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Potomac ALMANAC

Kindness At a Distance

WELLBEING
 PAGE 4

The Week in COVID-19
 NEWS, PAGE 3

**Potomac Elementary
 Construction Continues**
 NEWS, PAGE 6

One neighbor
 offers bouquets
 of daffodils, self
 serve, to others
 strolling by.

ATTENTION POSTMASTER:
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 REQUESTED IN HOME 4-2-20

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PHOTO BY MARY KIMM/POTOMAC ALMANAC
 REAL ESTATE SALES, PAGE 2 ♦ KENNY LOURIE, PAGE 7

APRIL 1-7, 2020

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



4 14501 Pettit Way — \$964,000

January, 2020 Sales, \$900,000~\$1,120,000

IN JANUARY, 2020,
58 POTOMAC HOMES SOLD
BETWEEN \$2,650,000-\$410,000.



7 10845 Pleasant Hill Drive
— \$900,000



6 12004 Piney Glen Lane — \$950,000



2 8421 Kingsgate Road
— \$1,030,000



5 10025 Glenolden Drive — \$960,000



3 10520 Stable Lane — \$1,020,000



Address	BR	FB	HB	Postal City ..	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold	
1 12437 ANSIN CIRCLE DR	4	..	3..	2	POTOMAC ...	\$1,120,000	End of Row ..	0.06	20854	PARK POTOMAC	01/31/20
2 8421 KINGSGATE RD	4	..	4..	1	POTOMAC ...	\$1,030,000	Detached	0.44	20854	FAWCETT FARMS	01/29/20
3 10520 STABLE LN	4	..	3..	1	POTOMAC ...	\$1,020,000	Detached	0.36	20854	RIVER FALLS	01/31/20
4 14501 PETTIT WAY	5	..	4..	1	POTOMAC	\$964,000	Detached	2.32	20854	RIVERWOOD	01/10/20
5 10025 GLENOLDEN DR	3	..	2.....	POTOMAC	\$960,000	Detached	1.04	20854	POTOMAC VILLAGE	01/30/20
6 12004 PINEY GLEN LN	4	..	4..	1	POTOMAC	\$950,000	Detached	2.03	20854	PINEY GLEN FARMS	01/16/20
7 10845 PLEASANT HILL DR	6	..	5..	3	POTOMAC	\$900,000	Detached	2.21	20854	POTOMAC FALLS	01/13/20
8 8205 SNUG HILL LN	5	..	4..	1	POTOMAC	\$900,000	Detached	0.27	20854	EAST GATE OF POTOMAC ...	01/03/20
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NEWS

Week in Coronavirus

Montgomery
County has 341
cases on Tuesday, up

Monday, March 30

- ❖ 341 cases of COVID-19 in Montgomery County
- ❖ 1,413 cases in Maryland
- ❖ 15 deaths in Maryland due to coronavirus.

❖ Governor Larry Hogan issued a stay at home order. No Maryland resident should leave home except for an essential job or an essential reason, such as obtaining food or medicine, seeking urgent medical attention, or for other necessary purposes. Marylanders should not travel outside of the state, and those who have, should self-quarantine for 14 days. See www.governor.maryland.gov. County Executive Marc Erlich said it was the right decision to mandate Maryland residents stay home.

❖ County Health Officer Dr. Travis Gayles said the county is “scraping together” resources to open alternate test sites. “We are working with the State in terms of exploring some of our own venues here to supply those services,” said Gayles.

Sunday, March 29

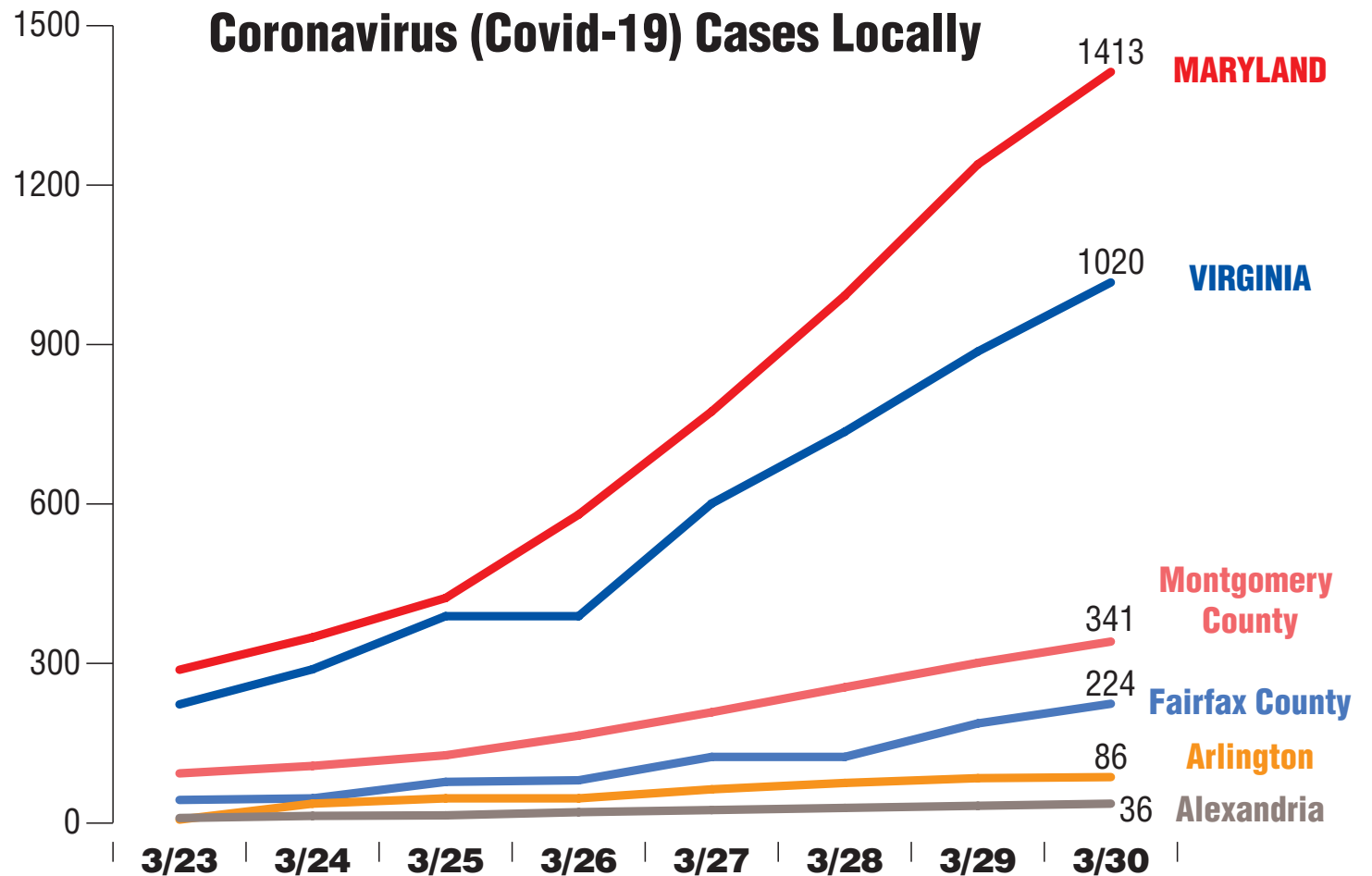
- ❖ 301 cases in Montgomery County
- ❖ 1,239 cases in Maryland

Saturday, March 28

- ❖ 255 Cases in Montgomery County
- ❖ 992 cases in Maryland

Friday, March 27:

- ❖ 208 cases in Montgomery County
- ❖ 774 cases in Maryland
- ❖ Four Montgomery County Fire and Rescue personnel tested positive, both career and volunteer, none originating at work.
- ❖ Staff members and residents tested positive for COVID-19 at three nursing homes in Montgomery County. Brighton Gardens on Tuckerman Lane in Bethesda enhanced infection control procedures after three residents tested positive for COVID-19. The res-



idents, two men in their 80s, and one man in his 60s, are currently hospitalized. Residents are being monitored for signs of fever and cough and will be tested as needed per CDC testing guidelines.

A staff member at Fox Chase Rehab and Nursing in Silver Spring and a staff member at the Fairland Center on Fairland Road in Silver Spring tested positive for COVID-19.

❖ Hampden Lane Liquor & Wine store in Bethesda is temporarily closed after a county employee tested positive. The employee was not feeling well on Wednesday, March 25, and was sent home. The employee subsequently tested positive for the virus. Anyone who has visited the Hampden Lane Liquor & Wine, 4920 Hampden Lane on March 23 or 24 was advised to monitor their temperature and watch for respiratory symptoms. Gov. Larry Hogan's order deemed liquor stores as essential services as a part of the COVID-19 health emergency.

❖ The Maryland Department of Health announced the state's fifth death as a result of COVID19: an Anne Arundel County resi-

dent. He was over 80 years of age.

Thursday, March 26, 2020

- ❖ 580 Cases in Maryland
- ❖ 164 Cases in Montgomery County, more than any other Maryland jurisdiction.
- ❖ Any Montgomery County Restaurant that has a current on-premises can now sell not only beer and wine to go, but also cocktails and spirits.

Wednesday, March 25

- ❖ 127 confirmed cases in Montgomery County
- ❖ 423 Cases in Maryland
- ❖ Gov. Larry Hogan announced an extension of Maryland public school closures until April 24, 2020.
- ❖ In just one week, the Maryland Department of Labor received over 42,000 new unemployment insurance claims.
- ❖ While the outdoor areas surrounding #MoCoRec Centers remained open, all playgrounds were closed. The county urged park patrons to practice social distancing and to

not participate in team/contact sports or activities involving physical contact/sharing of equipment. Keep six feet between you and others.

“Essential Activities” means:

Shopping for supplies or services including: groceries, medicine, supplies needed to work from home, and products to maintain safety, sanitation, and essential maintenance of the home or residence;

Seeking medical or behavioral health or emergency services;

Caring for and/or transporting a family member, friend, or pet, who resides in another location;

Traveling to and from an educational institution for purposes of receiving meals or instructional materials for distance learning;

Engaging in outdoor exercise activities, such as walking, hiking, running, or biking;

Travel required by a law enforcement officer or court order; or traveling to and from a federal, state, or local government building for a necessary purpose.



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WELLBEING

Cooking in the Age of Coronavirus

Turning pantry staples into delicious and nutritious meals.

BY MARILYN CAMPBELL
THE CONNECTION

During this time of social distancing, more time spent indoors and fewer trips to bare-shelf supermarkets, stocking the pantry with a food supply that's meant to last for weeks has become the new normal. No longer is dining out an option. From potato chips washed down by soda to canned tuna paired with frozen broccoli, cooking and eating food that's on hand can throw an entire household into an unhealthy culinary rut.

"This is not a snow storm that will melt in a few days. This isn't the time to eat more brownies, drink more wine and munch continually because you don't have much structure in your life," said licensed nutritionist Janet Zalman, MS, of the Zalman Nutrition Group. "You can't say, 'I'm going to go back to eating healthy when this pandemic is over,' because we don't know how long it's going to last. Eating healthy and keeping our bodies healthy can make a difference in a crisis, especially for preexisting health conditions like heart disease, obesity and diabetes."

With a little creativity, it's possible to turn pantry staples into healthy, but savory dishes that can be soul-soothing during this time of heightened anxiety, says Terri Carr of Terri's Table in Potomac. "Stews, chilies and soups [made with] ground meats, potatoes, canned beans and tomatoes and stock or broth cooking in a slow cooker or on the stovetop for a couple of hours release aromas that are inviting and comforting," she said. "Pasta dishes can be very diverse depending upon what ingredients you have available. They don't have to be limited to typical pasta sauces. Adding lots of onions, a bit of garlic, parmesan and even greens at the end of cooking the pasta can be very tasty and healthy."

The right mixture of herbs and seasonings can turn ho-hum meals into flavorful powerhouses. "Pesto is a terrific change and several types of pesto are easily available at grocery stores," said Carr. "I add leftover chicken to pasta dishes to provide protein and use up leftovers. Adding sundried tomatoes gives a big flavor boost in pasta dishes."

Even with the limited availability of some foods, it's still possible to find key ingredients to stock a healthy pantry. "Whole-grain pasta such as brown rice or buckwheat is a complete protein and you can add beans and vegetables on top of that for a complete protein ... option," said Teri Cochrane, author of *The Wildatarian Diet* —Living as Nature Intended,



PHOTOS BY TERRI CARR

A pantry stocked with a carefully planned array of staples can keep meals healthy and interesting.

and founder of the Global Sustainable Health Institute. "Dried beans or canned, organic beans are very cost-effective. You can get a bag of dried beans for less than two dollars. You can sauté frozen vegetables and when you pair that with brown or wild rice you can have a full protein meal for almost pennies per person."

"There are no frozen vegetables right now, but fresh vegetables are still in the supermarket," said Zalman. "You can wash them with soap and water."

From savory to sweet, ideas for preparing that produce abound, says Zalman. "You can roast carrots," she said. "Apples are around. You can make baked apples if you want something sweet. Have it with yogurt or ice cream or almond milk and you have a dessert."

Instead of reaching for a bag of potato chips, Zalman suggest slicing and baking sweet potatoes that have been brushed with oil and sprinkled with a dash of salt. "You can make popcorn on the stove and add herbs, a drop of salt unless you have high blood pressure," she said.

When the butcher section of the grocery store is low on meat, it's time to think inside the can. "If you want turkey burgers, but don't have turkey use canned salmon and make a

salmon burger," said Zalman. "It's delicious inexpensive and healthy. 'If you have kids you can make casseroles like a tuna casserole or a salmon casserole.'"

In fact, healthy cooking is a way to spend the extra family time we're given. "A good way to get families together in the kitchen is [making] things from scratch such as soups and breads or treats," said Cochrane.

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Advertising Deadlines are the previous Thursdays unless noted.

APRIL

4/15/2020.....A+ Camps & Schools Focus

4/22/2020.....Senior Living

4/22/2020.....Mother's Day Celebrations, Dining & Gifts I

4/29/2020.....Connection Families Spring Outlook 2020

MAY

5/6/2020.....Mother's Day Celebrations, Dining & Gifts II

5/6/2020.....Wellbeing

5/13/2020.....HomeLifeStyle

5/20/2020.....A+ Camps & Schools

5/27/2020.....Senior Living

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- Springfield Connection
- Vienna/Oakton Connection

BULLETIN BOARD

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

BUSINESS CLOSURES

Maryland Gov. Larry Hogan announced that, effective March 23, Maryland is closing all non-essential businesses/facilities/organizations. (Not a shelter-in-place or shutdown). The order does not include essential or critical industries as defined by the federal government: health care, law enforcement, emergency workers, food, energy, water, transportation, public works, communications, government, critical manufacturing, financial services, chemicals and defense. Visit the website: <https://governor.maryland.gov/wp-content/uploads/2020/03/OLC-Interpretive-Guidance-COVID19-04.pdf>

VOTE BY MAIL APPLICATIONS NOW AVAILABLE

Election Day is moved to Tuesday, June 2, 2020. Voters who prefer to vote from home can request an absentee ballot. Voters who wish to vote this way can submit a request online by visiting <https://www.elections.maryland.gov> and clicking the "Request a Ballot" box or obtaining a request form from [elections.maryland.gov/voting/absentee.html](https://www.elections.maryland.gov/voting/absentee.html). Marylanders are encouraged to visit [health.maryland.gov/coronavirus](https://www.health.maryland.gov/coronavirus) for the most up-to-date information, and to dial 2-1-1 to talk to experts about any questions or concerns.

Any registered voter who wants to vote by mail may now request an application for the Presidential Primary Election. If you request a vote by mail ballot, it will be your official ballot and you will not be able to vote on the paper based, digital image scan voting system at the polls on Election Day, Tuesday, June 2.

For more information on voting by mail call 240-777-VOTE, visit www.777vote.org, our mobile app at m.montgomerycountymd.gov/elections, the Maryland State Board of Elections' website at <https://elections.maryland.gov>, or follow the Montgomery County Board of Elections on Facebook or Twitter.

RESTAURANTS OFFERING TAKEOUT/DELIVERY

Although dine-in restaurant service throughout Maryland has been banned during the COVID-19 health crisis by order of Gov. Hogan, more than 300 restaurants in the area are offering curbside pickup, takeout and delivery during the crisis.

The open restaurants in the Bethesda area can be found at <https://www.bethesda.org/dining-guide>.

The open restaurants in the Pike District of North Bethesda can be found at <https://pikedistrict.org/dining-update>.

The open restaurants in the Gaithersburg area can be found at <https://www.ggchamber.org/gaithersburg-restaurants/>

The open restaurants in the Germantown area can be found at <https://www.ggchamber.org/germantown-restaurants/>

MVA FACILITIES CLOSED

The Maryland Department of Transportation has announced that

effective March 20, all Motor Vehicle Administration branch offices statewide are closed until further notice. This action, in response to the covid-19 emergency, is to protect the health and safety of customers and employees. The Governor has ordered an extension of all driver's and business licenses, identification cards, permits and registrations that have expiration dates of March 12 through the end of Maryland's state of emergency. These licenses, cards, permits and registrations will not expire until 30 days after the state of emergency has been lifted. Customers with emergency business needs, such as obtaining a commercial driver's license (CDL) or registering fleet vehicles needed to bring resources to Marylanders, should contact MDOT MVA at COVID19MVAAction@mdot.maryland.gov or call 1-800-950-1682.

ROCKVILLE PARKS ARE OPEN

While City of Rockville parks will remain open, as a safety precaution, the use of playground equipment in city parks is now prohibited. Signs have been posted at playgrounds throughout City of Rockville parks. Following an order by Gov. Larry Hogan to limit public gatherings to no more than 10 people, lights at City of Rockville outdoor courts and sports fields will remain off during evening and nighttime hours. Bathrooms at the city's parks are closed. If you visit a park:

Keep a safe distance. (Six feet or more.)

Avoid touching surfaces.

Do not gather in groups of 10 or more people.

Refrain from touching playground equipment.

Avoid activities that share equipment or involve touching.

\$175 MILLION ECONOMIC RELIEF

The Governor announced a \$175 million economic relief package for Small Businesses and workers.

The Maryland Department of Commerce will offer up to \$125 million in loans and grants to small businesses and nonprofits through the Maryland Small Business COVID-19 Emergency Relief Fund

This includes a \$75 million loan fund and a \$50 million grant fund, with \$1 million in grants dedicated to non-profits, will provide working capital to be used for payroll, rent, fixed-debt payments and other mission critical cash operating costs. Businesses and nonprofits with under 50 full- and part-time employees will be eligible, and loans will range up to \$50,000 and grants up to \$10,000.

The Governor has allocated \$5 million and the Maryland Department of Labor has allocated \$2 million to collaboratively launch the COVID-19 Layoff Aversion Fund

A total of \$7 million in funds will be available to provide flexible rapid response services to proactively support businesses and workers undergoing economic stresses due to COVID-19

For more information, visit <https://businessexpress.maryland.gov/>

VIRTUAL ARTS LIST ONLINE

The Maryland State Arts Council started a list to compile statewide virtual events and content. Adding

SEE BULLETIN, PAGE 6

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Outside construction continues (without social distancing in some cases). The construction is scheduled to be complete next month in April, but but move-in is scheduled for summer.

Potomac Elementary Construction Complete in April?

Move in scheduled for summer, but uncertainty rules.

By PEGGY McEWAN
POTOMAC ALMANAC

For those Potomac residents watching the building of the new Potomac Elementary School on River Road, it's hard to tell how it's going except to say, there is definitely progress.

Pictures on Twitter recently showed inside a building just about ready for its role housing the school's almost 500 students along with administration, faculty and support staff.

"The building is nearing completion," Rob Badstibner, MCPS Facilities Project Manager, wrote in an email. "The building is scheduled to be complete by the end of April."

The school is not scheduled to move into the new facility until summer. School will finish at the Radnor facility in Bethesda where Potomac has been housed since the beginning of the 2018 school year.

Badstibner included a long list of work being completed as the construction deadline



approaches.

"The contractors are installing ceiling tile, flooring, final painting, kitchen equipment, stage curtains, shelving, marker boards, bathroom fixtures, misc. casework, lighting,

mechanical system start ups and commissioning and final cleaning," he wrote. "The site work will also continue through April pending weather conditions. Paving, site walls, sod (grass), landscaping, site rails,

signage and striping, storm water bio-ponds installation and inspection, site lighting, concrete sidewalks and playground equipment," he wrote.

He also said the school previously had planned to schedule some special activities at the school but that is on hold due to the COVID -19 pandemic.

"These are uncertain times," he added. "All things can change if the construction becomes non-essential."

Uncertain for sure. Governor Larry Hogan March 30 announced a stay at home directive requiring Marylanders to stay home except for essential business. Construction is still listed as an essential business in Maryland, but not, for example in Washington state.

"These are uncertain times. All things can change if the construction becomes non-essential."

— Rob Badstibner, MCPS Project Manager

BULLETIN BOARD

FROM PAGE 5

your work to an online gallery? Hosting a livestream? Offering an online class? All arts-related events are welcome. Send your content to msac.commerce@maryland.gov to be added. Visit tinyurl.com/VirtualMarylandArts to view the list.

COCKTAIL DELIVERY ALLOWED

With support from Montgomery County Alcohol Beverage Services (ABS), the Montgomery County Board of License Commissioners (BLC) has passed a resolution

extending beer and wine to-go sales to include spirits for all restaurants that hold a current on-premises Montgomery County alcohol license. All alcohol sales must be sold with a takeout or delivered meal. Businesses must apply for the privilege through an online form, and permission will be granted administratively. Businesses that have already applied for the beer and wine to-go privilege do not need to reapply. Once approved, businesses may sell alcohol through curbside pickup, carryout or delivery to Montgomery County

addresses along with a meal using their own staff. Maryland state law prohibits the delivery of alcohol by a third party, such as Grubhub or Uber Eats.

RIDE-ON BUS SERVICE SPECIAL SCHEDULES

Ride-On bus service is operating on significantly reduced weekday and weekends schedules. Riders should give themselves extra time to get to destinations and should expect delays. Rides are temporarily free during the crisis, but riders must board in the rear of the bus—unless a ramp is needed to board.

Bus interiors are cleaned every night with hospital grade disinfectant. Bus filter and ventilation systems are treated each night with a disinfectant.

Some routes are not operating, including the Ride On Flex, Ride On extRa (Route 101) and Routes 11, 28, and 129. For details go to <https://www.montgomery-countymd.gov/DOT-Transit/special-plan.html>

Ride-On real time information shows bus locations in real time, but not estimated arrival times or which routes the buses are serving. The

maps can be used to see when a bus is approaching a stop. Information is available at <https://rideon.app/busmap>

Call 311 if you have questions about trips that are available. For the most up-to-date service information, riders should follow @ RideOnMCTon Twitter, visit Ride On MCT on Facebook, go to com or subscribe to MCDOT news releases.

TRANSPORTATION

FOR ADULTS OVER 50

The Montgomery County Department of Transportation
SEE BULLETIN, PAGE 7

BULLETIN BOARD

FROM PAGE 6

ment of Transportation has partnered with the County's Department of Health and Human Services to compile information about transportation resources for adults over 50 and people with disabilities during the COVID-19 health crisis. MCDOT and DHHS have established a central website with this information and it will be continually updated. It can be found at: <https://www.montgomerycountymd.gov/DOT-Transit/seniors.html>

ELECTION WORKERS NEEDED

Montgomery County's Board of Elections is seeking registered voters to serve as election workers at polling places for the Presidential Primary Election to be held on Tuesday, June 2, 2020.

Individuals are needed to serve throughout the county; particularly in the areas of Bethesda, Cabin John, Chevy Chase, Darnestown, Potomac, and Rockville.

Due to the diversity within the county, voters who speak multiple languages are needed. Voters who are fluent in both English and Spanish are especially needed in each polling place to meet the requirements of Section 203 of the 1975 Voting Rights Act which stipulates that bilingual Spanish speakers be available at the polling places.

Students 16 years old or older are

eligible to register to vote and serve as election workers. Each 16- or 17-year-old applicant must submit a signed permission slip from a parent or guardian. Students serving as election workers may choose to earn up to 25 Student Service Learning (SSL) credits or up to a \$210 stipend.

To serve in this paid volunteer position you must be registered to vote in the State of Maryland, able to speak, read, and write the English language, and cannot hold, or be a candidate for, public or party office. In addition, election workers may not serve as a campaign manager for a candidate or as treasurer for any campaign finance entity.

Training is required and will be provided to all election workers. Training includes an online quiz

and classroom training. Volunteers will be paid for completing training and working the election. Information on several different positions, including full day and part day assignments, is advertised at 777vote.org. To apply, text SERVE to 77788 or for more information, visit 777vote.org and select the Election Workers link.

For other election information, call 240-777-VOTE (8683), visit 777vote.org or the Maryland State Board of Elections' website at elections.maryland.gov, or follow the Montgomery County Board of Elections on Facebook, Twitter and Insta-

gram @777vote.

DEMENTIA CONSULTATIONS

Caring for a person with Alzheimer's disease or other dementia is a life-encompassing experience that spans generations. Everyone has a role: spouses, siblings, children of all ages, and friends each play a part on the care team. It requires thought, strategy and, most importantly, a plan. Care consultations with the Alzheimer's Association are a free Chapter service that offers in-depth, personalized care planning, education and support. A consultation is more than just a meeting with a dementia expert.

Highly trained staff help to develop a road map to navigate through the thoughts, emotions and questions that family members, care partners and the diagnosed person may have, including:

- ❖ Assessment of the functional status of the person with dementia;
 - ❖ Navigating difficult caregiving decisions and role changes in the family;
 - ❖ Information and resources to assist with legal and financial matters;
 - ❖ Available community resources;
 - ❖ Partnering with the physician and/or health care provider;
 - ❖ Safety concerns.
- To schedule a consultation, call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

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Cancer in a Pandemic



By KENNETH B. LOURIE

So far as I can tell, I'm being treated as per usual. Meaning, treatment for my recently diagnosed thyroid cancer is on track. On track meaning multiple hospital visits at two health care facilities (some even on the same day) over five consecutive days to include four radioiodine injections, pre-and post-treatment CT scans, lab work, miscellaneous other medical appointments and a low iodine diet to boot spread out over a nearly six-week interval including one over-night at the hospital.

To say I'm looking forward to the experience would be naive. To say I'm looking forward to killing the remaining thyroid cancer in my body would be more accurate. The thyroidectomy I had in late January was very successful but approximately 15 percent of the cancer remains, embedded under my collarbone and elsewhere. Consequently, treatment of my pre-existing/underlying stage IV non small cell lung cancer will be further delayed while we address the thyroid cancer which the surgeon was unable to remove. And now that I have my schedule, as of March 27, I now know when and where and how the process will play out.

One potential major complication: the coronavirus pandemic. Given the screening questions I have been asked of late when calling for medical information, if I am unlucky and somehow become infected or come in contact with someone who has been diagnosed or travel/have traveled to an area of the country/world particularly hard hit, I am guessing my treatment stops/never gets started. And not to be too paranoid about something which hasn't even happened yet but, I'd just as soon not become another statistic and/or not get my cancer treatment and allow my two types of cancer to live on without any checks or balances. (Generally speaking, if the cancer is left alone, it likely won't spontaneously go into remission. Quite the opposite in fact and therein lies my fear of having 'cancer in a pandemic.'

I imagine that at any time over the next six weeks, a hundred things could change that could adversely affect my treatment/schedule, many of which are beyond my control. And not that I'm a controlling person, but when it comes to medical treatment that might actually be saving/extending my life, I do become a bit preoccupied. And if push does come to shove, so to speak, there's not much that I can say or do about circumstances (staffing issues, medicine shortages, reduced hours, increase in patients, etc.) which might affect the availability of health care. As a cancer patient, you'd like to have a little predictability given that your normal routine is hardly what you anticipated. However, none of us anticipated a pandemic and now all us patients are waiting for chips to fall and wondering/hoping our names will be on the treatment list.

Unfortunately, cancer treatment is not hit or miss. It mostly needs to hit. And if some of the hits can't happen when protocol says it should, there is reason to be afraid. But being afraid now, before any of these pandemic-related complications have even occurred is a waste of time, energy and emotional wherewithal. I don't need to worry yet. If any of these worse-case scenarios do happen, there will be plenty of time to worry later. At the moment, I'm scheduled, I'm not sick and I'm able to social-distance, self-isolate and shelter-in-place until further notice.

I just wish 'further notice' wasn't a month from now. So much can happen to so many at so many places, most of which I can't prevent. And yet, if these happenings are not prevented, it's possible the powers that most likely be will inform me that circumstances have overtaken their plans and my treatment will have to be delayed. I'm so close. Thirty days however is an eternity for a cancer patient. Somehow, I have to stop watching the calendar. I have to watch my "ps" and "qs" instead and avoid any unnecessary social interactions. I'd like to think that come the end of April, I'll be ready, willing and available. I just hope that I can say the same thing about the medical professionals and hospitals where I'll be getting treatment.

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

Obituary



Sterling Ruffin Maddox Jr., 78, of Arlington, VA, passed away on March 24 after a long battle with Parkinson's Disease and dementia. He spent most of his life in Montgomery County after growing up in Potomac where the Maddoxes and the extended Bogley family were active in the Potomac Hunt.

Ruffin was born in Washington on May 23, 1941, the oldest of three sons to Sterling Ruffin "Rum" Maddox and Jane Bogley Maddox. His surviving brothers are Allan and Byron Maddox, both of Orlando. He is also survived and beloved by his daughters, Jennifer Maddox Sergeant and Katharine Maddox, and their families: Jennifer's husband Jim Sergeant and their sons Henry and Chalmers; and Katharine's husband Eduardo Manus. Ruffin is also survived by the children of his second wife, Colleen Cayton-Maddox, who predeceased him: Sean and Schuyler Cayton; Sean's wife Cathy and their children Abby, Harper and Jacob; and Schuyler's fiancée, Claire Shamblin. He is also predeceased by his first wife, Marcia McCordle Maddox.

Ruffin graduated from The Landon School in 1959 before attending Lehigh University. He then went to Vietnam as a civilian engineer, inspecting construction sites for U.S. military structures. He completed his engineering degree at George Washington University upon his return, then went on to work at his family's civil engineering and land survey firm. During his tenure, the firm surveyed the new Metro rail system; the northeast railroad corridor; Maryland's Ocean City dune line on the Atlantic shore; and DC's Pennsylvania Avenue for its redevelopment between the White House and Union Station. He also served western Montgomery County in the Maryland House of Delegates from 1970-1974. He went on in his career to be a builder/developer, and then with Colleen became a successful Realtor with Washington Fine Properties until he retired.

Ruffin adored his family, and brought his daughters up taking them to his weekend homes in Fenwick Island, Delaware. He and the girls also made yearly trips to Orlando to see his brothers and their families, go to Disney World, and water ski on the lake behind his mother's house. Later, he made regular trips to visit his stepsons in Denver and Colorado Springs. He and Colleen also convened big family gatherings with the children and grandchildren at their home on the Chesapeake Bay in Kent Island.

His daughters will always remember the special times they each got with him: Kathy and Ruffin took many trips to see family in Maine, Florida and Kansas, as well as vacations in the Caribbean and Mexico that gave him so much joy later in his life; Jennie and her husband made a ritual of meeting him and his friends Pete King and Ron Trowbridge at Great Falls Park nearly every Sunday for many years to go running along the C&O Canal – outings that ended at the Starbucks in the Potomac Village Shopping Center.

When Ruffin ultimately had to move into assisted living in Arlington, he found solace and companionship with his dear friend, Mickey Sweeney.

Due to current public-health conditions, the family is waiting to hold a celebration of Ruffin's life until everyone can be together once again.

Anyone wanting to honor his memory is asked to make a donation in his name to the Michael J. Fox Foundation for Parkinson's Research at michaelfox.org/donate.

Obituary

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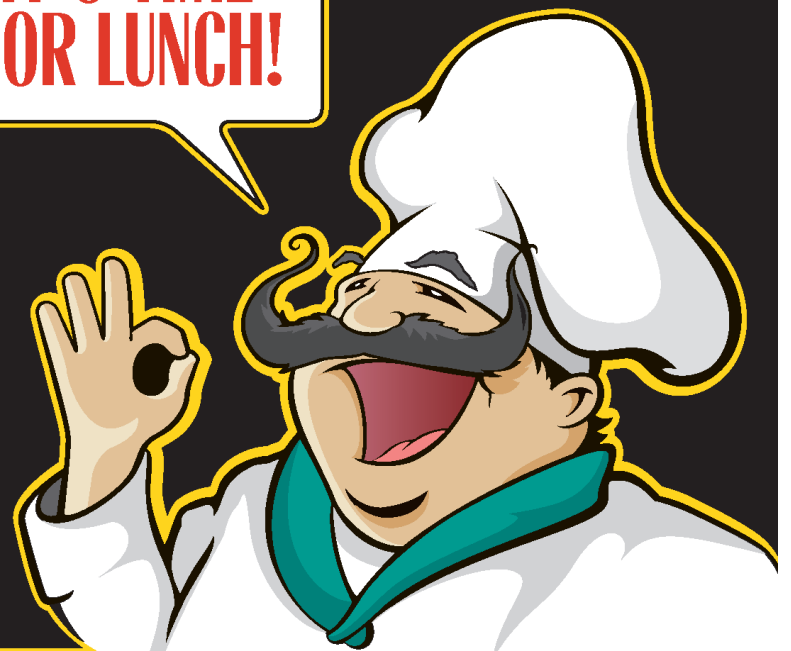
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