

WELLBEING

PAGE 9

# Potomac ALMANAC

## Daughter Co-Produces 'Sosi's Daddy'

NEWS, PAGE 3

### Story of Two Kevins

NEWS, PAGE 3

### Every Day Is Pizza Day For Potomac Resident

NEWS, PAGE 3

Eight-year-old Sosi Audain of Potomac co-produced her father's album of jazz and contemporary standards.

CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 7

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JULY 5-11, 2017

ONLINE AT POTOMACALMANAC.COM



# Potomac REAL ESTATE

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## April, 2017 Sales, \$800,000~\$995,000

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3 11320 Willowbrook Drive — \$899,900



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7 9437 Holbrook Lane — \$825,000

Address .....	BR	FB	HB	Postal City	Sold Price ...	Type .....	Lot AC ..	PostalCode .....	Subdivision .....	Date Sold	
1 9900 BEDFORDSHIRE CT .....	4	..	3	1	POTOMAC	\$995,000	Detached .....	0.30 .....	20854 .....	BEDFORDSHIRE .....	04/27/17
2 8217 BUCKSPARK LN W .....	4	..	2	2	POTOMAC	\$900,000	Detached .....	0.40 .....	20854 .....	RIDGELEIGH .....	04/11/17
3 11320 WILLOWBROOK DR ....	4	..	3	1	ROCKVILLE	\$899,900	Detached .....	0.41 .....	20854 .....	OLDFIELD .....	04/05/17
4 10500 GREAT ARBOR DR .....	4	..	3	1	POTOMAC	\$870,000	Detached .....	0.26 .....	20854	EAST GATE OF POTOMAC ...	04/03/17
5 11101 HUNT CLUB DR .....	4	..	3	1	POTOMAC	\$865,000	Detached .....	0.25 .....	20854 .....	FOX HILLS .....	04/21/17
6 9309 FALLS CHAPEL WAY .....	4	..	3	1	POTOMAC	\$862,500	Detached .....	0.26 .....	20854 .....	FALLSREACH .....	04/25/17
7 9437 HOLBROOK LN .....	5	..	2	1	POTOMAC	\$825,000	Detached .....	0.41 .....	20854	TIMBERWOOD OF POTOMAC	04/05/17
8 10220 WINDSOR VIEW DR ....	6	..	4	0	POTOMAC	\$800,000	Detached .....	0.35 .....	20854	BELLS MILL VILLAGE .....	04/21/17
9 11724 TRAILRIDGE DR .....	5	..	2	2	POTOMAC	\$800,000	Detached .....	0.41 .....	20854 .....	ROBERTS GLEN .....	04/27/17

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## Daughter Co-Produces 'Sosi's Daddy' Story of Two Kevins

An album of jazz and contemporary standards.

HOWARD FLETCHER JR.  
THE ALMANAC

**S**osi Audain, an eight-year-old, rising fourth-grader at Stone Ridge School of the Sacred Heart in Bethesda, has not only co-produced a full-length studio album, but she has created a new family role for herself: "stage daughter."

On June 1, Sosi released an album entitled "Sosi's Daddy," a recording of her father's vocals and piano playing of jazz and contemporary standards.

"Producing an album with my daddy was a great experience," said Sosi. "I am glad that I convinced him to do it."

Sosi's father, Dr. Linz Audain, 57, of Potomac, is a classically trained vocalist, self-taught pianist, composer and arranger. He spent much of his youth and early adulthood writing and performing music to support himself.

Since those days as piano lounge singer, Audain has earned a Ph.D. in economics from Duke University, a J.D. from the University of Chicago, a M.D. from Howard University, and is currently working as a hospitalist physician at a local medical center.

Recording a studio album was not something Audain had on his agenda. His daughter, Sosi, had a different plan.

For the past two years, Sosi has been participating in an after-school music production class at Stone Ridge, sponsored by Mix Major. According to its website, Mix Major is a music-making education program that teaches youths, grades K-12, how to make



**Eight-year-old Sosi Audain of Potomac co-produced her father's album of jazz and contemporary standards.**

the music they listen to and love.

"From the very start, Sosi was more engaged and focused than the other students," said Mix Major founder Eric Jao in a telephone interview. "She picked things up very quickly, without being told what to do."

In the first year of the after-school program, Sosi improvised the melody that the class ultimately used to compose an entire song, music and lyrics, recalled Jao.

However, it was in the following year, when Jao started teaching the children about using production equipment, sound, and mixing, that Sosi's talent really began to shine.

When Sosi learned how to mix the different elements of a song with an equalizer and mixing equipment to produce a whole track, she started thinking about getting her father involved, Audain remembered.

"When Sosi approached me about the project, I tried to discourage her but was unsuccessful in doing so," said Audain. "I had no choice but to help her. But, I hadn't done anything serious in music in over 30 years."

She wanted to record and mix tracks of her father singing and playing the piano. She also expressed an interest to shoot a video to go with it.

"One of her interests for the past couple of years was to create a YouTube channel and become an Internet artist," said Audain.

Sosi's father spoke to Jao about the possibility of making a recording and a video in his studio. The music instructor loved the idea.

"She's (Sosi) is very young, but I can see the creative music talent already," said Jao. "I'm hoping to get more time to work with her in the future."

Jao suggested using Havar Espedal, 42, of Falls Church and his company Princeps Studio to shoot the video. "It was interesting and very fun to shoot the video and see Sosi learning the process," said Espedal. "It made me very happy to see her so excited to be there working with her father."

Videos of Linz and Sosi Audain have been posted to Sosis Channel on YouTube.com.

The album, "Sosi's Daddy" is available for purchase on cdbaby.com. A portion of the proceeds from the sale of the album will go to the Stone Ridge School of the Sacred Heart.

"We give birth to our children, but, if we are as fortunate as I was with Sosi, sometimes they give rebirth to us," said Audain of his budding music producer daughter. "I hope everyone enjoys the album."

Bringing "Play to Play" to screen.

BY ASHLEY CLAIRE SIMPSON  
THE ALMANAC

**K**evin Mann, a Potomac native who has established himself as a television, film and video producer in the entertainment industry, is proof that show business can provide fertile ground for life- and art-enhancing personal connections.

Mann is the executive producer of Complex Networks' new television series, "Play By Play" — a fictional coming-of-age story with the potential to tug at the heartstrings of people across all demographics. Fittingly, the actual making of this series, which debuted on Tuesday, June 28, is a testament to authentic, human connection. The eight-episode season is the result of a bond that Mann shares with the writer of "Play By Play's" screenplay, Kevin Jakubowski.

"The script really spoke to me, and it really made me think about what was going on at the time the story is set, in the 1990s," said Mann, who immediately recognized parallels between the protagonist's high school experience and his own at Washington D.C.'s Gonzaga College High School. "The script came to Haven Entertainment as a pilot, and, immediately, it was something we really liked and felt it had kind of 'Wonder Years' vibe to it. I saw the potential, how successful it really could be."

Haven Entertainment is Mann's production company. In addition to its production business, Haven Entertainment represents writers, directors, and actors. Through the process of Jakubowski becoming one of

SEE POTOMAC, PAGE 6

## Every Day Is Pizza Day for Potomac Resident

Local Domino's expands store.

BY PEGGY MCEWAN  
THE ALMANAC

**T**here's a new look at Domino's in Potomac Oaks Shopping Center at the intersection of Travilah and Glen roads.

The formerly carryout-only store has expanded, added seating and child-friendly touches like a big blackboard wall and chalk for drawing and steps up in front of a Plexiglas wall for watching the "Dough Show."

There is no table service but customers can come in, order pizza, sandwiches, pasta, salads, even desserts and eat there, Ed Treacy, owner of the franchise, said.

Treacy, who grew up in Potomac and still lives in the area, has owned the Potomac Oaks Domino's fran-

chise for 22 years and is a story of success and community, according to Guy Semmes, who owns the shopping center.

Semmes said the expansion of Domino's and addition of seating meets a need in the community.

"We need that at that shopping center because we have the new park [Greenbrier Local Park on Glen Road] and the museum [Glenstone] going in," Semmes said.

Treacy's success story began when he started working at a Domino's Pizza in Tenleytown in Northwest Washington delivering pizza. But maybe it started before that.

"I had read about Domino's and they were unique in the business," Treacy said. "The harder you worked the better you did. I loved the fact that you controlled your own destiny."

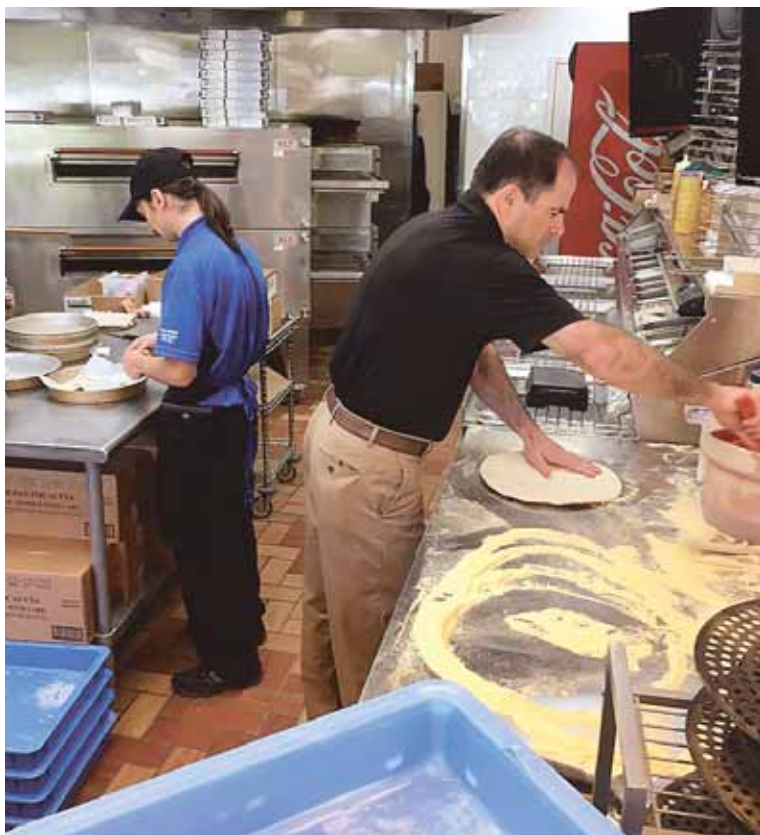
Treacy said he had always wanted to own his own business, so went with Domino's full time when he got out of college.



**David Dixon, manager of Domino's Pizza in Potomac Oaks Shopping Center, rolls dough before making a pizza crust at the store last week.**

SEE EVERY DAY, PAGE 4





PHOTOS BY PEGGY MCEWAN/THE ALMANAC

**Ed Treacy, owner of Domino's Pizza in Potomac Oaks Shopping Center, shows he can still make a good pizza.**

**Finished product. A classic cheese pizza prepared by Ed Treacy, owner of Domino's Pizza in the Potomac Oaks Shopping Center.**

## Every Day Is Pizza Day

FROM PAGE 3

He worked his way up from behind the wheel to behind the counter to manager of the Tenleytown store and, within seven years, bought two stores from the franchisee he worked for: the one at Potomac Oaks and one in Damascus.

That was the part of the Domino's plan that attracted Treacy in the first place: franchisees mentoring their workers, allowing them to take responsibility, grow with the business and eventually become owners.

He now owns 18 stores, 11 in Maryland and seven in Pennsylvania.

David Dixon manages the Potomac Oaks Domino's and has worked for Domino's for 14 years. He is a next generation example of the idea of working to the position you want.

Charles Plunkett is a newbie with only two years in. Both are happy with what they do.

"I love it," Plunkett said. "I love making pizza, I love feeding people. If you do what you love, you never work a day in your life."

In spite of the hard work involved in running 18 Domino's, Treacy said he loves what he does. And he can still fold a pizza box along with the best.

"I love the fact that there's something different every day," he said. "I get to work with a lot of young people and a wide range of team members."

He said his team members range in age from teenagers to retirees, about 350 employees all together.

Domino's has changed in the years Treacy has worked with the company. It used to be

only pizza, only carry out.

"We wrote everything down with pen and paper and had to memorize the streets in our territory for fast delivery," he said.

Now everything is computerized, you can even sit in the Potomac Oaks store and watch the progress of your order on a large screen. Orders come in and are located on GPS for drivers and even the pizzas themselves are cooked to perfection in time- and temperature-controlled ovens. Treacy said the Potomac Oaks store is unique among his stores, being in a rural location rather than a high traffic shopping center. But, he said, the community has made it a good place to be.

"We appreciate the support of the community," he said. "We enjoy interacting with them when they come in."

### OPINION

## Send in Pet Photos Now

**T**he Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone num-

ber, just your town name).

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## Timing Is Everything

This week's paper went to press on Monday, July 3, and as a result does not include coverage of Independence Day events from the Fourth of July. Please see next week's paper.

## POTOMAC ALMANAC

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# Meditation as Medicine

Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

Love says that while scientific research

to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

**"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."**

— Kate Love

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as



PHOTO CONTRIBUTED

**Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.**

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and

concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

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Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

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# Potomac Native Brings 'Play By Play' to Screen

FROM PAGE 3

Haven's writers, the two Kevins realized they had more than a first name in common. More significantly, they shared battle stories from the front lines of adolescence in the 1990s while attending rigorous Catholic prep schools.

Although "Play By Play" hits especially close to home for viewers like Mann and Jakubowski — those whose high school diplomas are time-stamped with a 1990s date — Mann said the show's reach will extend far beyond Generation X. Basic high school survival is a universal milestone, so Mann sees no limit to audience appeal.

"Of course, I get all the jokes, and even though my nephew doesn't, he still really liked it," Mann said. "The show still appeals to Millennials. It's got stuff for people in their late 30s and early 40s, but there's enough content so that kids who are currently in high school will enjoy it, too. From the beginning of working with this script, we saw that this show had the potential to target a wide audience covering multiple demographics."

Complex Networks, which marketed "Play By Play" as a sports comedy leading up to the premiere, will air all eight episodes through its digital medium, go90.

"When I first brought the project to Complex, they were just starting a digital distribution platform," Mann said. "So, the plan was for 'Play By Play' to air through this space. Every week, Complex will put an episode out for viewers to stream. It's a lot like Netflix. Viewers can watch an episode



PHOTO CONTRIBUTED

Pete Hickey in "Play By Play."

any time once it's out there."

While audience reception has been "so far, so good," it's too early to tell just how successful the show will be. One small drawback of releasing a new series through a digital forum like Netflix or go90 is that there is no sense of urgency for a viewer to tune in and watch an episode at any particular time. In other words, it's possible — even likely — people who will ultimately become the show's biggest fans still have yet to see the first episode.

"Right now, it's hard to tell, because TV ratings in this case don't work the same way as they do with traditional television," he said. "I think it'll take three or four episodes for the recognition to spread and for the positive reception to really come out. People will see that there's a little something for everybody."

"Play By Play" offers the perspective that there is indeed life — and hope — after high school for those trudging through a phase

of life-riddled insecurities. The show achieves this through the current-day protagonist, Pete Hickey, who narrates his teenage years through flashbacks. Pete's football career may start and end on the sidelines of a high school football field, but, viewers watch him struggle with the knowledge that he will ultimately find a different way to stay in the game.

If the show isn't enough to give viewers hope that life can indeed volley into pleasantly unexpected arcs, they should consider the real-life story of Mann.

Reflecting on his own high school experience, Mann said that, for one, his report cards were nothing to write home about. He had hobbies and interests, but he didn't realize his true potential for professional fulfillment and success until he was out of college.

"Originally, I wanted to go to law school and then return to D.C.," Mann said. "But, I got lucky and started working for Jimmy Kimmel as a production assistant. I was mostly getting coffee and driving people around. Kimmel was really good to me, and I began to see that production was a really great way to both pursue business and be creative."

Mann is no benchwarmer. With the perspective he has these days, he's also happy not to be quarterback, either. Instead, he compared his role as executive producer for a television series to that of a football coach. He's at his best when his focus is on the bigger picture, and how to make it all come together.

At this point in his career, Mann said that he can be relatively picky about the projects he ultimately pursues. Haven Entertainment is currently working on more than 20 productions — spanning a wide spectrum of genres for both television and film. Having options to sift through, however, has not always been the reality for Mann.

"There are a lot of factors that go into deciding on the projects to produce," he said. "A lot of it is content-based. I do a lot of sports documentaries, a lot of '30 for 30' programs for ESPN. Sometimes a job is a job, but, I try to produce the content that I would want to watch. That's all easy enough to do now, but, in the beginning, I had to jump on any opportunity that came my way." Mann advises people — no matter the exact nature of their goals — to take chances early on, at a point in life when there is still time to make up for any potential fallout.

"My advice is, stick with it," Mann said. "The entertainment business is really tough. It's one of those things that you can't learn in college, so you have to go out there and just dive into it. You tell yourself, 'it's going to take 10 years.' You can always find ways to make money and find a job, so don't panic or give up after a year or two. If you're lucky enough to know your passion in your 20s, go for it. If you love it and you're passionate about it, talent and hard work will usually find each other."

To watch the first episode of "Play By Play," visit <https://www.go90.com/shows/playbyplay>.

## CALENDAR

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

### THURSDAY/JULY 6

**Patriotic Music.** 1-2 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. \$2 or free for residents. Visit <http://www.holidaypark.us/> for more.

### FRIDAY/JULY 7

**Damascus Day Parade.** 6 p.m., parade travels down Route 27 to Lewis Drive. To register to be in the

parade, applications are available at the center. The theme of this year's parade is Halloween, celebrating Damascus. Free/Gratis. Call 240-777-6840 for more.

**Opening Reception.** 6-9 p.m. at the New Masters Art Gallery, 12276 Wilkins Ave., Rockville. The New Masters Art Gallery presents "Shared Journeys," an insight to four artists' paths. Featuring the art of Ron Jensen, Elise Mahaffie, Isabella Martire, and Gail Poe. The show will run through Friday, July 28. Visit [www.newmastersartgallery.com/](http://www.newmastersartgallery.com/) for more.

**Artists Reception.** 6-9 p.m., at Artists & Makers Studios, 11810 Parklawn  
SEE CALENDAR, PAGE 7

**Maija Rejman is in concert, Wednesday, July 19, 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.**

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[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)



# CALENDAR

FROM PAGE 6

Drive, Suite 210, Rockville. Black Artists of DC (BADC) are in the two main galleries with work by Daniel T. Brooking, James Brown, Jr., T.H. Gomillion, Gloria C. Kirk, Glenda Richardson, Janathel Shaw, Russell D. Simmons, Nanno Smith, and Eugene Vango. Email [Judith@ArtistsAndMakersStudios.com](mailto:Judith@ArtistsAndMakersStudios.com) or visit [www.artistsandmakersstudios.com/](http://www.artistsandmakersstudios.com/)

**Rob Patrick Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## SATURDAY/JULY 8

**Plein-Air Painting Workshop.** 8 a.m.-4 p.m. Rocklands Farm & Winery, Courtney's Farm, 14525 Montevideo Road, Poolesville. Limit 12 participants. Email [info@mocoalliance.org](mailto:info@mocoalliance.org) or call 301-461-9831 for more.

**Meet the Artist.** noon-1:30 p.m. at Glenstone, 12002 Glen Road, Potomac. American writer, filmmaker and visual artist Gary Indiana will host 90-minute tour of his exhibition. Visit [glenstone.org](http://glenstone.org) for more.

**Cooking Demo.** 12:30-1:30 p.m. at Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring. Free. Call 240-777-8085 for more.

**Artists Reception.** 5-7 p.m. at Photoworks Gallery, Glen Echo Park, 7300 MacArthur Blvd. Flying Solo: An exhibition of photographs by Tanguy de Carbonnières. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

**Viki Ryan Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## SUNDAY/JULY 9

**Introductory Waltz Workshop.** 2:45-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop and a more advanced move presented the last 15 minutes. Social dancing follows until 6 p.m. \$10. Call 202-238-0230 or Glen Echo Park at 301-634-2222, or visit [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org)

## TUESDAY/JULY 11

**Village Luncheon.** noon-1:30 p.m. at the Tally Ho Restaurant, 9923 Falls Road. Potomac Community Village offers "open to all" social lunch, to talk about aging in place in the homes, meet other Potomac neighbors. Participants pay for their own meal. Visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) for more.

## WEDNESDAY/JULY 12

**Tom Saputo Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## FRIDAY/JULY 14

**Wayne Wilentz Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## SATURDAY/JULY 15

**Tommy Lee Ryan Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## WEDNESDAY/JULY 19

**Mike Surratt Concert.** 1-2 p.m. at Damascus Senior Center, 9701 Main St., Damascus. Mike Surratt returns to perform his summer tunes and hits. Free. Call 240-777-6995 for more.

**Maija Rejman Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

## SATURDAY/JULY 22

**Rob Patrick Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838 for more.

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# Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so – and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that 'newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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





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