

Potomac ALMANAC

Changing the names from J.E.B. Stuart Road
and J.E.B. Stuart Court to Geneva Mason
Road and Geneva Mason Court on July 23.

Renaming Potomac Streets To Honor Those Who Reflect Our Values

NEWS, PAGE 3



Potomac REAL ESTATE



1 14013 Gorky Drive
— \$1,355,000

May, 2021 Sales,
\$1,355,000~\$1,275,000

IN MAY, 2021, 78 POTOMAC HOMES SOLD
BETWEEN \$3,250,000-\$439,000.



5 11833 Hunting Ridge Court
— \$1,340,000



Address.....	BR	FB	HB	Postal City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
1 14013 GORKY DR.....	5...	4...		ROCKVILLE	\$1,355,000 ...	Detached ..	2.00.....	20854..	RIVER PARK VISTA	05/12/21
2 9702 CLAGETT FARM DR....	6...	4...	1	POTOMAC .	\$1,350,000 ...	Detached ..	0.21.....	20854....	CLAGETT FARM....	05/20/21
3 12561 ANSIN CIRCLE DR.....	4...	3...	2	POTOMAC .	\$1,350,000 ...	Townhse...	0.05.....	20854....	PARK POTOMAC ...	05/19/21
4 9410 TURNBERRY DR.....	3...	3...	1	POTOMAC .	\$1,345,000 ...	Townhse...	0.13.....	20854.....	AVENEL	05/05/21
5 11833 HUNTING RIDGE CT. .	5...	4...	1	POTOMAC .	\$1,340,000 ...	Detached ..	0.40.....	20854.....	GLEN OAKS	05/26/21
6 11012 PICASSO LN.....	4...	3...	2	POTOMAC .	\$1,335,000 ...	Detached ..	1.10.....	20854..	POTOMAC OUTSIDE.	05/31/21
7 8615 TIMBER HILL LN	5...	3...		POTOMAC .	\$1,317,778 ...	Detached ..	0.33.....	20854..	EAST GATE OF POTOMAC	05/14/21
8 10009 SOUTH GLEN RD.....	4...	3...	2	POTOMAC .	\$1,275,000 ...	Detached ..	0.46.....	20854..	POTOMAC VILLAGE.	05/27/21

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[HTTP://WWW.CONNECTIONNEWSPAPERS.COM/NEWS/2021/JUN/15/POTOMAC-HOME-SALES-MAY-2021/](http://www.connectionnewspapers.com/news/2021/JUN/15/POTOMAC-HOME-SALES-MAY-2021/)



2 9702 Clagett Farm Drive
— \$1,350,000



6 11012 Picasso Lane
— \$1,335,000



8 10009 South Glen Road
— \$1,275,000



4 9410 Turnberry Drive
— \$1,345,000



PHOTOS FROM MONTGOMERY COUNTY PLANNING

The Potomac streets formerly known as J.E.B. Stuart Road and J.E.B. Stuart Court will now be called Geneva Mason Road and Geneva Mason Court. Geneva Mason (1899-1980) was a prominent community leader in the Scotland community in Potomac; she was instrumental in the rebuilding of the Scotland community, and her relatives were present for the renaming on July 23, 2021.



The Potomac street formerly known as Jubal Early Court is now William Dove Court. William Dove, an African American man born in slavery, purchased the first parcels of land in Scotland in 1880. William Dove's relatives were present for the renaming. The new street signs were installed in July 2021.

Potomac Streets Were Names for Defenders of Slavery

Now those streets bear the names of two important leaders of the historic African-American Scotland community.

Joined by the families of Geneva Mason and William Dove, three new street signs were installed in Potomac to honor these two African American historical figures and replace signs named after Confederate generals.

The new signs reflect the history of the Scotland community off Seven Locks Road in Potomac. William Dove, an African American man born in slavery, purchased the first parcels of land in Scotland in 1880.

Geneva Mason was a prominent community leader throughout the 1960's who was instrumental in rebuilding the Scotland community.

"With residents and members of the Mason and Dove families, we celebrated the replacement of the signs bearing the names of the Confederate soldiers these streets used to be named for," said County Councilmember Andrew Friedson, who represents Potomac, and who advocated for the changes, and a comprehensive review of names of streets, parks and facilities.

Montgomery Parks and Montgomery Planning are reviewing streets and parks named after Confederate soldiers at the request of County Council.

"We cannot change the troubling aspects of our past, but we must confront it – honestly and openly. We cannot recreate history, but we can decide how accurately we re-

flect it, and who we choose to glorify from it," said the letter. "The names of our buildings and streets should reflect the people in and on them, not threaten and intimidate them. As a county with four of the ten most diverse cities in the country, our residents rightfully expect it; they deserve it; and they are demanding it."

M-NCPPC is the sole entity authorized under Maryland law with naming or renaming streets in Montgomery County, except within certain independent municipalities. The Commission's Planning Board has sole approval authority over street renaming.

The three county streets in Potomac and one park were identified as commemorating Confederate generals. This included the Potomac streets now formerly known as Jubal Early Court, J.E.B. Stuart Road, and J.E.B. Stuart Court. The new street signs were installed in July 2021.

Montgomery Parks renamed J.E.B. Stuart Trail at Woodstock Equestrian Park the Northern Edge Trail in early 2021.

About the new street names

Geneva Mason (1899-1980) was a prominent community leader in the Scotland community, centered near Seven Locks Road in Potomac, in Montgomery County; she was instrumental in the rebuilding



The Potomac street formerly known as Jubal Early Court is now William Dove Court. William Dove. Scotland residents and Dove ancestors were on hand for the renaming.

of the Scotland community and its fight against urban renewal efforts in the 1960s, according to Park and Planning.

In addition to Ms. Mason, the Scotland community suggested renaming a street in honor of one of their elders, William Dove. Dove, an African American man born in slavery, was one of the founding members of the Scotland community. He purchased some of the first parcels in Scotland and is an ancestor of many Dove and related family members who live in Scotland today.

The Montgomery County Planning Board, part of M-NCPPC, unanimously approved a resolution to begin a process to rename the three county streets on Jan. 14, 2021.

Montgomery Planning staff hosted a virtual community meeting with property owners and residents on the three streets on February 22, 2021 to brief them on the renaming project and solicit feedback on potential name

options. On June 17, 2021, Montgomery Planning sent the owners and residents of the close to 65 impacted property addresses a letter notifying them of their new street names. The letter also included information on next steps for Montgomery Planning to implement the street name changes as well as steps for property owners to take.

Research Behind the Street and Parks Facilities Renaming

M-NCPPC staff's Phase 1 findings focus on identifying a subset of the streets and park assets that have full name matches with nationally known confederates. Staff are focused on finding nationally known Confederates, local Confederates, Confederate sympathizers, and slaveholders between the 1790s through 1860s. Post-Civil War history and 20th century figures have not yet been considered.

M-NCPPC's research to date has found 325 streets that have a preliminary match with the last names



of Confederates and two parks that have a confirmed match with Confederate last names. M-NCPPC developed a database to conduct this research, which contains the names of a total of 709 known Confederates, including 269 that were residents of Montgomery County and 440 senior officers of the Confederate Army. It also contains the names of 5,826 local slaveholders and the names of over 3,300 enslaved individuals who were held in bondage in the County.

Additional research is still required to confirm last name associations for those streets and park assets with preliminary matches to M-NCPPC's database of names. There are Confederate or slaveholder last names in the database that may not, after research, be found to correlate with a street or park name. Examples include Walter Johnson Road, named for a famous baseball player, but which was also the name of a Confederate.

The database is a work in progress but will be made available to the public for research and future use when historians have completed required additional work and quality control.

Source: Montgomery County Park and Planning

ENTERTAINMENT

Ongoing Entertainment

POTOMAC COMMUNITY CENTER. 11315 Falls Road. The Potomac Community Center reopened Monday, June 28. Table tennis, volleyball, badminton, basketball, pickleball, open gym and more will be available. See <https://www.montgomerycountymd.gov/rec/Resources/Files/potomac-2021schedule.pdf> for details and hours.

PARK RANGERS AVAILABLE. 10 a.m. to 3 p.m. on Thursdays, Fridays, Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Park rangers are available to provide maps and information even though the visitors center is still currently closed. See <https://www.nps.gov/choh/index.htm>

LOCK DEMONSTRATIONS. 11 a.m., 1 p.m. and 2 p.m. (30 minutes long). Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Join park staff as they operate Lock 20 and demonstrate how it works. Lock 20 is next to the Visitors Center at the park.

RIDE THE CAROUSEL. 10 a.m. - 4 p.m. Wednesday through Friday, 10 a.m. to 6 p.m. Saturday and Sunday. Glen Echo Park, 7300 MacArthur Blvd. The 1921 Dentzel Carousel was installed in 1921 and celebrates its 100th Anniversary all season long. Purchase tickets at <https://glenechopark.simplicity.com>



PHOTO BY MARY KIMM

Zebra Swallowtail butterfly on a sunflower at McKee Beshers in Poolesville. The sunflower fields are in bloom off River Road. See <https://dnr.maryland.gov/wildlife/Pages/publiclands/central/sunflowers.aspx>

com/. \$5 per person for a four-hour time slot. See <https://glenechopark.org/carousel/> for additional information regarding covid protocols.

CABIN JOHN PARK MINIATURE TRAIN RIDE. 10 a.m. - 5 p.m. Tuesdays through Fridays; 10 a.m. to 6 p.m. on Saturdays and Sundays. 7410 Tuckerman Lane. Scenic two-mile, 15-minute train ride through Cabin John Regional Park. Tickets are limited and can be pre-purchased online at [ActiveMontgomery.org](https://www.montgomerycountymd.gov/rec/facilities/aquaticcenters/outdoorpools.html) -- \$2.50. (Children two and younger ride for free with an adult.) See <https://www.montgomerycountymd.gov/rec/facilities/aquaticcenters/outdoorpools.html>

and ticket information.

OUTDOOR SWIM HOURS. Bethesda Outdoor Pool, 6300 Hillandale Road, Bethesda. 301-652-1598. For more pools including upcounty in Poolesville and Gaithersburg, and for summer hours see www.montgomerycountymd.gov/rec/facilities/aquaticcenters/outdoorpools.html

INDOOR SWIM HOURS. Shriver Aquatic Center, 5900 Executive Blvd, 240-777-8070 See. <https://www.montgomerycountymd.gov/rec/Resources/Files/aquatics/KSAC.pdf>

ICE SKATING. Cabin John Ice Rink, 10610 Westlake Drive. Cabin

Potomac Village Farmers Market

Thursdays, 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road. Potomac Village Farmers Market operates all Thursdays, May through November. Repeats weekly on Thursdays.

John Ice Rain has numerous public skate sessions every day of the week. See cabinjohnice.org for details.

BETHESDA STREETERY: 11 a.m. to 10 p.m. Tuesday-Sunday. To create additional seating outdoors, the "Bethesda Streeterly" will be set-up as open seating, with all tables placed at least six feet apart and a limit of four people permitted per table. Restaurant patrons are invited to dine within this open-air area after picking up food and beverages from a local Bethesda restaurant. Tables will be cleaned after each use.

Locations:

Norfolk Avenue, between St. Elmo Avenue and Cordell Avenue
Norfolk Avenue, between Cordell Avenue and Del Ray Avenue
Woodmont Avenue, between Elm Street and Bethesda Avenue (** open daily)

Veterans Park, corner of Norfolk and Woodmont Avenues

See <https://www.bethesda.org/bethesda/bethesda-streeterly>

FRIDAY, AUG. 6

LIVE MUSIC. 6-8 p.m. Downtown Bethesda at the corners of Norfolk and Del Ray avenues. Bethesda Urban Partnership has helped organize additional restaurant seating outdoors in downtown Bethesda. The "Bethesda Streeterly" will be set-up as open seating. Live music each Friday to enjoy while also enjoying outdoor dining. Elikeh (afropop) performs Aug. 6, Sara Jones on Aug. 13. See <https://www.bethesda.org/bethesda/bethesda-streeterly> Repeats Friday evenings.

FRIDAY NIGHT DANCERS. 8:30 to 10:30 p.m. Virtual, Glen Echo Park. Join Friday Night Dancers for a virtual contra dance and live music. See <https://glenechopark.org/events>.

Repeats Fridays.

SATURDAY, AUG. 7

LOCKSIDE CHAT. 11 a.m. Also at 1 p.m. Lock 20, adjacent to the Great Falls Tavern Visitor Center in Chesapeake & Ohio National Historical Park, 11710 MacArthur Blvd. Join park staff for 30 minutes to learn about locks along the canal. See <https://www.nps.gov/choh/index.htm>

Repeats every Saturday and Sunday.

SATURDAY, AUG. 7

CAROUSEL STORY TIME. 9:30 a.m. Virtual. Join us online as we read Up and Down on the Merry-Go-Round by Bill Martin Jr. In this rhyming story that's perfect for reading aloud and along, children describe the sights and sounds of riding on the merry-go-round from atop the colorful menagerie of horses, elephants, and giraffes that carry them into imaginative adventures. RSVP preferred, not required. See <https://glenechopark.org/storytime>

LOCK DEMONSTRATIONS. 11 a.m., 1 p.m. and 2 p.m. (30 minutes long). Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Join park staff as they operate Lock 20 and demonstrate how it works. Lock 20 is next to the Visitors Center at the park. Repeats on Saturdays and Sundays throughout August.

LIVE COMEDY. 8-10 p.m., Rock Bottom Restaurant, 7900 Norfolk Avenue. Live Standup Comedy Show with local DC-area standup See CALENDAR, PAGE 6

Calendar Entertainment

COMPILED BY KEN MOORE

THE ALMANAC

To include events in the Almanac's calendar, please contact Ken Moore at kmoore@connection-newspapers.com; put Almanac Calendar Event in the subject line.

THURSDAY, AUG. 5

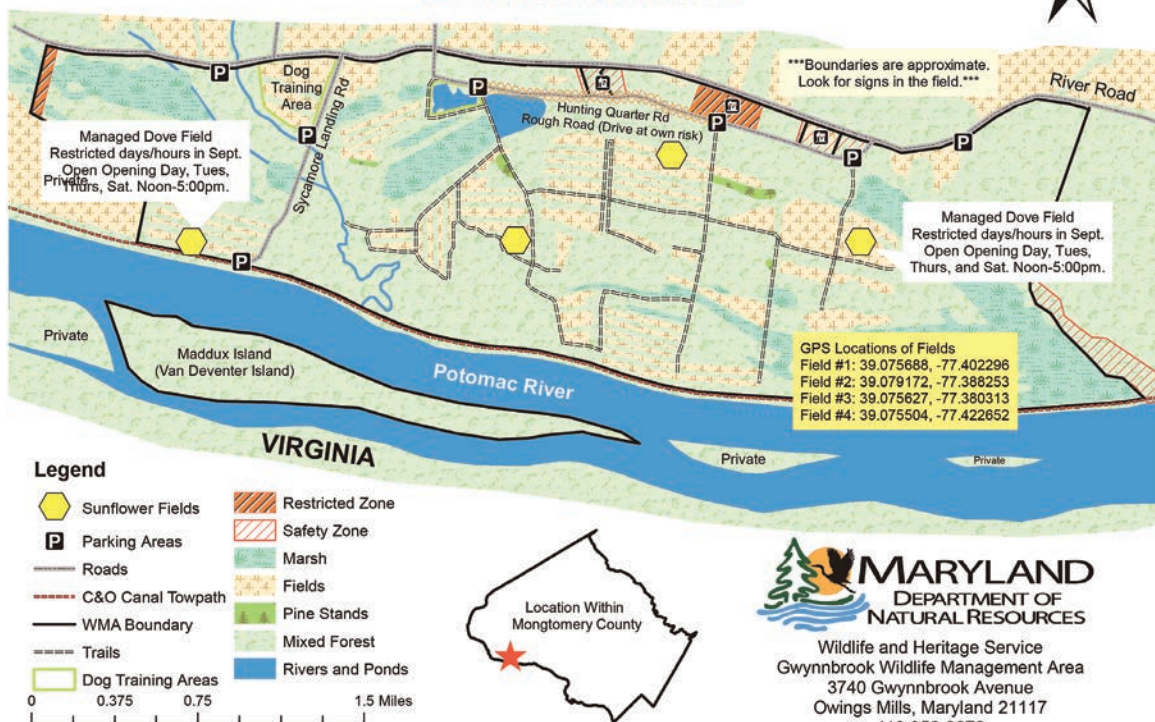
LIVE CONCERTS, BUMPER CAR PAVILION. 7:30 p.m. Glen Echo Park, 7300 MacArthur Blvd. (Also streaming on YouTube.) Free. Registration preferred, but not required.

Concerts repeat every Thursday through Sept. 9, 2021. See <https://glenechopark.org/summerconcerts>

POTOMAC VILLAGE FARMERS MARKET. Thursdays, 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road. Potomac Village Farmers Market operates all Thursdays, May through November. Repeats weekly on Thursdays.

GLEN ECHO FOLK DANCERS. Virtual. Thursday 7:30 - 9 p.m. lesson, followed by dancing from 9-10:15 p.m. See <https://glenechopark.org/events-calendar>. Repeats weekly on Thursdays.

McKee-Beshers Wildlife Management Area Poolesville, Maryland (Montgomery County) 2021 Dove Field Locations



SOURCE: [HTTPS://DNR.MARYLAND.GOV/WILDLIFE/PAGES/PUBLICLANDS/CENTRAL/SUNFLOWERS.ASPX](https://dnr.maryland.gov/wildlife/Pages/publiclands/CENTRAL/SUNFLOWERS.ASPX)

The sunflower fields are in peak bloom and are reached off River Road via Hunting Quarter Road and Sycamore Landing Road this year.



PHOTO COURTESY OF SAMANTHA MCCORMICK

Alexis McCormick is hoping to earn a medal at this week's Junior Olympics.

Pressure for Athletic Success Can Lead to Stress

Balancing the need for athletic achievement with emotional wellbeing.

BY MARILYN CAMPBELL
THE ALMANAC

Practicing with her club track team three days each week, training with a private coach on the other four days and balancing a challenging academic workload led to a stressful school year for Alexandria high school senior Alexis McCormick. This week, she is hoping that her training will pay off as she competes in the National Junior Olympics.

"We're living in such a hyper competitive environment and there is so much pressure on kids to succeed. All of the kids are so stressed," said Alexis's mother Samantha McCormick. "It would be stressful under any condition, but last year there was the added layer of distance learning. I think that when athletes like Naomi Osaka and Simone Biles speak out it causes parents to take a look at their own children."

Creating a balance between emotional wellbeing and meeting expectations for academic and athletic success can be challenging. Local mental health professionals explain some of the reasons behind the mental health issues that are connected to athletes and what parents can do.

"It's extremely difficult to culti-

vate a healthy sense of self in body and mind given the pressures of societal expectations and social media," said Herndon psychologist Janet Owens. "Peers are lauding athletic accomplishments on social media."

A need to succeed that is driven in part by parental pressure can lead to emotional fatigue and low self esteem, says Bethesda therapist, Katherine Harden. "It's how much passion a child has themselves that makes a difference in mental health issues," she said. "When a parent pushes a child to focus on a sport they don't love, whatever it is, the

professor of psychology at George Mason University. "Specialization leads to more of one's identity and self-worth coming from successful performance in a single sport," he said. "Perceived threats and worries increase if we are not accomplishing our goals and having fun playing sports. We may feel helpless and hopeless about improving our performance."

Support from loved ones can mitigate some of the mental health issues that are associated with the pressure to be high-achieving. "Parents can help prevent their children from experiencing anxiety and depression by providing support and unconditionally valuing their children regardless of athletic performance," said Short. "It helps to have other sources of achievement outside of sports, or to participate in multiple sports."

As a high school student, Jason Gamble, PhD was a nationally ranked track and field runner. Today he is a child psychol-

ogist who specializes in anxiety and depression. "As athletes we only knew of one thing, the training to reach the goal. What happens when an adverse event happens such as injury, loss, or other significant bumps in the road?" he asks. "One thing to consider is teaching your child resilience skills, foundations of gratitude and how to stay focused on a growth mindset versus spiraling downward because of a setback."

"Parents can help prevent their children from experiencing anxiety and depression by providing support and unconditionally valuing their children regardless of athletic performance."

—Jerome Short, PhD

mental health issues begin to seep in. This is because the underlying thoughts are, 'I don't have a voice' or even 'I won't be loved if I don't perform in this job I don't even like.' That's an awful lot to ask a child of any age to carry, especially if they have a perfectionistic coach driving the same sentiments. It's too much for anyone."

Specializing in one sport puts a child at risk for anxiety and depression suggests Jerome Short, PhD,

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THE CONNECTION
NEWSPAPERS

CALENDAR

FROM PAGE 4

comedians. Ongoing on Saturdays. \$15. Call 301/946-1102 for more information.

SUNDAY, AUG. 8

VIRTUAL PET SHOW. 2-4, Montgomery County Public Libraries. A non-competitive way to show off your pets with MCPL. All pets are welcome: cats, dogs, bunnies, horses, rodents, fish, amphibians, reptiles, insects—whatever. No prizes, just sharing the joy of having a pet. Free. 2-4pm. FREE. Registration required. See Bethesda Urban Partnership calendar at <https://www.bethesda.org/> or search the Montgomery County Public Libraries website to register to receive the zoom links.

SATURDAY, AUG. 14

ORGAN RALLY. 11 a.m. to 5 p.m. Glen Echo Park, 7300 MacArthur Blvd. In partnership with the Carousel Organ Association of America (COAA), join us for a band organ rally on the grounds of Glen Echo Park. You may be familiar with the carousel's Wurlitzer 165 band organ, but this is a great opportunity to learn about and hear different types of organs - large and small. See <https://glenchopark.org/carouselfamilydays>

SUNDAY, AUG. 15

ORGAN RALLY. 11 a.m. to 5

p.m. Glen Echo Park, 7300 MacArthur Blvd. See description on Saturday, Aug. 14.

WEDNESDAY, AUG. 18

ENGLISH CONVERSATION CLUB FOR YOUTH. Join MCPL and practice English conversation in an informal, friendly, and fun setting. New members are always welcome but space is limited. 4pm. Virtual. FREE. See Bethesda Urban Partnership calendar at <https://www.bethesda.org/> or search the Montgomery County Public Libraries website to register to receive the zoom links.

FRIDAY, AUG. 20

WEED WARRIORS. 3-5 p.m. . Bethesda Urban Partnership, 7700 Old Georgetown Road. Bethesda Green and Bethesda Urban Partnership are working together to pull weeds from sidewalks and tree boxes all through Bethesda. No prior knowledge needed - team leaders will help distinguish between weeds and wanted plants. Participants will be provided with tools, water and lunch. This event will be repeated Saturday, Sept. 18 from 10 a.m. to noon. Free, open to all. See <https://www.bethesda.org/events-calendar>

LABOR DAY WEEKEND

50TH ANNUAL ART SHOW.

12-6 p.m, Saturday Sept. 4, Sunday, Sept. 5, Monday, Sept. 6. Reception on Friday, Sept. 3 from 7:30 - 9 p.m. Glen Echo Park, 7300 MacArthur Blvd.

ONGOING:

Locust Grove Nature Center, 7777 Democracy Blvd. Outdoor exhibits, natural features, and trails are open every day from dawn to dusk. In the Upper Meadow, look for Monarch butterflies, caterpillars and eggs on the milkweed in summer. Check out the dogbane for iridescent dogbane beetles. Listen for wrens and bluebirds near the bluebird nest boxes. Watch for box turtles crossing the path in the early morning.

In the Lower Meadow, watch for bats hunting in late afternoon or early evening. Sit under the shade of the 200-year-old sycamore, and imagine what the park looked like when it was part of a large farm. Watch as Cabin John Creek flows briskly by.

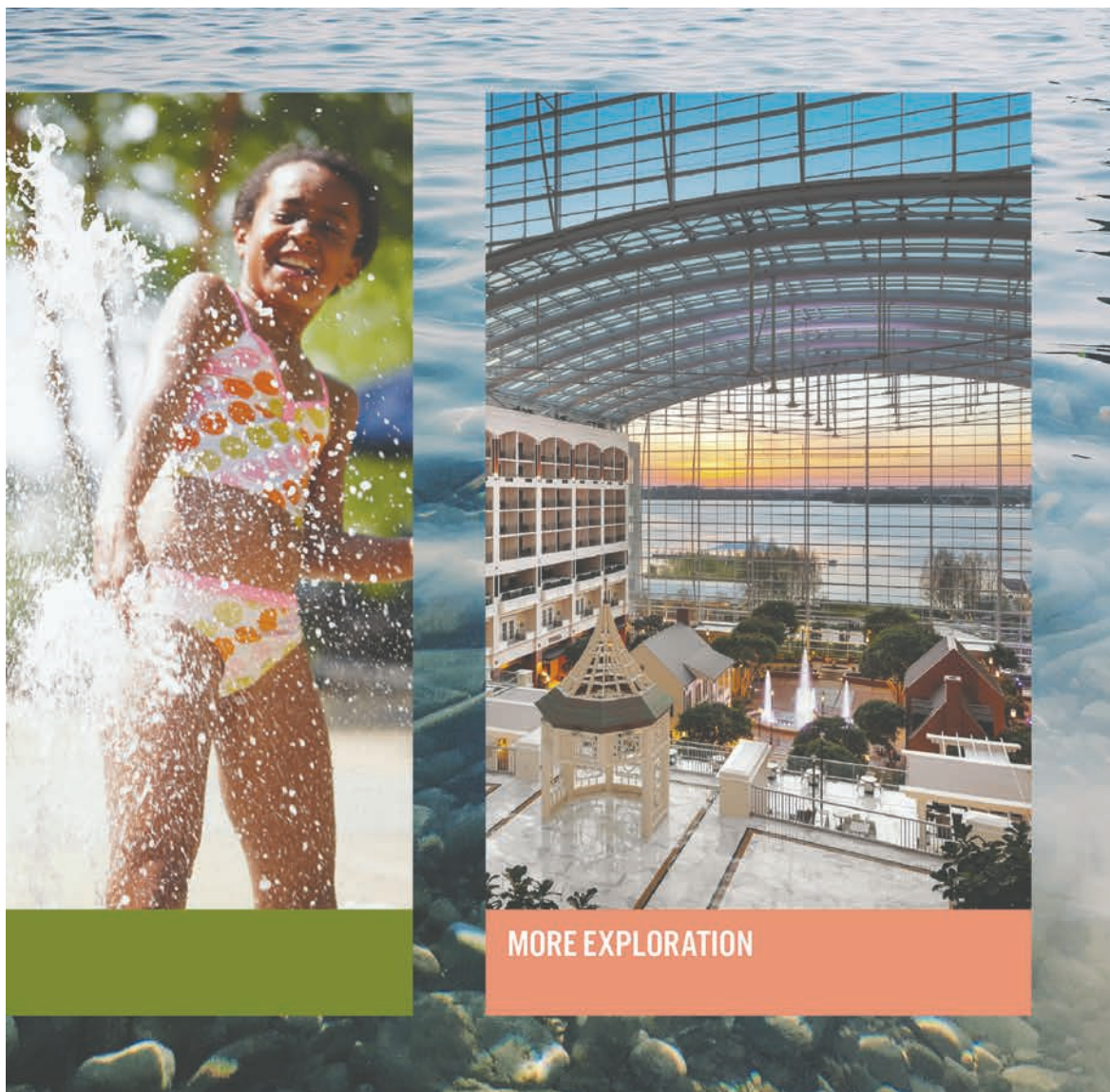
See <https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/locust-grove-nature-center/> for planned activities.

POTOMAC VILLAGE FARMERS MARKET. Thursdays, 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen

Road. Potomac Village Farmers Market operates all Thursdays, May through November. Repeats weekly on Thursdays.

PUBLIC ART. Bethesda is filled with public art. Browse a portion of the collection of public art on <https://www.bethesda.org/bethesda/public-art> for descriptions of projects and locations. Includes "Tunnel Vision," produced by the Bethesda Arts & Entertainment District, which showcases the work of 12 selected artists inside the Metro Tunnel that runs under Wisconsin Avenue.

JOSIAH HENSON MUSEUM AND PARK. Park is open from sunrise to sunset. Museum hours are Friday to Sunday, 10 a.m. to 4 p.m. 11410 Old Georgetown Road. The life and challenges of Reverend Josiah Henson, enslavement in Maryland, and the ongoing struggles of racial equality and justice on the former plantation property of Isaac Riley where Henson was enslaved. Henson, whose 1849 autobiography, *The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada*, inspired Harriet Beecher Stowe's novel, *Uncle Tom's Cabin*. \$5 adults, \$4 youth, \$4 seniors. See <https://www.montgomeryparks.org/parks-and-trails/josiah-henson-park/>



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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.

AUG. 6-29

"The Day Emily Married." Play presented by Quotidian Theatre Company. At The Writer's Center, 4508 Walsh Street, Bethesda. In a triumphant return to its roots and a bittersweet farewell to the D.C. theater community, Quotidian Theatre Company will stage Horton Foote's beautiful meditation The Day Emily Married at the Writer's Center in Bethesda, opening August 6, 2021. Set in 1950's Harrison, Texas. Emily Davis is about to be married and is determined not to let her parents talk her and her new husband, the strappingly ambitious Richard Murray, into living with them. But Emily's mother, Lyd, an expert in emotional blackmail, will not be deterred from getting her own way. QTC's production features audience favorites Jane Squier Bruns (Lyd Davis), John Decker (Lee Davis), Roxanne Fournier Stone (Emily Davis), Andy Greenleaf (Richard Murray), Laura Russell (Maude Cleveland), Elizabeth Darby (Alma Nash), and Star Bobatoon (Addie).

LIBRARIES OFFERS FREE ONLINE WORKSHOPS FOR JOB SEEKERS

Montgomery County Public Libraries is offering free online workshops and one-on-one sessions geared toward assisting job seekers and entrepreneurs throughout August. All workshops are free and offered virtually.

An internet connection and a device (such as a smartphone, tablet or computer) are required for participation.

Throughout August – Every Monday; 9:30-11:30 a.m. H.I.R.E. (Helping Individuals Reach Employment) Sessions

Sign up to meet virtually/confidentially one-on-one with a career counselor for advice and assistance with your job search. Register:

Monday, Aug. 2: <https://mcpl.libnet.info/event/5179581>

Monday, Aug. 9: <https://mcpl.libnet.info/event/5179601>

Monday, Aug. 16: <https://mcpl.libnet.info/event/5179628>

Monday, Aug. 23: <https://mcpl.libnet.info/event/5180148>

Monday, Aug. 30: <https://mcpl.libnet.info/event/5180223>

Monday, August 9; 1-3 p.m. Job Search Strategies (in a Pandemic)

Learn about best practices for conducting a job search in the current (pandemic) job market. Register: <https://mcpl.libnet.info/event/5059565>

Thursday, August 12; 2-4 p.m. How to Prepare for your Virtual Job Interview

Learn how to differentiate yourself from other candidates, be Zoom ready, package your experience, tell your story, be ready for challenging questions and feel more confident in your next interview. Register: <https://mcpl.libnet.info/event/5071007>

Tues/Thurs, August 17 & 19; 5:45-7:45 p.m. LinkedIn Boot Camp for 45+ Job Seekers (Part I / Part II)

This popular two-session/two-day workshop focuses on both the mechanics & strategy of using Linke-

dn as a tool to conduct a successful job search. Register: <https://mcpl.libnet.info/event/5125809>
Wednesday, August 18; 10:30 a.m. -12:30 p.m.
How to Apply for Jobs with Montgomery County Government. Register: <https://mcpl.libnet.info/event/5193320>

Tuesday, August 31; 12:30 p.m. Proctored Northstar Assessment Test; Assess your Digital Literacy Skills
Demonstrate your digital literacy skills by taking a proctored Northstar Assessment test during a scheduled test session. If you score 85 percent or higher, you'll earn a Northstar Digital Literacy Certificate to share with your employers. Tests will be administered and monitored remotely – allowing you to take the test from the convenience of your home. Request a Learner Account to get started: <https://mcpl.link/northstar-signup>; Registration is required to take a proctored test. Register: <https://mcpl.libnet.info/event/5336799>

SUMMER TWILIGHT CONCERT SERIES

At Brookside Gardens, 1800 Glenallan Ave., Wheaton. Join them on three Tuesday evenings in August for a series of musical performances set in the beauty of the Gardens. Admission is free, and no registration is required. Bring your friends and family, and don't forget your chairs, blankets, and picnics (allowed in the Gardens on concert evenings only). Food trucks will also be available for your dining pleasure. All concerts located on the Visitor Center lawn.

Tuesday, Aug. 10 at 6:30 p.m. -- Sandra Dean Band, Classic Rock

Tuesday, Aug. 17 at 6:30 p.m. -- Crawdaddies, Cajun/Zydeco

Tuesday, Aug. 24 at 6:30 p.m. -- Ocho de Bastos, Latin Pop

LOCAL MASK-WEARING MANDATE COULD BE REINSTITATED

On July 27, the Centers for Disease Control and Prevention (CDC), citing new data on the Delta variant, recommended that persons in areas of substantial or high transmission of COVID-19 return to wearing masks indoors. The CDC defines substantial transmission as 50-99 cases per 100,000 residents for seven days.

For the last two weeks, the daily average in Montgomery County has been about 40, compared to 10 a day earlier in the month. Other COVID-19 metrics also have risen.

County Executive Marc Elrich, after consultation with county Health Officer Dr. Travis Gayles, has recommended to the County Council that face coverings be required indoors if the county's COVID-19 transmission status increases to substantial transmission, as defined by CDC. If that threshold is met, an indoor mask requirement for all residents, including those who are vaccinated, would take effect.

The County Council, sitting as the Board of health, will meet August 5 to discuss the recommendation and vote on the proposed regulation.

Maryland recorded 505 new cases on Thursday, the highest since the end of May, and is experiencing a continuing increase, driven largely by the Delta variant. However, a spokesman for Governor Hogan said "no new statewide mask mandate is under discussion."

POTOMAC ALMANAC

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Newspaper of **Potomac**
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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Potomac Almanac is published by Local Media Connection LLC

Five Time First Place Award-Winner Public Service
MDDC Press Association

Four Time Newspaper of the Year
An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

Still Bedridden in Burtonsville



By KENNETH B. LOURIE

Though not nearly so much as last week. Improving for sure, but "slowly and painfully," as the Emergency Room doctor predicted. "Weeks, not months," she replied in response to our "How long?" question. Now back to Gate A17 in Houston:

"Would you mind if I said a healing prayer for you?" I looked over at Dina, and we both said "No, not at all." The lady, Solange was her name, motioned for a male companion standing a few feet away to come over to where she and I were sitting. She explained to him the reason and within a few seconds, they both began praying for me. Though their words were not identical, they both invoked "God, Jesus Christ, the father, his children, died on the cross" and so forth for about 15 seconds in a sincere attempt to heal my burns. After her companion walked away, I looked back over to her and said: "Actually, my feet are not the worst problem I have. I have cancer." Which prompted her, this time alone, to invoke similarly powerful references on my behalf. When she completed her healing, we both thanked her. She asked if we lived in Houston and told us of her church where healing, as I witnessed today, is a regular element and she assured me that some of her fellow parishioners have been healed. Who am I to question the power of God? Nobody, that's who. Praise the Lord and pass the perocet.

Now I'm sort of looking forward to my next recurring quarterly scan scheduled for mid-September to see what happens. My last few scans have been characterized as "stable." Shrinkage would be a change and a welcome one at that. However, after being given a terminal, stage IV non small cell lung cancer diagnosis in Feb. 2009 with a "13 month to two year" prognosis, 12 and one half years later, I have learned to embrace "stable." It may not cure, but neither will it kill. Nor is it ideal, but it's a living for which I'm extremely grateful.

Anyway, back to real-time. It's now a bit more than two weeks since "the burning." I am sort of ambulatory but only by using a "walker," and infrequently as possible. The more I stay off my feet, the less damage I will do to the skin as it heals from the inside out; the main reason the recovery is so slow and arduous. But I am able to "walker" now to my in-home office from my den where I've been laid up, literally, approximately 30 feet, where I can access my desktop computer and type this column, email and on-line bank, et cetera; a distance which would have been too painful to 'walker' even a few days ago. So yes, progress indeed.

In an odd confluence of circumstances, ever since I burned my two soles, I haven't really thought much about my underlying, overriding condition: cancer. "The burning" seems to have taken over my subconscious. Rather than compound the daily grind of living with cancer, the burns and subsequent at-home care have done just the opposite: they replaced whatever medical preoccupation I had/have about my cancer with the difficulties and challenges caused by these second degree burns. In a weird way, it's been an easier last few weeks, emotionally, as so much of my focus and treatment has been on this new/temporary problem instead of the existing permanent one: stage IV, papillary thyroid cancer. I wouldn't say it's been a relief and certainly not a reprieve, but it's definitely been a break in the action, if you know what I mean? Nevertheless, I'll be happy when I'm back to abnormal and can walk again without any assistance. And the next time I'm at the beach, I'll be the one wearing sneakers and socks all day. You can be sure I won't walk barefoot ever again.

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

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