

Potomac ALMANAC

WELLBEING

PAGE 7

Lock 20 has been drained to allow for a topographic survey to be conducted by Chesapeake and Ohio Canal National Historical Park staff to better quantify the amount of sediment which has accumulated within the canal.

Topographic Survey Requires Draining

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'Beyond the Pale'

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To Move Or Not To Move

WELLBEING, PAGE 7

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN DECEMBER 2016, 46 POTOMAC HOMES
SOLD BETWEEN \$2,356,550-\$300,000.

December, 2016 Sales, \$1,000,000~\$1,300,000



1 12030
Wetherfield Lane —
\$1,297,000



2 10900
Balantre Lane
— \$1,250,000



6 11109 Fawsett Road — \$1,095,000



4 10832 Barn Wood Lane —
\$1,115,000



3 9904 Scotch Broom Court — \$1,120,000



8 2 Gate Post Court — \$1,050,000

Address	BR	FB	HB	Postal City	..	Sold Price	...	Type	Lot AC	..	PostalCode	Subdivision	Date Sold	
1 12030 WETHERFIELD LN	4	..	3	..	1	POTOMAC	...	\$1,297,000	...	Detached	2.00	20854	LAKE POTOMAC	12/15/16
2 10900 BALANTRE LN	4	..	3	..	1	POTOMAC	...	\$1,250,000	...	Detached	2.46	20854	POTOMAC VIEW ESTS	12/30/16
3 9904 SCOTCH BROOM CT	6	..	6	..	1	ROCKVILLE	...	\$1,120,000	...	Detached	1.79	20854	POTOMAC OUTSIDE	12/23/16
4 10832 BARN WOOD LN	5	..	4	..	1	POTOMAC	...	\$1,115,000	...	Detached	2.11	20854	RIVER OAKS FARM	12/23/16
5 10500 BEECHKNOILL LN	5	..	3	..	1	POTOMAC	...	\$1,100,000	...	Detached	0.25	20854	PINEY GLEN VILLAGE	12/15/16
6 11109 FAWSETT RD	4	..	3	..	1	POTOMAC	...	\$1,095,000	...	Detached	1.26	20854	FAWCETT FARMS	12/22/16
7 10805 GLEN RD	5	..	5	..	1	POTOMAC	...	\$1,064,000	...	Detached	1.72	20854	POTOMAC OUTSIDE	12/22/16
8 2 GATE POST CT	4	..	3	..	1	POTOMAC	...	\$1,050,000	...	Townhouse	0.11	20854	RIVER FALLS	12/21/16
9 10216 LLOYD RD	5	..	3	..	0	POTOMAC	...	\$1,035,000	...	Detached	1.14	20854	HOLLINRIDGE	12/30/16
10 11229 POTOMAC CREST DR	4	..	3	..	1	POTOMAC	...	\$1,030,000	...	Townhouse	0.10	20854	POTOMAC CREST	12/27/16

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

The 1870s-era canal boat Charles F. Mercer is dry docked near the drained canal at Lock 20.

C&O Canal Drains Water

The Chesapeake and Ohio Canal National Historical Park (C&O Canal) began draining the watered canal section from Lock 20 (Towpath Mile 14) to Lock 23 (Towpath Mile 22) last week.

The draining will allow for a topographic survey to be conducted by park staff in order to better quantify the amount of sediment which has accumulated within the canal. Sediment is naturally deposited into the canal by local streams and the Potomac River.

The data collected from the topographic survey will be used to evaluate the potential to remove the sediment deposits in the future. Future projects would consider removal of the sediment deposits to restore the canal by increasing water depths. A park release said the restoration will allow the continued operation of the mule drawn 1870s-era canal boat Charles F. Mercer as well as improve recreational boating opportunities.

Once the topographic survey is completed, the canal will be re-watered.

'Beyond the Pale'

County leaders speak out on immigration ban, reassure residents of commitment to inclusive community.

BY PEGGY MCEWAN
THE ALMANAC

In a joint statement issued Tuesday, Jan. 30, Montgomery County Executive Isiah Leggett and members of the County Council reassured residents that the county is "committed to building and maintaining a safe and inclusive community...."

The statement was in response to the Jan. 27 Executive Order: Protecting the Nation from Foreign Terrorist Entry into the United States signed by President Donald Trump. The order restricts immigration from seven Muslim majority countries, suspends refugee admission for 120 days and bars refugees from Syria indefinitely. According to the Executive Order published on whitehouse.gov, the purpose of the actions is to "... protect the American people from terrorist attacks by foreign nationals admitted to the United States"

The actions, according to the order, are to allow officials to review policies granting admission to the United States from citizens of Iraq, Iran, Syria, Somalia, Sudan, Libya and Yemen.

"We greatly regret the anxiety that has been stoked among many in our community as a result of the President's Executive Orders," the county statement says. "We issue this statement to assure all of our residents that those orders will not change the way the county police officers or county workers interact with the public and will not impact how we provide social services."

Residents are reminded that, "it is a longstanding county policy that county police do not enforce federal immigration law. Neither do they inquire about immigration status when individuals are stopped not target individuals based on ethnicity, race or religious belief."

The statement ends with, "As your local leaders we will continue to speak out on behalf of all of our residents to promote the values that define our community. Montgomery County will remain an inclusive and welcoming place to live, work, and raise a family."

It is signed by the County Executive, Council President Roger Berliner and all the members of the County Council.

Earlier Monday, Berliner opened his weekly news conference with a statement on the immigration ban which he considers is, "just so beyond the pale."

"Our hearts go out to the Muslim community."

— County Council President
Roger Berliner

He said the action by Trump impacts many in the community and the county is going to uphold the values that have been at its core for many years including public safety.

"We need to make sure our communities will not be ripped apart," he said. "It is our diversity that makes Montgomery County a new world community. We have 170 cultures in Montgomery County and we are proud of it."

Ending the press conference, Berliner said he feels disgust, a word he hates to use but one that highlights situation.

"I have never felt what I am feeling today," he said. "Our hearts go out to the Muslim community."

Offering Advice on Cybersecurity

Potomac Community Village will bring information about today's wired world to members and guests at a Feb. 16, 7 p.m. presentation entitled, "Staying Safe in the Cyber World," featuring Tracy D. Rezvani, administrator, Office of Consumer Protection, Montgomery County. Providing this information is part of OCP's Outreach and Education, one of the agency's three missions.

Rezvani highlights differences in identity theft of financial or medical information. She focuses on phishing scams, or fraudulent overtures seeking to gain access to consumers' accounts. Attendees will learn how they may be at risk and how to protect themselves from these scams and others that involve tax returns and stolen refunds.

OCP's other missions focus on resolving differences between consumers and merchants, and enforcing consumer protection laws. OCP can exact financial penalties and bring criminal charges to bear through the U.S. State's Attorney's office. OCP also regulates commercial parking lots, conducts mediation between businesses and ensures compliance by towing companies, the area of numerous complaints throughout the county.



Rezvani

With more than 20 years legal experience in consumer protection law, Rezvani has authored numerous consumer protection publications and advocated on behalf of individuals and non-profit clients. She has a B.Sc degree from the University of Maryland and a

JD law degree from the George Washington University. Rezvani has been a Montgomery County resident since high school. PCV's Feb. 16 meeting takes place 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive, Potomac.

Potomac Community Village is a non-profit all-volunteer network of friends and neighbors, providing programs and services so members can live vibrant, active and healthy lives, while living in their own homes and neighborhoods. Volunteer services offered include transportation, electronic device assistance, errands, friendly phone calls and visits, and simple home repairs. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org or www.FaceBook.com/PotomacCommunityVillage.

Standing Together

In a statement issued this week, the Montgomery County Delegation at the Maryland General Assembly responded to Executive Order on immigration:

"Last week, President Donald Trump signed an executive order that froze travel by immigrants from seven predominantly Muslim countries. All 32 members of the Montgomery County Delegation denounce this executive order and are working in collaboration with our Federal partners to see it reversed.

"President Trump's executive order has negatively impacted U.S. residents as well as those friendly to our country. In Montgomery County we have built an inclusive

community and want to reassure our community that all are safe and welcome here. We are encouraged by the tens of thousands of Americans who have voiced their peaceful concerns about these actions and displaying why America and Maryland are role models for the world.

"Montgomery County is the most culturally diverse county in Maryland and it is that diversity that makes us such a vibrant community. The Montgomery County Delegation stands united in our commitment to serve and protect all of our residents and we hope that the Governor will stand with us to protect the values on which our state and country were built."

OPINION

Working To Protect Parks

BY CAROL VAN DAM FALK
WMCCA PRESIDENT

Parklands have become increasingly popular with Montgomery County residents. Vision 2030, an intensive public survey process conducted in 2010, provided statistics showing that park trails are one of the most significant aspects of recreational activities. In fact, trails ranked higher in use and concern with citizens than organized sports. We tend to assume that parkland is there, protected in perpetuity. Unfortunately, that is not always the case.

Like the rest of the county, parks are governed by policy documents and budgets, which require updates from time to time. This process benefits greatly from public comment. Changes may occur that we need to monitor closely. Brooke Farquhar will give a presentation and ask for input on the Park Recreation and Open Space Master Plan (PROS) revision and Cristina Sassaki will speak on the new Energized Public Spaces Plan. Anyone who loves and uses our parks will benefit from this meeting.

In addition, recently the Maryland Catering Company requested a postponement of the hearing scheduled to be conducted by the county's Office of Zoning and Administrative Hearings (OZAH) on Maryland Catering's conditional use application to allow construction of a banquet facility on land zoned residential near the Old Angler's Inn and directly across from the C&O Canal National Historical Park.

WMCCA, together with the River Falls Homeowners Association, the Woodrock Homeowners Association, the Civic Association of River Falls, and the Brickyard Coalition sent a letter this past week to OZAH strenuously objecting to a postponement of this hearing, currently scheduled for Feb. 24. As these five associations have argued, many clients and witnesses have been lined up well in advance to attend the scheduled hearing, and changing the date would be disruptive and likely impair WMCCA's and other groups' participation at any future hearing.

Maryland Catering agreed to the February 2017 date in August 2016, giving it six months to prepare. WMCCA and other organizations are on record opposing the banquet facility on a number of fronts, not the least of which are:

WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association is Wednesday, Feb. 8, 7:15 p.m. at the Potomac Community Center.

Speakers will be Brooke Farquhar, master planner, Park and Trail Planning, Montgomery County Park Planning and Stewardship Division, Maryland National Capital Park and Planning Commission (M-NCPPC), and Cristina Sassaki, project manager for Energized Public Spaces Functional Master Plan, Montgomery Parks, M-NCPPC.

The meeting is open to the public. If schools are closed because of inclement weather, the meeting will be cancelled.

inconsistency with the County Zoning Ordinance; adverse impacts on the national park; excessive noise and traffic in a residential neighborhood; and, inappropriate parking and transportation services for such a facility. The adjacent C&O Canal Park is already overburdened with a large influx of visitors arriving by car, attempting to park on MacArthur Boulevard during peak weekend hours — exactly the same time of high usage for a proposed banquet facility.

Prior to the OZAH hearing, the Montgomery County Planning Board must submit its recommendations on the request to OZAH. Any and all opposition to this proposed facility should be directed to Casey Anderson, Chairman, Montgomery County Planning Board at MCP-Chair@mncppc-mc.org and to the OZAH Hearing Examiner Lynn Robeson, Esq, Office of Zoning and Administrative Hearings, 100 Maryland Avenue, Rockville, MD 20850, or Lynn.Robeson@montgomerycountymd.gov.

Brandywine Senior Living at Potomac

BY SUSANNE LEE

WMCCA scored a partial, but very important, victory before the Circuit Court for Montgomery County in our appeal of the Montgomery County Board of Appeals (BOA) decision granting Brandywine Senior Living a conditional use (special exception) to construct a 140 bed assisted living facility in a residential (RE-2) zone.

On Jan. 17, Circuit Court Judge David Boynton agreed with WMCCA's position and ruled that the Hearing Examiner had failed to correctly apply the standards of the RE-2 zone,

particularly with regard to Master Plan compliance and adverse economic impact on the adjoining property owners.

While the Court affirmed other elements of the BOA decision, it reversed and remanded the case back to the Hearing Examiner for further proceedings on this critical issue. It is our understanding that Brandywine intends to appeal the decision.

Glen Hills Sewer Policy Implementation

BY SUSANNE LEE

Under Montgomery County's sewer policy, including the new sewer policy for Glen Hills, the County Council may approve sewer service for areas that have been declared "public health problem areas."

A sanitary survey is required to determine if these areas are truly "public health problem areas." According to the county's Well and Septic Division, nine property owners requested such a survey for an area along Overlea Drive in Glen Hills. The county expanded the area to cover 24 properties. Preliminary information on the lots was presented at a recent public meeting, but it is unclear whether any of these lots individually or together present public health problems or what the county conclusions will be. It does not appear that there are any failing systems. In addition, WMCCA is concerned that only 12 of the 24 property owners included have responded to the county's decision to conduct the survey. As a result, they may not be aware of the potential negative impact on their property values and flexibility in replacing and repairing existing systems if they are declared within a "public health problem area."

Once an area is redesignated as such and eligible for sewer, a homeowner cannot replace a septic system and must hook up to sewer. It is totally unclear how many new lines would be constructed and financed since WSSC no longer constructs them. The county indicated that extensions to these properties could be as long as 1,400 ft. in this low density area and at \$500-\$700 per sq.ft. could therefore cost upwards of \$980,000 in addition to house hookup of \$20,000.

BULLETIN BOARD

TUESDAY/FEB. 14

Welcome to Medicare 7-9 p.m. at Potomac Library, 10101 Glenolden Drive. Information about Medicare, Medigap/Supplements, and prescription drug coverage. Presented by State Health Insurance Assistance Program. Sponsored by the Potomac Friends of the Library. Free, no registration. Visit www.montgomerycountymd.gov/library for more.

FRIDAY/FEB. 17

County Board Vacancy. Deadline for application to participate on the Mid-County Citizens Advisory Board. The vacancy announcement and application can be found at www.montgomerycountymd.gov/

Email announcements to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

boards/index or call 240-777-2528 for more.

DEADLINE FEB. 24

Achievement Award Nominations. 5 p.m. for the Neal Potter Path of Achievement Award two residents aged 60 or better will be selected for their lifetime of volunteer service in the County. Visit www.montgomeryserves.org for more.

BEGINS FEB. 27

Job Search Training for Seniors. 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search

resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session IV takes place Feb. 27, March 1, 3, 6, 9, 2017. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

FEBRUARY-MARCH

Delayed Opening for Local Library. Montgomery County's Little Falls Library at 5501 Massachusetts Ave., Bethesda, which has been closed for a refresh, will not open in January as planned due to flood-related damage.

SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

John Ridenour, of Potomac, has been named to the Chatham University (Pittsburgh, Pa.) School of Arts, Science & Business dean's list for the fall 2016 term.

Nora Cleary and Alexandra Tauberman, of Potomac, were named to the dean's list at the University of Vermont (Burlington, Vt.) in January.

Marisa Postal and Michael Jones, of Potomac, have been named to the fall 2016 dean's list at Miami University (Oxford, Ohio).

POTOMAC ALMANAC

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Repairs to Olmsted Bridge To Begin

Construction project will close Olmsted Island Trail until June.

As part of National Park Service's rehabilitation and repair program, the Olmsted Bridge project will be closed in mid-February. Repairs will include restoring bridge railings, repairing and refinishing the concrete bridge deck, and repairing one of the bridge's concrete foundations.

Closing the bridges during the length of the construction project allows for the contractor to complete the work more quickly because additional safety installations to accommodate visitors won't have to be provided, according to the NPS.

Once complete, the project will provide a safe and reliable path to view Great Falls. Improvements will be a sturdier bridge railing and a smoother concrete walking surface on the top of the bridge deck to promote accessibility. The bridge's surface will be covered with a non-slip coating to aid in safety and traction for visitors,

The design for the project began in late 2016. Construction will begin mid-to-late-February and go on for 90-120 days. NPS anticipates completing construction in June. During the construction, the bridge to Olmsted Island will be closed to the public.

The ecosystems in the Potomac Gorge including Olmsted Island are home to plants that exist in few other places. All work is being limited to a five-foot radius of the bridge to protect the rare plants on the island. Additionally, a containment structure will be constructed to catch debris generated from construction to keep it from entering the river.

The project costs just over \$763,000 and is funded by the National Park Service's re-



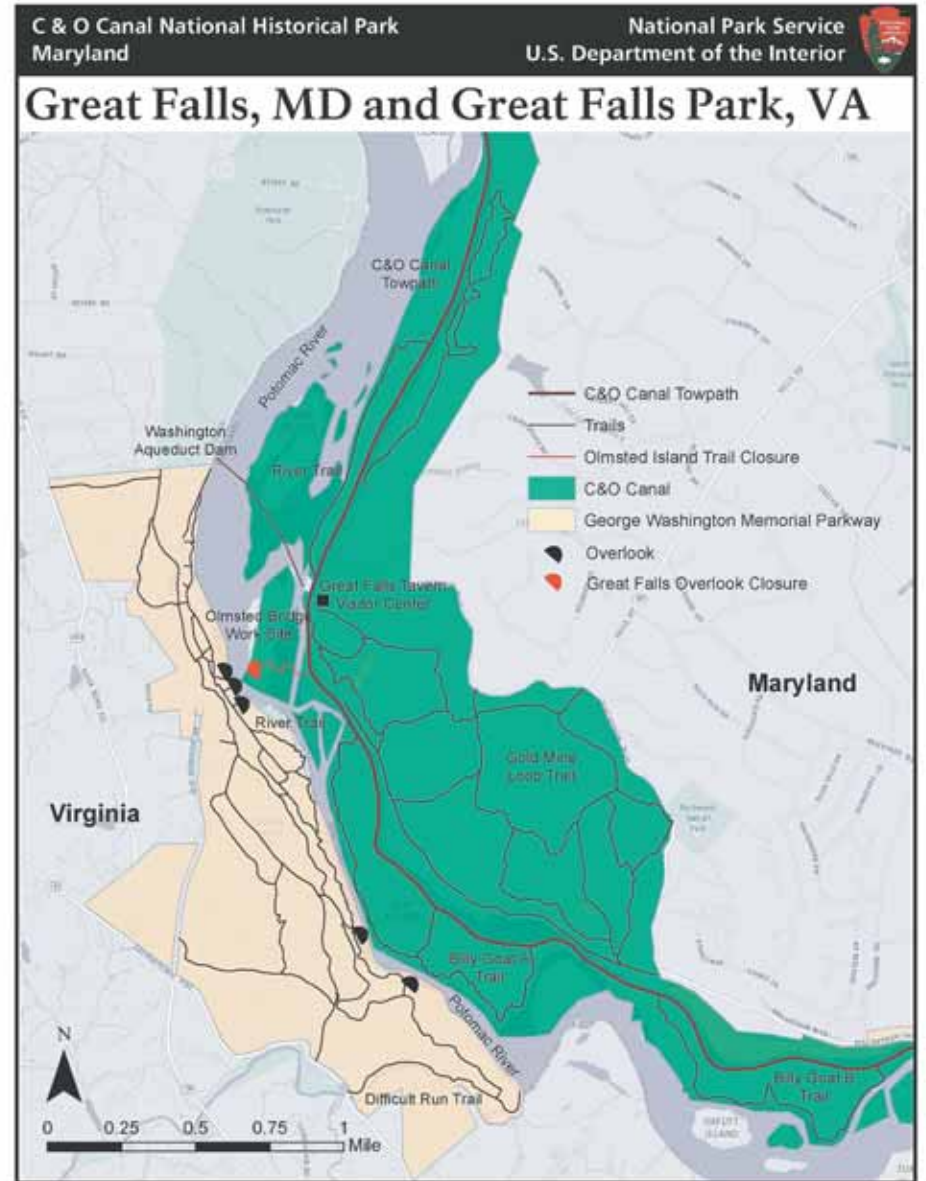
The railings are taken off when the river floods to reduce damage to the bridge. The connections to the railings will be replaced to make the railings safer and easier for the rangers to remove during flooding.



Cracks in the walkways will be repaired.

habilitation and repair program.

The NPS has alternate areas to view the Great Falls on the Virginia side of the Potomac at Great Falls Park. There are additional hikes along the Maryland side of



Olmsted Bridge Map

the Potomac that offer views of Mather Gorge, Conn island, Washington Aqueduct and other scenic destinations. These include Billy Goat Trail Section A, the Overlook Trail, the Washington Aqueduct Observation Deck, and the River Trail.

The Great Falls Tavern Visitor Center will continue to offer talks and programs in alternate locations while construction is ongoing.

Call Great Falls Tavern Visitor Center at 301-767-3714 for more information.



**Learn as if you
were to live
forever; live as if
you were going to
die tomorrow.**

—John Wooden



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One year with rolling admission
Fall 2017 deadline is 5/15/17

Contact the Program Coordinator for details

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ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

2016 Inaugural Video Art

Exhibition. 5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks' Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit www.glenechophotoworks.org for more.

Two for the Road. Through Feb. 4 at the Waverly Gallery, 4600 East-West Highway. A Photographic Journey by Kate Stillwell and Wil Scott who used their cameras to record the unfolding of these captured moments of people, places, and events encountered on their travels. Artists Talk: Saturday, Jan. 28, 1-3 p.m. Call 301-951-9441 for more.

Artful Attire. Through Feb. 5 at Glen Echo Park, in the Popcorn Gallery, 7300 MacArthur Blvd. Features wearable art and sculptural jewelry. Free. Visit glenechopark.org/ for more.

Goldilocks Puppet Show. Through Feb. 19 at Glen Echo Park, 7300 MacArthur Blvd. Story is told with rod puppets and giant hand puppets, this production keeps the audience guessing while including all the favorite elements of the classic

children's fairytale. Call 301-634-2222.

Faculty and Students Exhibit.

Through Feb. 26 at Glen Echo Park, 7300 MacArthur Blvd. Exhibition focuses on the relationship between teacher and student, showcasing work from the faculty and students. Reception is Saturday, Feb. 11, 4-6 p.m. Photoworks is located on the first floor of the North Arcade building across from the Dentzel Carousel. Call 301-634-2222.

Club Friday. Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. www.montgomerycountymd.gov/rec.

Potomac Games Group.

Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com.

Strathmore Launches Food, Beverage Program. Partnership kicks off 2017 focusing on creative, upscale bar cuisine, sharable drinks, expanded service with Ridgewells. For additional information or to purchase tickets, visit www.ampbystrathmore.com or call 301-581-5100.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children.

Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

FRIDAY/FEB. 3

Gourmet Cooking Class. 6-9 p.m. at St. Francis Episcopal Kitchen, 10033 River Road. Gourmet chef Lisa Wilson will hold a hands on cooking class for 12 participants making Salmon Coulbiac and learning about California wines along with a wine tasting. \$40. Call 301-299-4296.

FEB. 3-MARCH 19

Ella Enchanted Theater

Production. Various times at Glen Echo Park, 7300 MacArthur Blvd. Based on the Newberry Honor book by Gail Carson Levine. Baby Ella of Frell is given the "gift" of obedience and cannot disobey any direct order, which leads to challenges. Call 301-634-2222.

SATURDAY/FEB. 4

American Swing Music and Dance Association. 11 a.m.-1 p.m. at Glen Echo Park 7300 MacArthur Blvd. Swing dancing. \$20. Visit www.gottaswing.com for more.

Puppet Show and More. 2 p.m. at the Potomac library, 10101 Glenolden Drive. Shadow puppet show, the lion dance and Chinese martial arts, origami crafts and Chinese calligraphy. Call 240-777-0690 for more.

Pokémon: Symphonic Evolutions.

7:30 p.m. at The Strathmore Music Center, 5301 Tuckerman Lane. All-new orchestral arrangements and carefully-timed visuals draw from recent and classic Pokémon video games. \$49-\$89 Visit www.strathmore.org for more.

Pressenda Chamber Players

Concert. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle. Free. No tickets. (Suggested \$20 donation welcome at door). Call 301-229-7766 for more.

SUNDAY/FEB. 5

Art and Political Action Exhibit. 4-6 p.m. Glen Echo Park, 7300 MacArthur Blvd. Photographer Gabriela Bulisova's photography series documents the effect of mass incarceration on families and children. Lecture: \$15. Post-Lecture Dinner and Discussion with Artists: \$60 Visit www.glenechophotoworks.org for more.

TUESDAY/FEB. 7

Coffee, Conversation, and Coloring. 1:30 p.m. at the Potomac Library, 10101 Glenolden Drive. Meet people, enjoy a nice beverage, and express. Free. Visit www.montgomerycountymd.gov/library/

THURSDAY/FEB. 9

Katie Mahan, Piano. 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. From Bach to Gershwin to Debussy to Bartók to her own, solo piano arrangements. Visit www.strathmore.org for more.

FRIDAY/FEB. 10

Parents Night Out for Valentines.

6:15-9:15 p.m. at My Gym Potomac, 11325 Seven Locks Road. Three hours of fitness games, active play, pizza and fun. \$40 for members; \$45 for non-members; sibling discounts. Call 301-983-5300 or email potomac@mygym.com for more.

THURSDAY/FEB. 16

Historical Home Tours. 11 a.m. at The Mansion at Strathmore, 10701 Rockville Pike. A guided tour for adults illuminating the history, architecture and personal stories of the Mansion at Strathmore. The tour lasts approximately 45-60 minutes. Free. Please note: Tickets will not be mailed. There will be a will call list at the door. Private tours for larger groups are also available by appointment for a \$30 fee by calling 301-581-5102 or emailing historictours@strathmore.org.

Staying Safe in the Cyber World. 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive. Tracy D. Rezvani, the program administrator at the Montgomery County Office of Consumer Protection, will talk on identity theft and other scams, concerns of internet use. Email info@PotomacCommunityVillage.org for more.

SATURDAY/FEB. 18

One Day Plays. 8 p.m. at Imagination Stage, 4908 Auburn Ave. Six original plays from local theaters that are written, directed, rehearsed and performed in one day. Call 301/215-6660 or visit www.bethesda.org.



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And So It Begins — Again



By KENNETH B. LOURIE

Thank God! Another three months, (13 weeks actually) of wedded-type bliss until my next scan scheduled for mid April. Save for four weeks of pre- and post-chemotherapy-infusion non-bliss in the interim when the effects of the before, during, after treatment will make me feel less like the person I will otherwise be — for the nine or so other weeks, I am indeed lucky to be “stable” and looking forward.

However, I will be off to a bit of a bumpy start as a result of the timing of my most recent chemotherapy infusion and its negative side effects coming so soon on the heels of the previous week's positive scan news. Not that the negative overwhelms the positive in the slightest, it's more that it slows down my progression from feeling abnormal to feeling normal; well, as much as one diagnosed and living with a “terminal” disease, non-small cell lung cancer, stage IV, can. Which, as you regular readers know, I'm generally able to do, except when there are blips, and for the next week, I'll be “blipped.” Having considered the inevitable taste and eating issues I typically face post infusion, I spoke with a nutritionist this past week to see if I've been missing a boat somewhere. Unfortunately, other than remaining well-hydrated, it seems there's very little I can do other than to endure the post-chemotherapy weak.

But of course, it's the big picture (no tumor progression, no fluid build up) that matters most, not the small picture (the pre- and post-scan anxiety and the post-chemotherapy eating issues). And of course, it's nothing new. I've been through variations of this routine going on nearly eight years now, since the diagnostic process began on Jan. 1, 2009, when I first visited the Emergency Room. Pain in my rib cage had migrated from one side to the other and simultaneously I was having difficulty catching my breath. Then, even I knew, I needed some medical attention. Two and a half months later after the usual schedule of tests, interpretations and more tests, I received my diagnosis with which you are all so familiar.

Amazingly, life has gone on and fallen into a sort of routine. The most recent one, going back approximately three and a half years, began with my first and only hospitalization followed up a month or so later with the beginning of my Alimta infusion. For the most part, the infusion/experience has been quite manageable, and according to my oncologist, “great.” So “great,” in fact, that we have been extending the interval of my infusions from three weeks originally to four weeks to four/five weeks to now infusing forward, every five weeks. This will give my body more time to recuperate between chemotherapy and give me more quality-weeks of life (always a concern of my oncologist); minimizing eating and anxiety issues.

For the moment, we're keeping the scan schedule to every three months. As to our concern about trying to limit the exposure to radiation — per scan; as my oncologist sort of joked, it's the toxins from the chemotherapy that are more harmful (it's akin to the line from the movie “Butch Cassidy and The Sundance Kid” when Paul Newman snickered at Robert Redford's concern about not being able to swim — should they in fact jump off the cliff into the raging river below, to escape Joe Lefors and the Indian tracker, Lord Baltimore: “Swim? Are you crazy? The fall will probably kill you.”)

So by the time you all are reading this column, Thursday-ish, I'll be mostly back to eating normally — well, normal for me. It's a routine I've become accustomed to and one with which I can live, live being the operable word. Certainly not a life without some hardships and difficulties, but still a life worth living; with some weeks harder than others; this week certainly being one of them. It won't be pretty but soon enough it will have passed with clear sailing ahead for the next four weeks until you-know-what.

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

WELLBEING

To Move Or Not To Move

By MARILYN CAMPBELL
THE ALMANAC

One of the most heart-wrenching decisions that Denise Schossler, her two siblings and her 95-year-old mother had to make was whether or not to move her into an assisted living facility, leaving the home where she's lived since 1954. Physical limitations and a need for social interaction drove the decision to relocate to the newly opened Kensington Falls Church, Va.

“My mother has managed to stay in her home all this time with the help of an aide who comes every day, but she realized that it just couldn't continue. One of the main things is the isolation and the loneliness,” said Schossler. “She needs more social interaction than she gets alone in her home. She's someone who's had an active social life, but now it's just television and books.”

A dearth of social interaction is one of the factors that can lead seniors into assisted living facilities. In fact, a recent study published in the Journal of Gerontology shows that seniors living in assisted living facilities have fewer unmet needs such as companionship, help with cooking, bathing and doing laundry than those who live independently. However, the survey of more than 4,000 people over the age of 65 shows that even in such retirement communities, unmet needs still exist. To address this challenge, local gerontology experts say that families must determine whether a loved one's needs meet the criteria for assisted living candidacy and once placed, work to ensure that those needs are being met.

In making this decision, an evaluation by an objective gerontology expert can be necessary, says Patrice Winter, DPT, assistant professor at George Mason University in the Department of Global and Community Health. “They come out and evaluate the house and the person as well,” she said. “You have an objective, unemotional person instead of an adult child going, ‘Mom you can't live here anymore.’ and the mom saying, ‘Stay out of my business.’”

Such an evaluation will show that there are times when a lifestyle adjustment is all that is needed. “Sometimes they can offer simple solutions that can make huge changes,” said Winter. “Could it be that they need their eyesight and hearing checked? Or the washing machine moved upstairs?” so they can do laundry more frequently?”

Schossler says that her proximity to the Kensington Falls Church will allow her to be in regular contact with both her mother and the staff.

“My mother has grandchildren and great-grandchildren and we can visit her because the Kensington is just a few minutes away from where I live,” she said. “My mother has already made connections with three people who will be there, so she's looking forward to moving. We happened to find the right fit at the right time.”

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