Frederick Ave., Suite 210, Gaithersburg
- ❖ 9 a.m.-noon – **Takoma East Silver Spring (TESS) Center**, 8513 Piney Branch Road, Silver Spring
- ❖ 1-4 p.m. – **Westfield Montgomery Mall (Food Court/Eatery)**, 7101 Democracy Blvd., Bethesda
- ❖ 5-8 p.m. – **Connie Morella (Bethesda) Library**, 7400 Arlington Road, Bethesda; **Rockville Memorial Library**, 21 Maryland Ave., Rockville

For more election information, call 240-777-VOTE, visit www.777vote.org, the Maryland State Board of Elections' website at elections.maryland.gov, or follow the Montgomery County Board of Elections on Facebook or Twitter.

THURSDAY/SEPT. 27

"Ask the Expert for Seniors." 5-7 p.m. at Dawson's Market, 225 North Washington St., Rockville Town Center. An interactive evening covering: Estate and elder law issues, home modifications for aging in place, daily money manager, home health care services, pharmacy services, safety and security tips, and organizing for life. Guest speaker is Trish Evans, village facilitator, City of Rockville. RSVP to 301-213-6327 or email experts4seniors@gmail.com.

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A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible – or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding "interminableness," one of our five cats, "Twinkle," is walking back and forth across my desk, rubbing my writing hand with her head – while I'm trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I've placed on my desk – which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don't want them go and invariably that's almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with "Twinkle" having been occupied elsewhere during the last 10 minutes or so. (After I implored her to "Give me some space, please?" she jumped off the desk.) Finally, I have received word that I'm approved for my infusion. And now that I'm no longer on telephone-hold, I doubt I'll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she's brought along "Biscuit," one of the two oldest "buff-colored" brothers we rescued in September '06. But I'm more tolerant of their interference now as I've been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns – and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don't flow as often on the weekends, we'd really rather know before the weekend so that we can get on with our lives.

And, as I'm sure you can appreciate, this is no laughing matter and receiving results – good or bad – in a timely fashion does enable us to get on with our lives.

For the moment, however, it's still about waiting and hoping, but no planning – yet. Discussing scenarios before the actual facts are known has never been my oncologist's way. When we know definitively, then we'll act definitively. We've had some preliminary discussions about alternatives going forward, but until further details are known, it's all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don't imagine there's much I can do about it now. When those results are known, then we'll go to plan "B," or revert to current plan "A."

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There's no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it's still "early days." Maybe the cats do know something. We've heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here's comes "Biscuit," he's been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

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

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