

# Potomac ALMANAC

## Pony Club Event Attracts Top Riders

NEWS, PAGE 3

Olympian Boyd Martin  
competing Ascot Girl in  
the Training Division at  
the Seneca Valley Pony  
Club horse trials.

## Crisis in Afghanistan Comes Home

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ENTERTAINMENT, PAGE 6 ♦ WELLBEING, PAGE 7 ♦ KENNY LOURIE, PAGE 7

PHOTO BY MARY KIMM

SEPTEMBER 1-7, 2021

ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)



# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



**1** 11704 Wood Thrush Lane — \$2,175,000



**8** 10306 Cutters Lane — \$1,825,000

**June, 2021 Sales,  
\$2,175,000~\$1,825,000**

IN JUNE, 2021, 101 POTOMAC HOMES  
SOLD BETWEEN \$3,850,000-\$449,000.



**3** 10850 Stanmore Drive — \$1,950,000



**4** 8905 Potomac Station Lane — \$1,900,000



**2** 10028 Avenel Farm Drive — \$2,000,000



**5** 9216 Potomac School Drive — \$1,875,000



**7** 8021 Horseshoe Lane — \$1,835,000

Address.....BR FB HB Postal City.....Sold Price... Type.....Lot AC. Postal Code ... Subdivision..... Date Sold

- 1** 11704 WOOD THRUSH LN ... 7... 5... 1 ....POTOMAC . \$2,175,000 ... Detached.. 0.48..... 20854 GREENBRIAR PRESERVE 06/21/21
- 2** 10028 AVENEL FARM DR.... 6... 5... 2 ....POTOMAC . \$2,000,000 ... Detached.. 0.46..... 20854.....AVENEL ..... 06/28/21
- 3** 10850 STANMORE DR..... 6... 5... 2 ....POTOMAC . \$1,950,000 ... Detached.. 2.13..... 20854... POTOMAC FALLS... 06/14/21
- 4** 8905 POTOMAC STATION LN . 5... 7... 1 ....POTOMAC . \$1,900,000 ... Detached.. 2.00..... 20854. POTOMAC OUTSIDE. 06/22/21
- 5** 9216 POTOMAC SCHOOL DR . 5... 5... 3 ....POTOMAC . \$1,875,000 ... Detached.. 0.39..... 20854.....AVENEL ..... 06/22/21
- 6** 11261 SOUTH GLEN RD ..... 6... 7... 3 ....POTOMAC . \$1,840,000 ... Detached.. 3.23..... 20854.....POTOMAC ..... 06/11/21
- 7** 8021 HORSESHOE LN ..... 5... 4... 1 ....POTOMAC . \$1,835,000 ... Detached.. 0.36..... 20854..... RIVER FALLS ..... 06/04/21
- 8** 10306 CUTTERS LN ..... 6... 6... 1 ....POTOMAC . \$1,825,000 ... Detached.. 1.14..... 20854.....POTOMAC ..... 06/16/21

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[HTTP://WWW.CONNECTIONNEWSPAPERS.COM/NEWS/2021/JUL/16/POTOMAC-HOME-SALES-JUNE-2021/](http://www.connectionnewspapers.com/news/2021/JUL/16/POTOMAC-HOME-SALES-JUNE-2021/)





Olympian Boyd Martin competing Ascot Girl in the Training Division at the Seneca Valley Pony Club horse trials.



Kelly Bahr and Bojangles jump a clear round in the Show Jumping phase of the Training Division at Seneca Valley Pony Club. Kelly is a working student with Olympian (1987) Phyllis Dawson at Dawson's eventing facility, Windchase, in Purcellville, Va. @windchase\_eventing



A horse and rider pair gallop between fences on the cross-country course at the Seneca Valley Pony Club horse trials.

www.ConnectionNewspapers.com

## Seneca Valley Pony Club Horse Trials Attracts Top Riders

PHOTOS BY MARY KIMM

Three-time Olympian Boyd Martin was in Potomac on Saturday, Aug. 28,, competing four horses at the Seneca Valley Pony Club horse trials. He competed in Eventing at the Tokyo Olympics earlier this summer on Tsetserleg, and came to Bittersweet Field from his training facility, Windurra, in Pennsylvania.

Seneca Valley Pony Club puts on two horse trials a year at Bittersweet Field. It's a favorite event and attracts some of the top eventing horses and riders in the country.

The Pony Club is an educational organization, dedicated to its members: the Pony Clubbers and the Pony Club Ponies and Horses.

Seneca Valley Pony Club has been allowed to use Bittersweet Field in on Partnership Road and River Road, the property of the Austin Kiplinger family. The Seneca Valley pony clubbers cross country school at Bittersweet.

The club also sponsors two main events each spring and fall at Bittersweet Field. These events are open to the public and are called the Seneca Valley Horse Trials.They help fund the pony club.

<http://www.senecavalleyponyclub.org/>



Farriers' tools sit at the ready for any horse that pulls a shoe during the two-day horse trials.



Olympic rider Boyd Martin guiding Fedarman B around the Training Division Show Jumping at Seneca Valley Pony Club horse trials at Bittersweet Field on Saturday, Aug. 28.

## Libraries to Expand Hours

Montgomery County Public Libraries (MCPL) will expand hours to the community back to pre-pandemic level effective Sunday, Sept. 12.

The operational hours for all branches, excluding Maggie Nightingale (Poolesville) and Noyes Library for Young Children, will be:

Monday, Tuesday, Wednesday, Thursday - 10 a.m. to 8 p.m.

Friday, Saturday, Sunday – 10 a.m. to 6 p.m.

The hours and schedule for Maggie Nightingale (currently closed for a branch refresh) and Noyes libraries will

remain as they currently stand.

"MCPL has taken a phased approach to resuming our services that were impacted by the pandemic. We reopened all of our physical buildings to the community on July 6," said MCPL Director Anita Vassallo. "We then began to work to restore our operating hours, including those on Sundays. We know how much the residents of the County value being able to visit their public libraries, so we are very pleased to be able to expand our service hours."

<https://montgomerycountymd.gov/library/index.html>



# Crisis in Afghanistan Reverberates Locally

## Afghan Americans speak out.

BY MERCIA HOBSON  
THE ALMANAC

The United States and other countries have welcomed more than 150,000 Afghans and their families since the emergency evacuations began in mid-August. Kabul, the capital of Afghanistan, fell to the Taliban on Aug. 15 after withdrawal of most of the United States forces. The U.S. and other nations offered refuge to many Afghans who aided them during the last twenty years.

Afghan interpreters and translators who worked directly with the U.S. Armed Forces or under the Chief of Mission authority at U.S. Embassy Kabul applied to the U.S. for humanitarian visas known as a Special Immigrant Visa (SIV) for themselves and their family members.

With events rapidly unfolding and the U.S. racing to complete withdrawal, Three local Afghan Americans, twenty years apart in ages, share their perspectives on the troop withdrawal, rescue operation, and humanitarian crisis.

**SENZEL SCHAEFER** of Reston escaped Tehran, Iran, at age 5 when her family rushed to the airport in 1979. The family was in Tehran for her father's job, a city editor of the Tehran Journal, where he was printing anti-Khomeini articles. The Soviet-Afghan war began in 1979 also.

The family arrived in New York with two suitcases.

Because Schaefer speaks Farsi and Pashto, she spent these last two weeks volunteering for a company with 150 employees in Afghanistan trying to get out.

"Little did I know what I was getting into. These people are trapped in Afghanistan today," said Schaefer. "They call me day and night. They're pleading; they're crying; they're fearful. And so, between my work, my children, and my life, I've spent the better part of six, seven hours a day emailing and messaging them through WhatsApp or talking to them on the phone, trying to calm them down. I have nothing to offer them. They have no way out of the country. You have to understand [it is] 150 people (employees). And an average family of five or six people." Schaefer added that President Biden said the evacuations wouldn't stop after the withdrawal, but she questioned how that would look.

"You cannot wrap your head around the impact of a decision that hits 38 million Afghans but also millions of people around the world that were involved in this so-called War on Terror for 20 years. I think 750,000 Americans [military] filed in and out of Afghanistan on tour. It's the biggest of anything of that nature in our country's history," Schaefer said.

Schaefer hoped for the women of Afghan-

istan to have found their voices through education and employment. Now she worries about potentially half of the country's population to be shut down.

Schaefer said Afghans who settle in this area are prepared to help new arrivals. She told of the outpouring of the local community, including an attorney who is helping process the refugee paperwork.

Of Americans, she says: "We're in a state of shock because our government does things that we don't agree with; it gets us into these situations, and we are left to pick up the pieces. ... The level of pain that reverberates through all of America is immense.

"We cannot be ungrateful to this host country that took us in. ... I have lived a great life because of that."

**DOR NIAZ**, Great Falls restaurant owner, left Afghanistan alone in 1984 at age 17; later he was able to bring family members, including his parents, to join him in the United States.

"As for myself, my family, and my kids, we feel responsible," said Niaz. "Because America, if it takes the risk to bring them over, ... then it's our time to back it up."

"My heart, I'm crying to those people, those moms, and dads [left behind]. You grab your kids, your wife, and if you are lucky, you get out; your parents you are leaving behind. ... There is no welfare system. How will the elderly get on? They are being kicked out on the street. This is the fabric of a country that has been destroyed," Niaz said, with tears.

Niaz will donate, he will volunteer to serve as a translator. He will tell the refugees who have arrived in the United States that they are "in the land of opportunity. ... There is nothing like it. It will take time for you to understand it. It's not easy, but you have to be able to adjust and be flexible."

Niaz said the terrorists who killed 13 United States Servicemembers, at least 160 Afghans, and injured many more, "are the scum of the earth. They need to be dealt with."

"America leaves on Tuesday...then you will see the killing fields...When you kill one, the second one is just like a moth you kill. No problem ... God says when you kill one human being, you are killing the entire family," Niaz said.

**AUROZO NIAZ** is 21 years old and lives in Vienna, an Afghan American born in the



PHOTO BY MERCIA HOBSON/THE ALMANAC

Dor Niaz stands outside the family-operated restaurant in Great Falls.

## How to Help

The local resettlement agencies for the Northern Virginia area are:

### CATHOLIC CHARITIES

<https://www.cdda.net/need-help/immigrants-and-refugees/migration-and-refugee-services/>

### LUTHERAN SOCIAL SERVICES

[https://lssnca.org/take\\_action/afghan-allies.html](https://lssnca.org/take_action/afghan-allies.html)

### ETHIOPIAN COMMUNITY DEVELOPMENT COUNCIL

<https://www.ecdcus.org/>

United States and daughter of Dor Niaz.

"The past two weeks, I have been in touch with the whole Afghan diaspora. We're trying to support each other at this time, mentally, emotionally; whatever we can do for one another because we are suffering abroad as we are, domestically. We have been trying our best to come together and get donations and organize the donations ... cash, and materials so that they go directly into the hands of the refugees," Aurozo Niaz said.

She described Go Fund Me solicitations,

collections of money for apartment rentals, furnishings, hygiene kits, clothes, and school supplies for the children. Aurozo Niaz said that A-1 Carpet Service in Chantilly coordinated a drop-off site, and trucks were assisting. "We have 20 to 30 people at a time unloading full on. We organized these donations," said Aurozo Niaz. "We want to contribute as much as we can because these people coming here are our family ... It's a collective culture."

Aurozo Niaz added that pain, loss, and grief are a permanent part of the Afghan identity. "We're in constant mourning. I ache for my country that I will never have the chance to visit ... step on the soil of my roots. I ache for the children of Afghanistan who have known nothing but war; for the refugees, my brothers and sisters, who only wanted peace in a world of greed and violence."

Aurozo Niaz said she and other Afghan Americans are angry and experiencing survivor's guilt. They can freely walk down a street in the U.S. without a man beside them and have access to all

the resources offered here.

"The reason I'm a refugee right now is complete luck. I was born in America and not one of the most overexploited, destabilized countries in the world... I think that's why we put so much effort into having these donations."

She said the U.S. goes into countries "under the guise of freedom and defense, and it conquers, leaving the country in absolute chaos, abandoning the promises to take care of it. ... Now our government destroys and destabilizes these countries, then pats itself on the back accepting the refugees that they displaced."

Aurozo Niaz said the withdrawal is not a partisan issue; blame is not for one President or another but on the U.S. empire as a whole. The United States had been intervening in Afghanistan since the Carter administration, Aurozo Niaz said.

"We just failed the people of Afghanistan."

Kerrie Wilson, Chief Executive Officer, Cornerstones said: "We're worried about the families that we serve here who have relatives that are coming over or still stuck there [in Afghanistan] ... We work with our partners to direct people to the right places, Catholic Charities, Ethiopian Community Development Council, Lutheran Social Services, and some of the other groups that have been the frontline."



## BULLETIN BOARD

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

### SEPT. 4-5

VisArts presents the 9th Annual Rockville Arts Festival, Saturday-Sunday, September 4-5, 2021, 11 am-5 pm in Rockville Town Square. Admission is free.

Throughout the weekend, VisArts will transform the streets surrounding Rockville Town Square into a vibrant outdoor gallery full of fine arts and crafts, live music, ceramics and plein air painting demonstrations, and artisanal foods. VisAbility Art Lab, VisArts' supported studio for neurodivergent adult artists, will have a booth.

Festival goers will discover a diverse group of 140 master artists from 22 states who work in ceramics, drawings, fiber, glass, graphics, jewelry, metalwork, paintings, photography, printmaking, sculpture, wood, and mixed media. They'll also be able to shop and dine at Rockville Town Square retailers and eateries.

### MONTGOMERY COUNTY RECREATION FALL PROGRAMS REGISTRATION IS OPEN

It is time to start thinking about cooler days, pumpkins and fall fun. Registration is now open for Montgomery County Recreation (MCR) and Montgomery Parks fall classes and programs. Programs and activities are tailored to a variety of interests, skill levels and ages. MCR fall offerings include aquatics, fitness, sports, visual and performing arts, therapeutic recreation, adult 55+ programming and more.

Online registration is available at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org), the registration and facility reservation system shared by Montgomery County Recreation, Montgomery

Parks and Community Use of Public Facilities.

MCR is accepting applications for 2021 RecAssist, which provides eligible County residents an opportunity to receive a scholarship to use toward most summer programs. County residents who currently receive public assistance from any of these programs are eligible for RecAssist: Temporary Cash Assistance (TCA); Supplemental Security Income; Housing Assistance from a Shelter; Supplemental Nutrition Assistance Program (SNAP); Maryland Medicaid; Care for Kids; Maryland Energy Assistance; Montgomery County HHS Rental Assistance Program; and WIC.

Customers can search for activities by interest, date, age, location, cost and more via [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org). There are hundreds of programs available that promote an active, healthier lifestyle. To view the guide and register online, go to [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org). Registration is also available by mail, online or limited in-person appointments. For more information about registration, visit the website or call 240-777-6840.

### BEACH DRIVE TO CLOSE FOR BRIDGE REPLACEMENT

Beach Drive in Kensington, between Kensington Parkway and Old Spring Road, will be closed from Aug. 30 through early June 2022 as the two-lane bridge carrying Beach Drive over Silver Creek will be replaced. Traffic will be detoured through MD 185 to MD 192 to Stoneybrook Drive and Beach Drive.

Pedestrian traffic is temporarily halted

as a new permanent pedestrian bridge is being constructed on an altered trail alignment. Work on the new pedestrian bridge is now underway. The pedestrian bridge will be open after paving and railings are installed at the end of the month.

Construction on the vehicle bridge will take place Monday through Friday between 7 a.m. and 5 p.m. Occasional Saturday work may be necessary. Residents living near the site may hear construction-related noise during those hours.

### CABIN JOHN LIQUOR STORE TO CLOSE

Montgomery County's Alcohol Beverage Services (ABS) is closing its Cabin John Liquor and Wine store in advance of a planned store relocation. The store is located in the Cabin John Village Shopping Center (inside the enclosed mall) at 11301 Seven Locks Rd. in Potomac.

Cabin John Liquor and Wine will be closed beginning Sunday, Aug. 15. The closure paves the way for ABS to open a larger flagship location in a newly renovated portion of the same shopping center, between the Giant and Starbucks retail stores. The ABS flagship store is slated to open in the fall. Cabin John Village is managed by retail real estate leader EDENS.

Highlights of the new store will include a wine library, dedicated tasting area and event space. The event space will feature beverage taps so local brewers and distillers can host events further strengthening ABS' Maryland Made program. This space also will be available for product education and special events.

## Like to help others?



Potomac  
Community  
Village

Volunteer with us. Meet new neighbors. It's all about helping Potomac seniors remain in their homes as they age.

to learn more or to volunteer:

[info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org)

240-221-1370

The annual Newcomers and Community Guides for each of our 8 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made and other vital community information.

For Advertising: Call 703.778.9431 or Email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)

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Alexandria  
Gazette Packet

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POTOMAC  
ALMANAC

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# Arlington

## Labor Day Weekend Art Festival

September 4th - 5th Sat./Sun. 10am - 5pm

Outdoors on N. Highland St. & Washington Blvd.  
in the Clarendon District in Arlington, VA



Howard Alan Events  
[ArtFestival.com](http://ArtFestival.com)  
561-746-6615



LUIS GONZALEZ



## Ongoing Entertainment

### 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. - 6 p.m. Saturdays and Sundays. 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.simplertix.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. - 6 p.m. 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 -- \$2.50. (Children two and younger ride for free with an adult.) See <https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/miniature-train/>

### BETHESDA CENTRAL FARM MARKET,

Sundays, Open year round, 9 a.m.-1:30 p.m., March-December. (9:30am-1:30pm, January-February, closed Thanksgiving weekend) in the lot of Bethesda Elementary School. One of the largest farmers markets in the region, with more than 100 vendors and artisan food produc-



See how canal boats were lifted and lowered through locks along the canal on Thursdays, Fridays, Saturdays and Sundays at 11 a.m., 1 p.m. and 2 p.m. at the Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. See <https://www.nps.gov/choh/index.htm>

ers year-round. The market features table seating, music, local Maryland winery and farm brewery tastings, kids club activities, chef demos, and more. <https://bethesda.centralfarmmarkets.com/>

### 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 John Ice Rain has numerous public skate sessions every day of the week. See [cabinjohnice.org](http://cabinjohnice.org) for details.

### POTOMAC COMMUNITY CENTER.

11315 Falls Road. The Potomac Community Center has reopened. Table tennis, volleyball, badminton, basketball, pickleball, open gym and more <https://www.montgomerycountymd.gov/rec/Resources/Files/potomac-2021schedule.pdf> for details and hours.

### 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.

### 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. See <https://www.nps.gov/choh/index.htm>

### 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.

### BETHESDA STREETERY:

11 a.m. to 10 p.m. Tuesday-Sunday. To create additional seating outdoors, the Bethesda Streeterly is 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 local Bethesda restaurants. Tables will be cleaned after each use.

- ❖ 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
- ❖ Veterans Park, corner of Norfolk and Woodmont Avenues

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

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

### 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/>

## CALENDAR

To include events in the Almanac's calendar, please contact Ken Moore at [kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com); put Almanac Calendar Event in the subject line.

COMPILED BY KEN MOORE  
THE ALMANAC

### THURSDAY, SEPT. 2

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. James Bazen Big Band (Big Band Jazz) on Sept. 2 and The Lovejoy Group (Swing/Standard) on Sept. 9. 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. <https://www.potomacumc.org/potomac-village-farmers-market/>

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.

PARENT AND TOT SKATE. 11:15 a.m. - 12:15 p.m. Cabin John Ice Rink, 10610 Westlake Drive. Try out ice skating with your preschool age skater. Fee of \$5 includes admission for a child age 3-5 plus a parent and skate rental. Repeats

on Fridays. See <https://www.montgomeryparks.org/>

### FRIDAY, SEPT.3

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, SEPT. 4

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.

LAUGH RIOT. 8-10 p.m., Rock Bottom Restaurant, 7900 Norfolk Avenue. Live Standup Comedy Show with local DC-area standup comedians. Ongoing on Saturdays. \$15. Call 301/946-1102 for more information.

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.

### SUNDAY, SEPT.5

CARS AND COFFEE. 9-11 a.m. Westfield Montgomery, 7101 Democracy Boulevard. Join the Capital Auto Club on the first and third Sunday of every month. Meet at the parking lot near The Cheese-cake Factory. Food and beverage will be available at Starbucks, 7-11 and McDonalds. See <https://www.westfield.com/montgomery/events> (Note: This month, the Sept. 19 show has been moved to Saturday, Sept. 18.)

### MONDAY, SEPT. 6

RIDE THE CAROUSEL. 10 a.m. - 6 p.m. Labor Day Hours. 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.simplertix.com/>. \$5 per person for a four-hour time slot. See <https://glenechopark.org/carousel/> for additional information regarding covid protocols.

### TUESDAY, SEPT. 7

READ TO A DOG. Zoom. 4 p.m. Elementary school children may prac-

tice reading to therapy dogs from Pets on Wheels. Sessions are for 15 minutes with Zoom. See <https://mcpl.libnet.info> for registration information.

### WEDNESDAY, SEPT. 8

CARNIVAL AT THE MALL. Through Sunday, Sept. 12. Wednesday-Friday, 5-11 p.m. Saturday, 11 a.m. to 11 p.m. Sunday, 1 p.m. to 11 p.m. Westfield Montgomery, 7101 Democracy Boulevard. Rides operated and owned by Jolly Shows. See <https://www.westfield.com/montgomery/events> for ticket information.

BABY STORYTIME. Zoom. 10:30 a.m. Montgomery County Public Libraries. Enjoy Baby Storytime live with one of MCP's children's librarians via Zoom. Songs, rhymes, lap bounces, and simple stories for infants up through about 18 months. Baby Storytime is designed for adult caregivers to enjoy together with babies, and can help develop your child's growing language skills and encourage a lifelong love of reading and learning. See <https://mcpl.libnet.info> for registration information.

### THURSDAY, SEPT. 9

THE TRAWICK PRIZE. Thursday -

Saturday, 12 - 5pm, Sunday, 11am - 4pm. Gallery B, 7700 Wisconsin Avenue, Suite E. The Trawick Prize is an annual regional Contemporary Art Awards founded by Carol Trawick. This juried art competition and exhibition was established in 2003, with the top winners receiving a total of \$14,000 in prize money: Exhibition runs through Oct. 3, 2021. See <https://www.bethesda.org/bethesda/trawick-prize>

### STRATHMORE OPENING RECEPTION.

7 p.m. Strathmore, 5301 Tuckerman Lane. (Also Sept. 11 at 2 p.m.) Join artists and art-lovers to celebrate Strathmore's current exhibitions. RSVPs are optional but encouraged. Free. For more information, call 301-581-5100.

### FRIDAY, SEPT. 10

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





PHOTO COURTESY OF GIANT

Local mobile health clinics can help to make receiving flu and COVID vaccines as well as COVID booster vaccines convenient.

# Get Your Flu Shot

Local health officials say it's important to get both flu and COVID vaccines, and CDC says they can be given at the same time.

BY MARILYN CAMPBELL  
THE CONNECTION

As students return to in-person learning while social distancing and mask mandates are less in evidence, local health officials are urging residents to get a flu shot to prevent an uptick in the number of flu and COVID-19 cases.

"We could be in for a more serious flu season compared to last year, which saw record-low flu-related deaths, thanks in large part to people wearing masks and maintaining social distance," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services.

"This year, people are out and about more, so getting a flu shot is important."

According to the Centers for Disease Control and Prevention (CDC), September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October.

"While we all are focused on COVID-19, flu can also cause severe illness and death, particularly in people who are older and have underlying medical conditions," said Dr. Benjamin Schwartz, Fairfax County Health Department's Director of Epidemiology and Population Health. "The CDC recommends that the COVID vaccine can be given at the same

time as the flu shot. This can make it more convenient for people to get protected against both infections. As many people will be getting COVID boosters in the fall, if they haven't received their annual flu shot yet, that would be a great time to do so."

"Since the flu shot and the COVID-19 vaccine do not contain any live virus, there is no chance of getting infected

from either one," Schwartz said.

In an effort to maximize the number of patients who can receive both vaccines, local pharmacies have set up mobile clinics where flu, COVID-19 and COVID-19 booster vaccines can be administered.

"Giant's three pharmacies throughout the Bethesda and Potomac area are ready to help residents get their seasonal flu vaccine with no appointment needed, and often covered in-full by most insurance plans," said Sujin Roberge, Manager of Clinical Programs at Giant Pharmacy.

"Giant pharmacists will continue administering COVID-19 vaccines, including a third dose of either Moderna or Pfizer vaccine for immunocompromised individuals. Booster doses of COVID-19 vaccines will be available at Giant pharmacies once approved by the CDC." Health officials say that some have questioned the necessity of receiving both vaccines. "Even if you have received the COVID vaccine, you should still get a flu vaccine," said Larrick. "Neither protects from the other. The flu vaccine will not protect you

against COVID, and the COVID vaccines will not protect you against the flu. Both flu and COVID are potentially deadly diseases that are preventable with vaccinations."

<https://www.cdc.gov/vaccines/pandemic-guidance/index.html>

**"As many people will be getting COVID boosters in the fall, if they haven't received their annual flu shot yet it, that would be a great time to do so."**

— Dr. Benjamin Schwartz,  
Fairfax County Health Department's Director of Epidemiology and Population Health

## POTOMAC ALMANAC

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## Weight For It ..., Weight



By KENNETH B. LOURIE

Speaking of side effects (at least I was in last week's column, "Enough Already") being a regular part of chemotherapy, targeted therapy and immunotherapy; the big three non-surgical options for cancer patients, I am currently experiencing a new side effect which as it happens is a dream come true: weight loss. Which has enabled me to eat to my heart's content without your typical consequences. Meaning for now, I can be comfortable in whatever food I eat. As Curly Howard of The Three Stooges might say: "What an experience!"

For my entire life, I have not been thin. Growing up all my clothes were purchased in the "Husky Department. In spite of that accommodation, my clothes always had to be let in or let out and nothing ever fit. I've stood over so many piles of clothes in store dressing rooms which didn't fit, and made so many "walks of shame" out of the dressing room and onto the floor (where my mother would look me up and down to determine if the shirt, sweater, pants or short I was wearing had any redeeming qualities) that I has left a permanent mark. Most of the time, it was hopeless and I was forced to retreat back to the dressing room with even more clothes to suffer yet another indignity. To this day, some 60-odd years later, I am still traumatized by the years of suffering and humiliation I endured as an overweight child/adolescent forced to buy clothes for the fall/winter and the spring/summer. Oh, how I dreaded those shopping trips into Boston to visit Jordan Marsh, Filene's and Kennedy's. If it wasn't for the two Joe & Nemo's hot dogs I was promised, the day would have been a total loss - for me.

However, after years of being fat, tubby, obese (per the health and fitness charts), slow-footed and unable to do even one chin-up during those annual phys-ed exams in secondary school; and moreover, never being able to lose any weight or change my diet to facilitate losing a few pounds, I have stumbled onto a surprising and quite unexpected remedy (of sorts): lenvima, my thyroid cancer medicine. A 10 mg pill I take once a day, rain or shine seems to induce weight loss. Now that's a side effect with which I can live. In fact, for an eater like me (challenging), living a scan-to-scan existence when the quarterly results determine my immediate future and/or whether my life hangs in the balance, it doesn't get any better than that.

After nearly nine months on this treatment, in speaking to my endocrinologist last week, she happened to mention in response to a question I asked concerning my shortness-of-breath side effect, about another side effect: weight loss. Ding, ding, ding. We have a winner (without the chicken dinner). The patient (yours truly) who was apparently originally misdiagnosed with a terminal form of lung cancer (stage IV) instead of what would have been a very treatable and curable form of papillary thyroid cancer, known as "the friendly cancer," finally got some good news. Unfortunately, the re-diagnosis came too late and I'm still on a limited schedule, if you know what I mean? (F.Y.I: the nickname given to papillary thyroid cancer as being friendly is because it's very curable.)

Not that I don't already eat my share of "comfort" food, but by consuming it so regularly, I usually pack on a few pounds and rarely if ever lose weight. My entire life, until this recent lenvima revelation, food had never been just for thought. As a result, lenvima has become my second favorite word after "stable," (scan results). Now it seems, so long as scan results continue to be stabilizing, I'll be able to eat what I want and let the chips fall where they may, literally and figuratively.

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

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