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Plantmasters and many other vendors still have summer on their tables at Potomac Village Farmers Market. <https://www.potomacumc.org/potomac-village-farmers-market/>.

Don't Miss End of Summer Bounty

SENIOR LIVING

PAGE 7

SEPTEMBER 22-28, 2021

ONLINE AT [POTOMACALMANAC.COM](https://www.potomacalmanac.com)



Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

June, 2021 Sales, \$1,457,500~\$1,357,000

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2 10612
Cloverbrooke Drive
— \$1,450,000



5 12573
Ansin Circle Drive
— \$1,435,000



3 10717 Tulip Lane
— \$1,450,000



4 7726 Laurel Leaf Drive — \$1,440,000



6 9706 Beman Woods Way — \$1,405,000



7 9547 Newbridge Drive
— \$1,380,000

Address.....	BR	FB	HB	Postal City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
1 8817 BELMART RD	4	...	4	POTOMAC .	\$1,457,500 ...	Detached ..	3.10.....	20854...	POTOMAC FALLS...	06/04/21
2 10612 CLOVERBROOKE DR 4...	4	...	1	POTOMAC .	\$1,450,000 ...	Detached ..	0.37.....	20854	PINEY GLEN VILLAGE	06/08/21
3 10717 TULIP LN.....	5	...	4	POTOMAC .	\$1,450,000 ...	Detached ..	2.03.....	20854	NONE AVAILABLE ..	06/15/21
4 7726 LAUREL LEAF DR	5	...	4	POTOMAC .	\$1,440,000 ...	Detached ..	0.36.....	20854	FAWSETT FARMS MANOR	06/11/21
5 12573 ANSIN CIRCLE DR.....	5	...	3	POTOMAC .	\$1,435,000 ...	Townhse ...	0.05.....	20854	PARK POTOMAC ...	06/30/21
6 9706 BEMAN WOODS WAY..	5	...	4	POTOMAC .	\$1,405,000 ...	Detached ..	0.15.....	20854	AVENEL	06/01/21
7 9547 NEWBRIDGE DR	5	...	4	POTOMAC .	\$1,380,000 ...	Detached ..	0.47.....	20854	KENTSDALE ESTS...	06/04/21
8 11005 PICASSO LN.....	4	...	3	POTOMAC .	\$1,357,000 ...	Detached ..	1.11.....	20854	POTOMAC OUTSIDE.	06/04/21

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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/)



OBITUARY



Kemal Kurspahic with the editorial staff of the Sarajevo newspaper Oslobođenje in 1993.



Legendary editor Kemal Kurspahic died Sept. 17 at the age of 74.



Kemal Kurspahic, center, welcoming then-Senator Joe Biden to the ruins of the bombed headquarters of the Sarajevo newspaper Oslobođenje in 1993 at the frontline of the besieged city.

‘Courage in Journalism’ Kemal Kurspahic dies at 74.



Kemal Kurspahic with sons Mirza, left, and Tarik.



Kemal Kurspahic with his wife Vesna.



Kemal, Vesna, Mirza and Tarik Kurspahic on the Charles river in 1994.

BY JEANNE THEISMANN
THE ALMANAC

Kemal Kurspahic, the managing editor of The Connection Newspapers, died unexpectedly Sept. 17 as a result of a stroke he suffered after a minor surgery. He was 74, a resident of McLean.

“We are heartbroken and devastated,” said Connection Newspapers publisher Mary Kimm. “There aren’t words for what having Kemal as our heart and anchor at the Connection has meant to us, or how crushed we are by losing him.”

WWW.CONNECTIONNEWSPAPERS.COM

Kurspahic was the acclaimed editor-in-chief of Oslobođenje, Sarajevo’s daily newspaper, from 1988-1994. He oversaw the publication of the newspaper during the three-year siege of the city in the 1990s. During that time he survived grievous injuries suffered during a car crash while under intense sniper fire.

“Global journalism lost a hero today,” said NPR correspondent Tom Gjelten upon learning of Kurspahic’s death. “He published Sarajevo’s newspaper every single day during the siege, holding a multi-ethnic staff together in the midst of interethnic strife.” See sidebar.

“Global journalism lost a hero today.”

— Tom Gjelten,
NPR correspondent

Kurspahic was born Dec. 1, 1946, in Mrkonjic Grad, Bosnia

Herzegovina. He became a correspondent for Oslobođenje as a high school freshman in Sanski Most in October 1962. At Belgrade University Law School, he was an editor of the weekly magazine Student during student protests that swept Europe in 1968. He continued as a correspondent for Oslo-

bodjenje in Belgrade in 1969, and since then was a correspondent in Jajce (1971-1973), editor of Sports, Politics and Newsroom departments in Oslobođenje (1974-1981), the UN correspondent in New York (1981-1985), and deputy editor-in-chief (1985-1988).

SEE KEMAL, PAGE 6

POTOMAC ALMANAC ♦ SEPTEMBER 22-28, 2021 ♦ 3

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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.

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OCTOBER 24 RESTON TOWN CENTER

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OBITARY

Patricia O'Neill, 71 Schoolboard member served Potomac and Bethesda for more than 23 years and was the longest serving Board member in MCPS history.

BY KEN MOORE
THE ALMANAC

Longtime Montgomery County School Board member Patricia O'Neill died unexpectedly at her home Tuesday, Sept. 14, 2021.

"Mrs. O'Neill was not only the longest serving Board of Education member in MCPS history, but a dedicated public servant who always searched for ways to improve school policies to better serve our students," said Montgomery County Council President Tom Hucker.

O'Neill was first elected to the Board of Education in 1998 and represented Potomac and Bethesda and portions of Rockville.

Hucker called O'Neill "a champion for children."

"Mrs. O'Neill always put our young people first and was committed to investing in teachers and support staff to deliver world-class educational opportunities to support student success," said Hucker.

O'Neill was currently serving her sixth four-year term on the Board after winning her sixth election on Nov. 6, 2018. O'Neill served as Board President six times and vice president five times. She served as vice chair of the Montgomery County Public Schools Educational Foundation.

"Her love of our children was only matched by her commitment to the constituents she served for nearly a quarter of a century," said County Executive Marc Elrich.

O'Neill was active in the Board's meeting on strategic involvement the day before she died.

"Montgomery County lost a leader, public servant, and compassionate resident who was determined to make this County a better place for current and future generations," said Elrich.

O'Neill was a graduate of Walter Johnson High School and studied Social Science at Southern Methodist University. Prior to joining the Board, Mrs. O'Neill was a long-time PTA activist in the Walt Whitman Cluster who served in various volunteer and leadership roles.

Mrs. O'Neill is past president of the Maryland Association of Boards of Education (MABE) and past co-chair of the Washington Area Boards of Education. She



Patricia O'Neill

served on numerous advisory committees for education-related issues, including the Maryland Blue Ribbon Panel on Teen Pregnancy and the Maryland Comparable HSA Task Force.

In 2006, she was named by then-Governor Robert Ehrlich to represent MABE on the Task Force on School Safety. Currently, she served as the chairperson of the Board's Policy Management Committee, and as a member of the Fiscal Management Committee.

"To honor her legacy, we need to continue the work she dedicated her life to," said Elrich.

On Sunday night, O'Neill had celebrated the 10th birthday of her granddaughter, Brooke, in Falls Church with family members — her husband, her elder daughter, Jennifer Schiffer, and son-in-law Dan Schiffer, her grandson, Will, and her sister, Carolyn O'Connor, a physician in Montgomery County, according to a posted obituary.

O'Neill was up for reelection in 2022. The remaining members will select someone to serve the remainder of her term. The handbook says the school board will take applications from those interested, and selected candidates will be interviewed and voted on in a public session. Candidates must live within the same district and be registered to vote in Montgomery County.

In lieu of flowers, the family suggests contributions in her memory to the MCPS Educational Foundation at <https://www.mcpsfoundation.org/>

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CALENDAR

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 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/>. \$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



Last chance to ride the carousel for the 100th Anniversary season.

Sunday, Sept. 26

CAROUSELS 100th FINAL CELEBRATION. The carousel's 100th anniversary 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

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.montgomerycountymd.gov/rec/Resources/Files/aquatics/KSAC.pdf>

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 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 Streeterie 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-streeterie>

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

SEE CALENDAR, PAGE 7

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LCL21K_CM02

Kemal Kurspahic Dies at 74

FROM PAGE 3

In December 1988 he became the first editor-in-chief elected by the editorial staff of *Oslobodjenje*.

Under his leadership, the paper waged three battles for freedom of press: breaking from the League of Communists control; defending its independence against nationalist parties in power in 1991; and publishing daily from an atomic bomb shelter during the siege of Sarajevo, 1992-1996.

For his efforts, Kurspahic received numerous awards, including the Courage in Journalism Award in 1992 (International Women's Media Foundation); the International Editor of the Year (World Press Review) and the Bruno Kreisky Award for Human Rights in 1993; the World Press Freedom Hero in 2000 (International Press Institute); and the Dr. Erhard Busek Award for Better Understanding in the Region in 2003 (South Eastern Europe Media Organization).

In 2000, Kurspahic was named one of the 50 Press Freedom Heroes from the last 50 years by the International Press Institute, citing "significant contributions to the maintenance of press freedom and freedom of expression" and "indomitable courage."

Kurspahic was a Nieman Fellow at Harvard University, a Clark Fellow at Cornell University, and a Senior Fellow at the U.S. Institute of Peace. He held lectures and seminars at universities across the U.S. and advised the highest-level decision makers of U.S. foreign policy, including President Bill Clinton and then-Senator Joe Biden.

In recent years, Kurspahic served as the Managing Editor of *The Connection Newspapers* in Northern Virginia. Former editor Steven Mauren was a longtime colleague of Kurspahic.

"When publisher Mary Kimm first received Kemal's resume with his international stature for a position as a community newspaper editor at the Connection, she thought we could benefit just from meeting him, never thinking he would join," Mauren said. "He did; and our newsroom benefited inestimably from his depth of experience, his collegial leadership, and his always unruffled, reassuring demeanor."

Kurspahic was the Chairman and Founder of the Media in Democracy Institute, based in the Washington, D.C., area. He was the author of four books: "Prime Time Crime: Balkan Media in War and Peace" (US Institute of Peace Press, 2003); "As Long as Sarajevo Exists" (Pamphleteer's Press,



Kemal Kurspahic with President Bill Clinton in Washington in April, 1993, six weeks after Biden visited Kurspahic and his paper in Sarajevo.

PHOTOS CONTRIBUTED

'Global Journalism Lost a Hero Today'

Tom Gjelten www.facebook.com/tgjelten

"Global journalism lost a hero today. Kemal Kurspahic, the legendary editor-in-chief of *Oslobodjenje*, Sarajevo's daily newspaper, died as an exile in northern Virginia after suffering a stroke following minor surgery. I met Kemal in Sarajevo in 1993. He oversaw the publication of his newspaper every single day during the three-year siege of his city by murderous Serb nationalists who were determined to shut the city down. Kemal negotiated with the U.N. for newsprint and with local warlords to get fuel on the black market to keep his presses running. He promised his staff that *Oslobodjenje* would continue publishing "as long as Sarajevo exists," and he kept that promise. The paper got smaller and the press run was limited, but *Oslobodjenje* under his leadership became a symbol for Sarajevo of its own determination to survive. But not just as a symbol of perseverance. It represented as well the city's commitment to its own multi-ethnic identity. A Muslim married to a Serb, Kemal presided over a multi-ethnic staff, and the newspaper thereby stood for Sarajevo's remarkable cosmopolitan character. He also insisted that his reporters tell the war story honestly and accurately, even when it meant challenging his own government's interpretation of events. I was so inspired by the *Oslobodjenje* story under Kemal's leadership that I wrote a book about it, seeing its struggle as representing the ideological element of the larger Bosnian war story. After suffering grievous injuries during a car crash under intense sniper fire, Kemal went into exile and wrote his own book, titled appropriately "As Long As Sarajevo Exists." Remarkably, he ended up in northern Virginia as editor-in-chief of the Connection newspapers, serving a suburban DC population that exemplified the same multi-ethnic character he had defended in Bosnia. His journalistic and human values are an example for journalists everywhere. RIP, Kemal."

1997); "Letters from War" (Ideje, Sarajevo 1992). and "The White House" (*Oslobodjenje*, Sarajevo, 1984).

As a diplomat he worked for five years (2001-2006) for the United Nations Office on Drugs and Crime, first as the Spokesman in Vienna and then as the Caribbean Regional Representative, responsible for 29 states and territories.

Kurspahic is survived by his high school sweetheart and wife of 52 years Vesna Kurspahic of McLean,

their two sons Tarik (Mary Beth), of Lexington, Mass., and Mirza (Kristine), of Centreville, and four grandchildren (Andrew, Brynna, Rory, and Nev).

"Having a leader like Kemal in our newsroom was special magic," Kimm said. "He was always teaching, sometimes directly, always by example."

He embraced community journalism and helped reinforce how important local reporting is to the community."

CALENDAR

FROM PAGE 5

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/>

THURSDAY, SEPT. 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>

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-cal>

endar. 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/>

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/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.

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.

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SENIOR LIVING

Can Mentally Challenging Games Prevent Cognitive Decline?

Consistent brain fitness connected to improved memory, reasoning and processing.

BY MARILYN CAMPBELL
THE ALMANAC

Every Sunday evening after church, 78-year-old Roger Knight has dinner with his two children and five grandchildren at his home in Alexandria. He plays chess with his 16-year-old grandson and does crossword puzzles with his 8-year-old granddaughter.

"Playing games is a way of having fun with my grandchildren," he said. "They keep me feeling young, especially when I beat them."

In the same way that exercise is credited with maintaining physical health, mental exercise has been linked to slowing down cognitive decline that can come with age.

"Memory, reasoning and processing ... are three cognitive domains which do decline with age," said Catherine Diaz-Asper, Ph.D., Department of Psychology at Marymount University, who studies mild cognitive decline and Alzheimer's disease. "However, I think the message here should be that by engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

Programs like ElderLink, a nonprofit partnership between Inova Health System and the Fairfax Area Agency on Aging Programs, can provide resources for seniors who are looking for mentally challenging activities. "We recognize that brain exercises reduce the risk of cognitive decline," said Trina Mayhan-Webb, director of the Fairfax County Department of Family Services' Adult and Aging Division. "We provide evidenced-based, structured, fun activities to enhance cognitive memory skills."

"Research demonstrates that there are several steps aging adults may take to maintain and support brain functioning," said Tracey Smith-Bryant, Professor of Psychology at Montgomery College. "Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily." She recommends apps like Lumosity and Elevate, and activities like chess, sudoku or working crossword puzzles.

AARP offers a brain health program called Staying Sharp, but cautions against believing that engaging

in mentally challenging games is a magic formula for eliminating cognitive decline.

"Games can be fun and engaging, but they are not the answer to prevent dementia the way many people think due to advertisements they have seen for brain games," said Sarah Lenz Lock, AARP senior vice president of policy, and Global Council on Brain Health executive director.

"People who use their brain like a muscle, exercising it by thinking, learning new things and challenging themselves seem to build up [their] cognitive reserve as they age so they might be more resistant to adult cognitive diseases," Lock said.

Engaging in activities that stimulate your brain could delay onset of the symptoms of decline that some people experience as they age, said Lock. "Scientists describe that as cognitive resilience," she said.

"If you truly want to slow cognitive decline, choosing a healthy lifestyle with habits like regular exercise and physical activity, a heart healthy diet, regular sleep, social interaction, and effectively managing stress combined with engaging your brain is recommended."

There are a variety of games that target specific areas of concern such as memory or processing. "Certain games help you practice particular skills," said Lock. "If a game encourages you to work on a particular skill enough, and ... what you do to play it becomes progressively more difficult, you will likely get better at those skills over time. That is even true for skills that generally seem to get harder as we age, like recalling names or the ability to pay attention."

"While the science is still developing on this issue, there is some evidence that high quality cognitive training can help you maintain your abilities because of the practice effects, and because that training becomes progressively more difficult so that you continue to learn new things," said Lock.

"My recommendation would be to seek out varied activities that interest you and really make you think," added Diaz-Asper. "You don't need to invest in expensive apps or computer training programs to see benefits."

POTOMAC ALMANAC

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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

You Wanna Bet?



By KENNETH B. LOURIE

No. Not really. Ever since I asked my father for \$10 to pay off a gambling debt (from a card game) I incurred in fifth or sixth grade some 50 plus years ago owed that I owed to Joey Friedman, older brother of Barry Friedman, my best friend at the time, I have been penny-wise and rarely pound/dollar foolish. The card game we were playing was called "Split the Up-rights." Two cards were drawn and placed on the table and similar to Black Jack/"21" it was mostly arithmetic (I realize that's minimizing the strategy involved.) The hope was to have the next card drawn from the deck being numerically between the two cards facing one another, #2 and a #10 as an example, and thus needing a 5 or any other number greater than 2 and less than 10 to win the cash. There was no strategy per se, just the level of risk one is willing to assume to bet on the random card to be drawn to be in-between the two facing cards. Then you win. How I ended up owing Joey Friedman so much money is beyond me, other than the fact that my card's number kept falling outside the numerical perimeters. But they most certainly did, and to a related effect, I sort of learned my lesson. A lesson which has mostly lasted a lifetime. Other than proposing to my wife, Dina, I've rarely wagered anything of value over all these intervening years.

Oh sure, over the years I've occasionally dabbled in football point spreads, over/under point totals, Super Bowl squares and NCAA brackets, but never had I over extended myself as I had all those many years ago. And I've mostly been true to myself in this regard. However, now comes online betting services like Fanduel, DraftKings, Caesar's Palace and MGM Grand, among others and regular, recurring television and radio advertising offering all sorts of unheard/impossible-to-lose enticements attempting to lure in us unsuspecting punters: "If any basketball team hits a '3,' if any football team scores a touchdown," or if any tennis player hits an ace, as but a few of their hard-to-lose bets. Now granted, you can't actually get the cash this initial bet made you, but you can parlay that into another bet where your risk of loss is much greater and your dollars are likely to make less cents. They don't call it gambling for nothing. Nor are they in business to reward your betting acumen with huge payouts. But unlike the local Lotto's motto where you have to play to win, with the online services, there is no motto other than play at your own risk. (And if you develop a gambling problem, call 1-800-IGAMBLE. And if you do indeed want some help, you better listen very carefully as the spokesperson speaks this advisory incredibly fast.)

So far however, unlike the Borg, resistance has not been futile. I have not as yet taken the bait as I fear it will be a "Roach Motel" kind of outcome: I won't die, but I'll go in/place my bet, but never come out alive/realize any profit. What I will realize is that I'm likely betting uphill, with very little reliable information at my disposal to help me win the day and enable me to actually take my winnings in cash rather than an amount of money with which I can continue to bet. Presumably, their business model doesn't show the bettors winning. It bets that once bitten we'll eventually throw whatever caution we had not just out the window but onto our credit card. Wham bam. Can you say Joey Friedman? I can and I have said so for many years. It won't simply be good money after bad. It will be any and all money for a chance to get whole again. The problem is, I doubt the online gambling services are interested in my ever getting whole again. I refer to this as "The Whole Truth."

Kenny Lourie is an Advertising Representative for
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