

Potomac ALMANAC

Take a Walk On the Wild Side

NATURE, PAGE 3

Friends Matter

A+, PAGE 6

Looking up from the from just below at the Olmsted bridges from the Towpath near Great Falls Tavern out across the ecologically sensitive areas and out to the falls overlook.

ENTERTAINMENT, PAGE 4 ❖ KENNY LOURIE, PAGE 7

PHOTO BY KEN MOORE/POTOMAC ALMANAC

SEPTEMBER 15-21, 2021

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



1 11621 Lake Potomac Drive — \$1,610,000



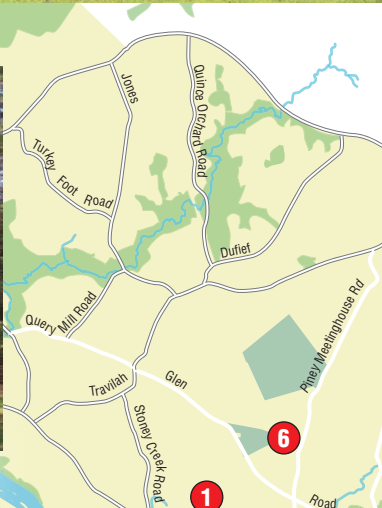
8 8700 SNOWHILL CT

June, 2021 Sales, \$1,610,000~\$1,475,000

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



4 11009 Cripplegate Road — \$1,500,000



2 9904 Glenolden Drive
— \$1,577,500



3 7808 Horseshoe Lane — \$1,530,000



7 7401 River Falls Drive — \$1,500,000

| Address..... | BR | FB | HB | Postal | City..... | Sold Price... | Type..... | Lot AC. | Postal | Code ... | Subdivision..... | Date Sold |
|---------------------------------------|------|------|-------|--------|-----------|---------------|------------|-----------|------------|---------------------|------------------|-----------|
| 1 11621 LAKE POTOMAC DR.. | 4... | 4... | 1 | | POTOMAC | \$1,610,000 | Detached.. | 2.00..... | 20854.... | LAKE POTOMAC | ... | 06/17/21 |
| 2 9904 GLENOLDEN DR | 4... | 4... | 1 | | POTOMAC | \$1,577,500 | Detached.. | 0.40..... | 20854.. | POTOMAC VILLAGE | ... | 06/25/21 |
| 3 7808 HORSESHOE LN | 4... | 4... | 1 | | POTOMAC | \$1,530,000 | Detached.. | 0.34..... | 20854..... | RIVER FALLS | | 06/16/21 |
| 4 11009 CRIPPLEGATE RD..... | 3... | 3 | | | POTOMAC | \$1,500,000 | Detached.. | 2.04..... | 20854.. | GREAT FALLS ESTS.. | ... | 06/30/21 |
| 5 10919 LARKMEADE LN | 5... | 4... | 1 | | POTOMAC | \$1,500,000 | Detached.. | 0.23..... | 20854.. | BELLS MILL ESTATES | ... | 06/30/21 |
| 6 11233 GREENBRIAR PRESERVE LN | 5... | 4... | 1 | | POTOMAC | \$1,500,000 | Detached.. | 1.09..... | 20854 | GREENBRIAR PRESERVE | ... | 06/11/21 |
| 7 7401 RIVER FALLS DR..... | 6... | 4... | 1 | | POTOMAC | \$1,480,600 | Detached.. | 0.35..... | 20854..... | RIVER FALLS | | 06/17/21 |
| 8 8700 SNOWHILL CT | 5... | 4... | 1 | | POTOMAC | \$1,475,000 | Detached.. | 0.46..... | 20854.. | KENTSDALE ESTATES | ... | 06/02/21 |

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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/)



Adding Ramp Meters to 270

Maryland Department of Transportation State Highway Administration (MDOT SHA) will fully activate new ramp meters on 23 ramps to southbound I-270 in Montgomery and Frederick counties on Wednesday, Sept. 15, weather permitting. Ramp metering is a part of the I-270 Innovative Congestion Management (ICM) project to help improve safety, reduce congestion and save drivers up to 30 minutes on morning commutes between Frederick and I-495 (Capital Beltway).

This is the first system of its kind to be implemented in Maryland.

Ramp metering uses traffic signals and sensors to manage traffic flow entering the highway. MDOT SHA said the system will balance highway demand and capacity, maintain optimal highway operation and reduce congestion. The ramp metering signals will have the capability to operate between 4 a.m. and 11 p.m. daily and are anticipated to be active during peak traffic hours and when I-270 experiences traffic congestion.

Signals at the end of the ramps have been flashing yellow for about a month to alert motorists that activation of ramp metering is coming. When ramp metering is in full operation, motorists will see a warning

sign with flashing beacons and should slow down, watch for queued vehicles and be prepared to stop at the stop line just prior to the highway entrance. Once the signal turns green, a driver may proceed and merge onto the highway. When ramp metering is not in operation, beacons will be dark and the traffic signals will flash yellow, allowing motorists to proceed without stopping.

Motorists are advised to use caution and reduce their speeds approaching the traffic signal, as there may be stopped vehicles waiting to merge onto the highway. The system also detects the length of vehicles in queue to help ensure ramps do not back up onto arterial roadways.

<https://mdot-sha-i270-i70-to-i495-inno-cong-mgmt-mo0695172-maryland.hub.arcgis.com/>

While a first for Maryland, MDOT SHA said that ramp meters have been used elsewhere as a proven, cost-effective tool to help improve safety and efficiency and reduce congestion. Ramp metering is one piece of the I-270 ICM Project that Governor Larry Hogan announced in 2016 to provide congestion relief and improve travel times throughout the 34.4-mile I-270 corridor from I-70 to I-495.



PHOTOS BY KEN MOORE

Billy Goat A is open, although Billy Goat B is still closed. Things have settled down since Ida's high water.

Take a Walk on the Wild Side



High water as seen from the Olmsted bridges earlier this month.



The walk out to the Great Falls overlook is a favorite whether the Potomac River has high water or low. If you haven't been, or haven't been lately, it's worth the walk.

National Voter Registration Day Tuesday, Sept. 28

Montgomery County Board of Elections (BOE) will provide information tables at select branches of Montgomery County Public Libraries on Tuesday, Sept. 28 in celebration of National Voter Registration Day.

The BOE seeks to create broad awareness of voter registration opportunities to reach voters who may not register otherwise and to ensure everyone can vote during next year's primary gubernatorial elections on June 28, 2022.

Election information tables will be located at the following branches on Sept. 28:

Noon – 2 p.m.

Marilyn J. Praisner Library, 14910 Old Columbia Pike, Burtonsville

Olney Library, 3500 Olney-Laytonville Road, Olney

Rockville Memorial Library, 21 Maryland Ave., Rockville

5–7 p.m.

Connie Morella Library (Bethesda), 7400 Arlington Road, Bethesda

Gaithersburg Library, 18330 Montgomery Village Ave., Gaithersburg

Silver Spring Library, 900 Wayne Ave., Silver Spring

CALENDAR/ENTERTAINMENT

COMPILED BY KEN MOORE
THE ALMANAC

To include events in the Almanac's calendar, please email Ken Moore at kmoores@connectionnewspapers.com; put Almanac Calendar Event in the subject line.

THURSDAY, SEPT. 16

SCHOOLS OUT SKATE DAY. 9 a.m. - 5 p.m. Cabin John Ice Rink, 10610 Westlake Drive. On many of the days Montgomery County Public Schools are off, School's Out Skate Days are on. Bring youth (6-12) for a day full of supervised activities, including a group ice skating lesson, practice skating time, arts and crafts, and fun games. See <https://www.montgomeryparks.org/events/schools-out-skate-day/>

LIVE CONCERTS, BUMPER CAR PAVILION. 7:30 p.m. Glen Echo Park, 7300 MacArthur Blvd. Washington Balalaika Society (Russian). Free. Registration preferred, but not required. See <https://glenechopark.org/summerconcerts>**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>

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. 17

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 Streetery will be set-up as open seating. Live



Saturday, Sept. 25

KOR-US FEST. 10 a.m. - 9 p.m. Also, Sunday 10 a.m. to 8 p.m. on Sunday, Sept. 26. Westfield Montgomery, 7101 Democracy Boulevard. The celebration of the Korean American way of life, Korean heritage & culture, and the beauty of America's diversity. The event features modern and traditional music and cultural performances, demonstrations, Korean cuisine and more. This event will be held outside, in-between the Nordstrom Parking Garage and Former Sears Lot. See <https://www.westfield.com/montgomery/events>

music each Friday to enjoy while also enjoying outdoor dining. See <https://www.bethesda.org/bethesda/bethesda-stretery> Repeats Friday evenings.

CANSTRUCTION. Westfield Montgomery, 7101 Democracy Boulevard. International charity competition where teams compete to design and build giant structures made entirely from full cans of food. At the close of the competition all of the food is donated to local food banks Canstruction has raised millions of pounds of food in 170 participating cities and is one of the largest drives for food bank donations in the world. Structures will be displayed through Sept. 22; an awards ceremony is scheduled for Sept. 20. See <https://www.westfield.com/montgomery/events>

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. 18

LOCUST GROVE NATIVE PLANT SALE. 10 a.m. - 2 p.m., walk in. Also Sunday, Sept. 19, 10 a.m. - 2 p.m. Locust Grove Nature Center, 7777 Democracy Boulevard. See <https://www.montgomeryparks.org/parks-and-trails/montgomery-countyparks.org/calendar>

LAKE NEEDWOOD 10K XC 2021. 8:30 - 10:30 a.m. Lake Needwood, 15680 Needwood Lake Circle. Over hill and over dale, as we hit the

muddy trail. Hills, mud, grass and trails - this 10K course is a challenge. Registration open. Day also includes youth runs of one quarter mile, one half mile and one mile. See <https://mcrrc.org>

SAVAGE GARAGE. 8-11 a.m. Westfield Montgomery, 7101 Democracy Boulevard. Join Capital Auto Club with Savage Garage, Triple F Collection, Streetspeed717, Royalty Exotics and Alex Choi for cars, coffee. See some of the world's rarest hypercars including Pagan Huayra, Bugatti Chiron, and Koenigsegg Regera. Located in the former Sears parking lot. See <https://www.westfield.com/montgomery/events>

CAROUSEL STORY TIME. 9:30 a.m. Online. Part of the Carousel's 100th Anniversary. The Carousel by Liz Rosenberg. See glenechopark.org**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.

BEFORE SEPT. 26, RIDE THE CAROUSEL Saturday & Sunday, 10 a.m. - 6 p.m. through Sept. 26. 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.simplerix.com/>. See

<https://glenechopark.org/carousel/>

WEDNESDAY, SEPTEMBER 22

TAI CHI OPEN HOUSE. Zoom. 7:40-8:40 p.m. With Sun & Moon Taiji One at Yong Studios, De-stress, boost natural immunity, increase fitness through low-impact exercise. No prior experience necessary. Free, but RSVP required. Email: SunAndMoonTaijiOne@gmail.com. See <https://www.bethesda.org/events-calendar>

THURSDAY, SEPTEMBER 23

YAPPY HOUR. Yappy Hour & Pop Up Dog Park 6-8pm. Elm Street Park, 4600 Elm Street. Free. Grab your pup and your pals and join us for Yappy Hour complete with a pop-up dog park, food, beer and wine and live music. Elm Street Park, 4600 Elm Street. 6-8pm. See <https://www.bethesda.org/bethesda/parksplay>**CRAFT CHAT.** 6-7 p.m. Online. Writer's Center. Adrienne Christian discusses her latest poetry collection, Worn. Free. See <https://www.writerscenter.org/events-calendar/> for registration information.

FRIDAY, SEPT. 24

MIGRATORY BIRD WATCH. 4-6 p.m. Locust Grove Nature Center, 7777 Democracy Blvd. Cabin John Regional Park is a birding hotspot. At this time of year, hundreds of birds are passing through on their long migrations south, and many choose to stop and rest at the Nature Center. Join us on the back deck as we watch for these colorful visitors, some of which are only found in our area during migration. Great for beginner birdwatchers, our Naturalist can answer your questions about birds and help you practice using binoculars. Register for a 30-minute session. Bring your own binoculars (or borrow a pair from the Nature Center). Free. See <https://www.montgomeryparks.org/calendar/>

SATURDAY, SEPT. 25

KOR-US FEST. 10 a.m. - 9 p.m. Also, Sunday 10 a.m. to 8 p.m. on Sunday, Sept. 26. Westfield Montgomery, 7101 Democracy Boulevard. The celebration of the Korean American way of life, Korean heritage & culture, and the beauty of America's diversity. The event features modern and traditional music and cultural performances, demonstrations, Korean cuisine and more. This event will be held outside, in-between the Nordstrom Parking Garage and Former Sears Lot. See <https://www.westfield.com/montgomery/events>

SUNDAY, SEPT. 26

CAROUSELS 100th FINAL CELEBRATION. The carousel's 100th anni-

versary season concludes with a celebration, including performances, family crafts, carousel rides and more. The carousel will remain open until 6 p.m. for the final day of the season. See glenechopark.org/carousel100events

MIGRATION MAYHEM. 2-5 p.m.

Locust Grove Nature Center, 7777 Democracy Blvd. For a bird on the wing the journey south is thrilling... and dangerous. Can you safely navigate all obstacles to find your winter home? Follow the clues as you work together with your family to solve a new nature-themed puzzle each month in Hike & Seek. Register by Friday, September 24 to schedule your time slot and to receive a prize for completing the hunt. \$2 per person. See <https://www.montgomeryparks.org/events>

SAVE THE TREES. 10 a.m. to noon. Cabin John Regional Park. 7400 Tuckerman Lane. Join Chuck Woolery and Steven Romanoff, Weed Warrior supervisors, for a Sunday morning non-native, invasive plant removal workday in the northern section of Cabin John Regional Park in Potomac. We will be focusing on non-native, invasive vines, including porcelain berry (*Ampelopsis glandulosa* var. *brevipedunculata*), wintercreeper (*Euonymus fortunei*), and English ivy (*Hedera helix*). See <https://www.montgomeryparks.org/events>

PARKS HALF MARATHON. 6:45 - 10 a.m. Shady Grove Metro, 15903 Somerville Drive. Created by the Montgomery County Road Runners Club (MCRRC), the event showcases Montgomery County's extensive metropolitan park systems while providing runners with a competitive, top-notch race. See <https://mcrrc.org/calendar-event/>

JUST TRYAN IT. Kids Triathlon. 8 a.m. Landon School, 6101 Wilson Lane. All youth 6-15 are welcome. Timed event with a non-competitive atmosphere. Proceeds support local families in treatment for pediatric cancer. See justtryanit.com/Bethesda

TUESDAY, SEPT. 28

LATIN POETRY SHOW. 8-9 p.m. Online. Writer's Center. Ricardo Alberto Maldonado discusses his debut poetry collection, *The Life Assignment*, on Curated Conversation(s), a monthly interview with a Latinx poet who has recently published their first books. Free See <https://www.writerscenter.org/events-calendar/> for registration information.

THURSDAY, SEPT. 30

NOVELIST CHAT. 6-7 p.m. Online, Writer's Center. Novelist Tom Lin discusses his debut novel, *The Thousand Crimes of Ming Tsu*. See <https://www.writerscenter.org/events-calendar/> for registration information.

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 through Sept. 26, 2021. Glen Echo Park, 7300 MacAr-

thur Blvd. The 1921 Dentzel Carousel was installed in 1921 and celebrates its 100th Anniversary all season long. Purchase tickets at <https://glenechopark.simplerix.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 Elemen-

tary School. One of the largest farmers markets in the region, with more than 100 vendors and artisan food producers 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.montgomery-seeongoing.com>

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.

ALEXANDRIA OLD TOWN ART FESTIVAL
19th Annual Alexandria Old Town Art Festival
Saturday, Sept. 18, 2021, 10 a.m. to 5 p.m.
Sunday, Sept. 19, 2021, 10 a.m. to 5 p.m.
Where: 300 John Carlyle St. in Alexandria, VA
Free Admission
<http://www.artfestival.com/festivals/19th-annual-alexandria-old-town-art-festival>

THURSDAY/SEPT. 23

Tabla for Two. 7:30 p.m. Virtual Show. Presented by FocusMusic. In partnership with the Rumi Forum, FocusMusic presents a virtual show with Tabla For Two: A unique duo consisting of Masood Omari and Abigail Adams Greenway. They play traditional and classical music from Afghanistan and India, old Bollywood favorites, as well as Omari's original compositions, which blend classical Eastern beats with Western-style beats — a fusion of East and West that is mirrored in their own partnership. | \$15 | tickets available at www.focusmusic.org Info: Rob Hinkal at rob@focusmusic.org or www.focusmusic.org

BREAKING GROUND ON SMART ENERGY BUS DEPOT

Montgomery County broke ground on the Brookville Smart Energy Bus Depot, an integrated microgrid and electric bus charging infrastructure project. The project is being completed in partnership with AlphaStruxure, a leader in Energy as a Service (EaaS) solutions.
The Brookville Smart Energy Bus Depot will be built and operational by mid-2022, servicing 44 new electric buses within the Montgomery County Department of Transportation's Ride On fleet by 2023. This first of its kind project

supports the sustainability and climate resilience goals of the County.
"The Brookville Smart Energy Bus Depot project falls in line with our ambitious climate action plan to reduce all carbon emissions by 2035," said County Executive Marc Elrich. "This bus depot is one component of many County projects that is making a difference for our environment such as converting our fleets to electric and reducing harmful emissions. This infrastructure project will improve the County's resilience and we are proud to be at the forefront amongst local governments when it comes to projects like this."

LIBRARIES SET TO ROLL

OUT NEW LIBRARY CATALOG

Montgomery County Public Libraries (MCPL) will launch a brand-new online library catalog, Aspen Discovery, on Monday, Oct. 4. MCPL's online catalog is the tool customers use to explore the collection and find materials they want and need.

The new catalog will allow:
Seamless integration of MCPL's physical and digital collections to see all formats of titles
Creation of usernames and passwords by customers
Faster, more accurate searches
Creation of reading lists and reading histories by customers
Browsing of the collection from a mobile device
Customers to rate books

HOURS AT MONTGOMERY COUNTY LIBRARIES

Potomac Community Library is open Mondays, 10 a.m. to 6 p.m.; Tuesdays, noon to 8 p.m.; Wednesdays, 10 a.m. to 6 p.m. Thursdays, noon to 8 p.m.; Fridays, 10 a.m. to 6 p.m.; Saturdays, 10 a.m. to 6 p.m.; Sundays, Closed. Montgomery County Public Libraries' hours for all branches can be found at <https://montgomerycountymd.gov/library/branches/index.html>.

ONGOING ENTERTAINMENT

FROM PAGE 4

countymd.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 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

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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/>

19th Annual

ALEXANDRIA OLD TOWN

(Outdoors, formerly on King St.)

Art fest

September 18th-19th
Sat./Sun. 10am - 5pm

John Carlyle Square @ Duke St.
Old Town Alexandria, VA

FREE ADMISSION

From the folks that bring you fine art shows in:
Aspen | Las Olas | Arlington



Bill Herb



Howard Alan Events
ArtFestival.com
561-746-6615




Let us know about an upcoming event
www.connectionnewspapers.com/Calendar

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A⁺ Education • Learning • Fun

Helping Children Develop Healthy Friendships

**Positive
relationships
with peers offer
happiness and
security.**

BY MARILYN CAMPBELL
THE CONNECTION

After a call from the guidance counselor at her son's school, Amy Lucas, a Chantilly, Va. mother of four, learned that her sixth-grade son sat alone in the school cafeteria and was often afraid to eat in front of other students.

"He's overweight and was being teased mercilessly because of it," said Lucas. "We started seeing a therapist because he was so depressed and had very few, if any

SEE POSITIVE, PAGE 7



FILE PHOTOS
BY SHIRLEY RUHE

**Children playing with
friends on an Arlington
playground in
June 2020.**



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**

THE CONNECTION
Newspapers & Online

**Alexandria
Gazette Packet**

Mount Vernon Gazette

**POTOMAC
ALMANAC**

**Publishes:
Sep 29, 2021**

**2021-2022
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THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

It's time to add your flower to the fight.



JOIN US AT
ALZ.ORG/WALK



Additional Walks available. Find one near you at **alz.org/walk**

**OCTOBER 9 THE NATIONAL MALL
OCTOBER 24 RESTON TOWN CENTER**

2021 NATIONAL PRESENTING SPONSORS
Edward Jones • **CVS Health**

Positive Relationships with Peers

FROM PAGE 6

friends.”

From playdates for elementary school students to trips to the mall for middle and high school students, friendships can be a source of happiness, security and comfort. Some children have difficulty acquiring companions and need help developing the social skills necessary to overcome this challenge.

“Making friends and maintaining healthy relationships is a critical part of a child’s social and emotional development,” says Marta Cohen, an Alexandria-based therapist who specializes in teens with anxiety disorders. “Not only do they help build self-esteem, and self-confidence, they also help a child establish their identity. This is especially true for children in middle school and high school. Knowing that a group of your peers has your back a critical part of their growth.”

Recognizing unhealthy relationships is just as important as nurturing those that are positive, says Cohen. “For example, if your child’s so-called friend teases or belittles your child, especially at school or in other public settings, you can guarantee yourself that the relationship is toxic. The same is true for a friend who encourages your child to break rules at school or be disrespectful to teachers or other adults.”

“Help your child identify the way that they feel after spending time with that friend, continued

Cohen. “One thing that you don’t want to do is forbid your child to see their toxic friend or criticize that friend. Doing so could cause your child to rebel. Try not to nag. Instead have a conversation about the consequences of the undesirable behaviors.”

Developing and maintaining healthy friendships requires skills that not all children possess, says Laura Maxwell of Bethesda, a former school guidance counselor.

“Modeling healthy friendships by allowing your child to see you interact with your friends is one of the most effective ways to teach a child how to develop those skills,” she said. “You can even discuss the characteristics that make your friendship a positive one. It’s also important to make sure your child is treating others well and isn’t bullying or teasing other children.”

Put your children in environments where they are likely to meet children with whom they are compatible, says Maxwell. “If your daughter loves to dance, for example, try enrolling her in a ballet class and she’ll meet other children who share her interests,” she said. “Encourage your child to make a wide variety of friends, which will also help strengthen their social skills.”

“Making friends and maintaining healthy relationships is a critical part of a child’s social and emotional development.”

— Marta Cohen

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On My Late Father's Birthday No Less



By KENNETH B. LOURIE

To say I’m looking forward to my next round of scans (CT and bone) on Sept. 23 would be “Geminological!” I am, and I’m not. I am not looking forward to the scans because the results, likely emailed to me within day or two - or three if late, will indicate whether my life hangs in the balance or, whether what happened to me in the Houston airport on July 20th was in fact a healing miracle - for which I’m quite eager to find out, or merely the act of a kind-hearted, well-intended soul spreading the gospel that Jesus saves.

As I mentioned in one of the “arc” columns recounting the second degree burns I accidentally inflicted on the soles of both my feet on Crystal Beach (actually it was the pavement I walked across from Crystal Beach to our accommodations) near Galveston, Tx. There, on the way home, I met a woman in the airport named Solange who offered to change my life through the power of healing prayer as practiced/performed at the Dwelling Place Church located in Houston where she is a congregant and devotee. Even though the gate in the airport where I was sitting was extremely crowded, she navigated her way through all the commotion and managed to end up near where I was sitting. It’s almost as if she sought us out, somehow. Anyway,

She made her way over to the row of chairs at the departure gate where I was sitting, stretched across two chairs in a meager attempt to lessen the pain in my feet. My wife, Dina, looked at Solange as she sort of looked around for somewhere to sit and apologized for my taking up multiple seats, explaining briefly that I was in pain due to the burns on my feet. Without hesitation, Solange immediately offered up some healing prayers if I were amenable. Looking over at Dina, while sort of snickering, we said “Sure, thank you.” And after motioning for a nearby male friend/fellow church member to join her, the two of them soon began praying on my behalf, not in unison, but similar.

I can’t remember if she - or they touched my feet but soon enough they were invoking God, Jesus Christ, God’s children, relieve my suffering and one or two other healing-type prayers. When they finished, after 10 seconds or so, we thanked them again. Then thinking to myself, I got greedy. I said aloud to Solange something like “Actually, the burns on my feet aren’t my most serious problem: I have cancer.” To which she instinctively offered up another round of prayers, with our blessing of course, for good health and future well-being. When she finished she walked away and re-joined her friends. In taking it all in, I felt quite fortunate for the experience and extremely grateful she reached out to someone she didn’t even know.

It’s been nearly eight weeks since our meeting at the airport. Given the excruciating pain I experienced for weeks upon my return home to Maryland, I can’t say with too much conviction that my feet healed any quicker than the “weeks, not months” advisory we got from the Urgent Care doctor I visited back home later that evening. But that was then. This is now.

I have quarterly scans ahead which given the “terminal” nature of my papillary thyroid cancer, I could really use a miracle. So as naive as it may sound, I’m kind of looking forward to these upcoming scans. Certainly it would be a great story/unbelievable turn of events if my oncologist emailed me a “What happened? The tumors are gone.” Although, for this kind of totally unexpected result, I imagine he’d probably call. I’m not holding my breath though, but with the combined efforts of Solange, modern medicine, and perhaps my late father pulling a few strings for me on his birthday, maybe, just maybe, I’ll have a Paul Harvey-type “rest of the story” to share with you. If not, I’ll continue to manage as I always have since I first was diagnosed in late Feb., 2009: I’ll remain positive about the negative.

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



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