

IBUTED

PHOTO CONTRI

Аттеитіон Розтмазтек; Піме зеизітіvе матекілі. 0S-Q-7 эмон иі дэтгэйрэЯ



July 8-14, 2020

ONLINE AT POTOMACALMANAC.COM

Potomac **REAL ESTATE** May, 2020 Top Sales

In May, 2020, 54 Potomac homes sold between \$3,000,000-\$510,000.



(8) 9312 Winterset Drive — \$1,235,000



(3) 9825 Avenel Farm Drive — \$1,600,000



6 10301 Oaklyn Drive — \$1,270,000



Address...... BR FB HB.Postal City ...Sold Price..... Type...... Lot AC . Postal Code..... Subdivision...... Date Sold 11114 FALLSMEAD WAY.... 6... 3......ROCKVILLE.\$3,000,000Detached...0.24 20854........FALLSMEAD 05/15/20 2 11101 POST HOUSE CT.... 5... 3... 1.. POTOMAC..\$1,875,000Detached...0.35 20854..........FOX HILLS 05/22/20 4 9000 CONGRESSIONAL PKWY5... 4... 2 ...ROCKVILLE.\$1,500,000Detached3.89 20854...... BRADLEY FARMS ... 05/22/20 13238 MAPLECREST DR... 5... 4... 1 .. POTOMAC...\$1,295,000Detached ...0.24 20854.......POTOMAC GLEN ... 05/08/20 6 10301 OAKLYN DR...... 5... 4... 1.. POTOMAC...\$1,270,000Detached...0.85 20854....POTOMAC OUTSIDE 05/26/20 7 7800 MUIRFIELD CT....... 3... 2... 2... POTOMAC..\$1,250,000Townhouse0.05 20854.... INVERNESS NORTH. 05/08/20 8 9312 WINTERSET DR...... 4... 3... 1.. POTOMAC..\$1,235,000Detached...0.34 20854....... WINTERSET 05/13/20 Copyright 2020 MarketStats for ShowingTime. Source: Bright MLS as of May 31, 2020

2 🔹 Ротомас Аlmanac 🔹 July 8-14, 2020



1114 Fallsmead Way — \$3,000,000



2 11101 Post House Court \$1,875,000



Covid-19 Week In Potomac

	Monday, June 29	Monday, July 6
Potomac 20854 Cases: Montgomery County Cases:	97 14,675	324 15,163
Maryland Cases: United States Cases: Montgomery County Deaths:	67,254 2,504,175 697	69,904 2,886,267 711
Maryland Deaths	3,048	3,121
United States Deaths:	25,484	129,811
	Montgomery County Cases: Maryland Cases: United States Cases: Montgomery County Deaths: Maryland Deaths	Potomac 20854 Cases: Montgomery County Cases:97 14,675Maryland Cases: United States Cases: Montgomery County Deaths67,254 2,504,175 697Maryland Deaths3,048

By Kenneth Moore The Almanac

Tuesday, July 7

DENTAL IMPLANTS: Montgomery County Council introduced a special appropriation of \$3 million to help meet the medical and dental needs of County residents. The Council is scheduled to hold a public hearing and vote on the appropriation on July 14. The special appropriation earmarks \$2 million in funding that would create a grant program to assist independent primary care medical and dental providers who serve county residents and are struggling financially due to office closures and reduced patient visits caused by Covid-19. In addition, the Department of Health and Human Services would receive \$500,000 to support the work of Montgomery Cares community clinics and provide services to residents who live in communities that have been disproportionately impacted by Covid-19. Another \$500,000 would be allocated for grants to provide additional access to healthcare by expanding telehealth or supporting medical innovations with a focus on reducing disproportionate health outcomes.

"It is imperative that we support our primary care medical and dental practices to ensure that they remain stable during this pandemic," said Councilmember Albornoz, who is chair of the Council's Health and Human Services Committee. "If many close at the same time, it will have a devastating impact on our public health infrastructure."

Monday, July 6

IMMUNIZATIONS STILL NEED-ED: Montgomery County health officials urge parents of children to get recommended vaccinations, even during the COVID-19 pandemic. The Department of Health and Human Services' Immunization Clinic will reopen on Monday,

www.ConnectionNewspapers.com

July 6 at the Dennis Avenue Health Center at 2000 Dennis Avenue in Silver Spring. There are 14 vaccine-preventable diseases that children can be protected from before the age of two and it is important that parents keep up to date with recommended vaccinations. Children entering school will also need to show proof of vaccination in compliance with Maryland vaccination requirements. See the 2020 recommended childhood immunization schedule at the Maryland Department of Health's website. The vaccination clinic is intend-

ed for children who do not have health insurance, are covered by Medical Assistance or have health insurance that does not cover vaccinations. Call 240-777-1050 for more information and to make an appointment.

COUNTY POOLS: Montgomery County Recreation will open its seven outdoor pools and three indoor aquatic centers. Pools will be open to pass holders only. All swim sessions will require a reservation. Reservations can be made online at www.ActiveMONTGOMERY. org. Instructions on how to reserve your swim session can be found at www.mocorec.com/aquatics.

The following procedures will also be in place:

All patrons two years old and over must use a face covering while on the pool deck, in common areas, and when social distancing is not possible. Face coverings are not required when in the water.

Family groups are asked to stay together. Individuals and family groups are asked to maintain at least six feet of social distancing from others at all times.

Pool features including crossing features, saunas, hot tubs and the

lazy river will remain closed. Fitness rooms in aquatic centers will also remain closed.

All wading pools — also known

20854 COVID-19 Cases

400



as baby pools or tot pools — will remain closed.

Slides and diving boards will be available for use.

For outdoor pools, patrons are encouraged to bring their own chairs or blankets.

Shared equipment such as kickboards will not be available.

Restrooms in locker rooms and bath houses will be available. We ask patrons to minimize their time in those areas by coming to the pool in their swim attire and showering at home. Marked alternate exits will be available for those who wish to avoid exiting through the locker rooms and bath houses. Lockers at the aquatic centers, however, will not be available for use. Patrons will have to take their belongings with them on the pool deck and place them in a chair assigned to the lap lane they are using.

INSPECTIONS: County officials have visited more than 1,900 businesses to provide education about the requirements to comply with reopening. They closed a few businesses for not complying with restrictions. "We are going to do what we need to do to ensure we stay safe. As part of that, we've opened up more of our businesses," said County Executive Marc Elrich. "We've had business ambassadors visit businesses to share reopening requirements, provide checklists and to answer questions and help as we can. The overwhelming majority of our businesses are open, following rules intended to keep everyone safe and enthusiastic about being able to serve their customers and clients once again. I will reiterate what I've said before and about which I have been very clear: Businesses will stay open provided they follow the public health guidelines. If they choose to ignore public health guidance, we will shut them down."

MORE STUDENTS HUNGRY: Beginning July 6, Montgomery County Public Schools will add about 50 new sites to distribute free meals

to students and Montgomery County children over the summer. MCPS will operate 68 meal sites to distribute free packaged breakfasts and lunches on weekdays (except Thursdays; extra meals will be given out on Wednesdays). Community organizations will distribute meals at 30 other sites. See the MCPS website for locations, schedules and other information. If MCPS gets a waiver from the federal government, it also will distribute dinners.

LIBRARY TO GO: Montgomery County Public Libraries (MCPL) will begin its contact-free holds pickup service, Holds to Go, on Monday, July 6. Holds to Go will be offered at all MCPL branches except Noyes and Long Branch libraries. Customers can reserve items online or over the telephone. When the items are available, customers will then schedule an appointment by telephone or online to pick up their materials. At their scheduled appointment times, customers pick up their bagged materials from tables inside the branch vestibules or just outside the front doors. https://montgomerycountymd.gov/library/services/holdsto-go.html

REOPEN MONTGOMERY: The Council's Planning Housing and Economic Development Committee met Monday to review a special appropriation of \$14 million to create the Reopen Montgomery Program, which will provide grants to County businesses and non-profit organizations that incur reopening expenses to comply with new state and county health regulations due to the Covid-19 public health crisis. Funding for this appropriation comes from Public Health Emergency Grant funds and the federal CARES Act. The PHED Committee will receive a briefing about Montgomery Recreation's plans for reopening recreation facilities and summer activities for youth.

LIQUOR QUARANTINE: Montgomery County's Department of Alcohol Beverage Services closed its Darnestown Liquor and Wine store after three store employees tested positive for COVID-19 this last week. The store was immediately deep cleaned and sanitized, but out of an abundance of caution, ABS decided to temporarily close the store. All other employees at the Darnestown store have been asked to monitor themselves for symptoms and are on paid administrative leave for two weeks. The store is tentatively scheduled to reopen on Monday, July 20. As a precaution, anyone who has visited the Darnestown store within the past week should monitor themselves for symptoms.

STATE METRICS: Maryland's key COVID-19 health metrics continue to trend in a positive direction, with the statewide positivity rate dropping to a new low of 4.51%, and total current hospitalizations falling to 403, according to Gov. Larry Hogan.

"As we continue to see encouraging trends in all of our key health metrics, widespread testing across each of Maryland's 24 jurisdictions remains a critical component of our long-term recovery," said Hogan.

Maryland has now conducted 724,463 COVID-19 tests. The state's seven-day average positivity rate has dropped to 4.51%—down more than 83% from its peak level on April 17—and the daily positivity rate is 3.36%. Current total COVID-19 hospitalizations have dropped to 403, with 142 ICU beds in use.

The positivity rate among Marylanders under 35 (6.06%) is 58% higher than the positivity rate for Marylanders age 35 and older (3.83%).

Maryland now has more than 220 testing sites available statewide. To further increase convenience and accessibility at COVID-19 testing sites, the Maryland Department of Health and local partners are now providing patients with the ability to schedule their own appointments online at more sites.

Ротомас Almanac 🔹 July 8-14, 2020 🗞 З

Send Photos for the Pet Almanac





Robert Reed enjoys the company of canine friends.

he Pet Almanac, 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 Thursday, July 23.

We invite you to send 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.

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 of what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers. com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@ connectionnewspapers.com or call 703-778-9431.









PCV is still active via Zoom and our Boredom Busters Newsletters. Our Help Desk is ready for you at 240-221-1370 Want to be on our mailing list? Email info@PotomacCommunityVillage.org

We wish everyone good health!





www.ConnectionNewspapers.com

BikeMatchMoCo: Bikes to People Who Need Them

The Montgomery County Department of Transportation has created a new "BikeMatchMoCo" program that is a free service enabling people with extra, unused bicycles to donate them directly to individuals who need a bike. In the program's first week, the expressed need for bikes has been overwhelming and the program is seeking additional donations.

BikeMatchMoCo is particularly timely because of the way the COVID-19 health crisis has changed daily routines and travel needs for many people. That includes some who typically rely on public transit, but are currently looking for other modes of transportation. As Montgomery County moves to advanced phases of reopening, the need for low-cost and flexible transportation has become pressing.

In its first week of existence, the program generated nearly 100 requests from people needing bikes. Two matches and transactions have been completed. The program is seeking more donated bicycles to meet the need.

"I am proud of the continued ingenuity of MCDOT employees in identifying new ways to support

County residents and employee transportation needs during the response to the COVID-19 health crisis," said MCDOT Director Chris Conklin. "We ask all County residents to consider whether a bike they have, but do not use, could go to support an essential worker. With nearly 100 requests for bikes received within the first week of the program, the need is clear."

For some who do not own a bicycle, the most suitable method of transportation at this time — for essential and non-essential needs

— would be a bike. Demand for lower cost bikes has surged across the country during the health crisis, and many options to purchase affordable bikes now involve waits of weeks-to-months.

Through its online site, Bike-MatchMoCo offers opportunities for donors and those needing a bike to fill in a simple registration form. The information is reviewed by MCDOT staff to match bikes available for donation with new owners. The request/donation form is available at https://www.montgomerycountymd.gov/dot-dir/commuter/ bikeshare/bikematch.html.

Those who do not have internet access may arrange for paper copies of registration forms to be mailed to them by calling 240-777-8380.

The matching service is free for Montgomery County residents or those who are employed in the County. Donations are intended to be permanent transactions.

Potential donated bikes must be in safe working order and cleaned to a proper precautionary sanitary condition. Information on cleaning standards, and on bike shops available to perform repairs if needed, is available at the BikeMatchMoCo website.

Persons offering and receiving bikes will be expected to participate in an outdoor, no-contact exchange in a public place, observing physical distancing guidelines. Staff from the BikeMatchMoCo program generally will not be present at the exchanges.

BikeMatchMoCo suggests exchanges take place at one of the County Police-designated Exchange Zones. If either party has a fever, cough or has been exposed to someone with these symptoms, they are asked to self-quarantine and refrain from participating at this time.

For ongoing updates, follow @ MCDOTNow and @mococommuter on Twitter or go to the department website at www.montgomerycountymd.gov/mcdot. **CONNECTION** Gazette Parket Newspapers & Online **Special Edition: PET Connection**

Publishes: July 29, 2020 Ads submitted by: July 23, 2020

The Pet Connection will publish on July 29 and photos and stories of your pets with you and your family should be submitted by July 23.



This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

> For Print & Digital Advertising Information: Please Call 703.778.9431



 Beaching Suburban
 Washington's Leading Households

 • Alexandria Gazette Packet
 • Fairfax Connection
 • Oak Hi

 • Anington Connection
 • Fairfax Station/Unfor/Lordo Connection
 • Poter David State Connection

 • Darks Connection
 • Gazet Fails Connection
 • Reston

 • Centre View
 • McLean Connection
 • Spring

 • Darks View
 • McLean Viewn Gazette
 • Viewn

Households • Oak Hill/Herndon Connection Paston Connection • Springfield Connection • Springfield Connection • Viena/Oakton Connection

COVID-19 Community Conversations: How has COVID-19 Affected You?

A Free Virtual Senior Wellness Conference Call

Wednesday, July 15, 2020 2:00 pm - 3:00 pm

You are not alone.

Led by Louise Griffin, Executive Director and Timothy Jones, Memory Care Advisor from Arden Courts of Potomac, this conference call will offer caregivers and family members an opportunity to share how COVID-19 has affected them and their loved ones physically, emotionally, and behaviorally.

Hearing how others have managed challenging situations may be helpful in your own caregiver journey.

Call 301.983.3620 or email Potomac@arden-courts.com to receive the conference call information for this event.



arden-courts.com



www.ConnectionNewspapers.com

Ротомас Almanac 🏼 July 8-14, 2020 🛠 5

Safe Shopping at Potomac Village Farmers Market



asks and social distancing are the order of the day on Thursday afternoons 3-7:30 p.m. at the Potomac Village Farmers Market. The market is on the corner of Falls Road and Glen Road at Potomac United Methodist Church. Blueberries are in, peaches are starting. Fresh baked bread, pies and cookies, fruit and vegetables from McCleaf Orchards, pastured meats from Country Vittles, seafood from Salt River Lobster, Mesisam Ethiopian Eatery, Cipolla Rossa Pizza, Strokers BBQ, and more.

For a list of vendors, see https:// www.potomac2-umc.org/potomacvillagefarmersmarket





Twin fawns look up from browsing on River Falls lawns.

6 ♦ Ротомас Аlmanac ♦ July 8-14, 2020

Councilmember Evan Glass Introduces LGBTQ Bill of Rights

ouncilmember Evan Glass introduced the "LGBTQ Bill of Rights," which would broaden and strengthen Montgomery County's legal protections for lesbian, gay, bisexual, transgender and queer residents. The legislation would expand Montgomery County's anti-discrimination law to include gender expression, HIV status and also explicitly ban LGBTQ+ discrimination in healthcare facilities, nursing homes and personal care facilities.

"During Pride Month, I had the opportunity to speak with residents who continue to face discrimination, despite existing protections and those recently afforded by the Supreme Court," Coucilmember Evan Glass said. "We know bigotry and hate still exists, particularly in areas of our healthcare system, and this legislation will ensure that LGBTQ+ seniors can age with dignity and respect."

The LGBTQ Bill of Rights is cosponsored by all members of the Council and once enacted will be the first such law in Maryland and the region.

Montgomery County's senior population is projected to constitute 21 percent of county residents by 2040, and with half of all people living with HIV being over the age of 50, the need for protecting access to healthcare is particularly acute for LGBTQ+ seniors.

"Access to safe long-term care is of dire concern for the LGBTQ community," said Nancy Carr, Associate State Director for Communications at AARP Maryland. "A 2018 AARP study found that many LGBTQ seniors are vulnerable and isolated because they are less likely to have adult children to look out for them. They are also more likely to have lost a significant part of their social network during the HIV/AIDS epidemic. Discrimination at the hands of providers, threatens the very health, financial security, and personal fulfillment of too many 50-plus LGBTQ adults. We are glad to see Montgomery County take the lead on this issue and we hope it propels further action at the state level."

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.

PLAYGROUNDS, TRAINS AND INDOOR TENNIS CENTERS REOPENING

- Montgomery Parks will begin reopening playgrounds and other park amenities in accordance with Montgomery County's Executive Order 082-20, COVID-19 Local Order – Phase 2. Indoor park facilities, playgrounds, and other amenities were closed to the public in March to prevent the spread of COVID-19. The department began easing restrictions at the onset of Phase 1 and will continue as the county is now in Phase 2 by reopening indoor facilities including the Wheaton Sports Pavilion, tennis centers, as well as playgrounds. Playgrounds:
- The Parks Department will begin the gradual process of reopening playgrounds on Monday, June 29. The process will take 10 to 15 days to reopen 276 playgrounds. Parents and children must observe social distancing guidelines and wear face coverings, and should clean their hands before, during, and after using equipment. Park visitors are encouraged to bring their own wipes and hand sanitizer. Park Facilities:
- The Miniature Trains at Wheaton Regional Park and Cabin John Regional Park will reopen on June

27 on weekends only until July 6, when they reopen for daily use. The carousel at Wheaton Regional Park remains closed.

- Miniature Golf at South Germantown Park will reopen on June 27 on weekends only, with limited hours from 10 a.m.- 4 p.m. Credit card payments encouraged.
- Tennis centers at Wheaton Regional Park and Cabin John Regional Park will reopen on July 6 with limited hours.
- The Wheaton Sports Pavilion will reopen on July 6 for futsal, soccer and lacrosse.
- Visit www.MontgomeryParks.org for more information.

REC POOLS TO OPEN

Montgomery County Recreation will open its seven outdoor pools and three indoor aquatic centers on Monday, July 6, 2020 as part of the County's Phase II re-opening. Pools will be open to pass holders only. Outdoor pools will open for two-hour sessions of recreational swimming between noon and 8 p.m. seven days a week. Indoor aquatic centers will open for lap swimming only.

The centers will open for two-hour sessions between 6 a.m. and 8 p.m. Monday through Friday, and between 9 a.m. and 5 p.m. on Saturday and Sunday. All swim sessions will require a reservation. Reservations can be made online at www.ActiveMONTGOMERY.org. Instructions on how to reserve your swim session can be found at www. mocorec.com/aquatics.

www.ConnectionNewspapers.com

Home Life Style



The pool house has a kitchen to make entertaining convenient.

A Summer Oasis

Pool house evolved into a space that incorporates the beauty of the outdoors into the interior design.

> Marilyn Campbell The Almanac

he combination of sunny, warm weather and the current pandemic can make staying home a wise, but stifling choice. However, one Bethesda, Maryland, builder made that a pleasurable decision for one Great Falls, Virginia family.

Jim Rill of Rill Architects transformed their expansive, but empty and unused, backyard into a summer oasis by designing a pool and adjacent

Transforming

the expansive

summer oasis

by designing a

pool and adja-

cent pool house.

backyard into a

pool house.

The end-goal was to combine functionality, style and comfort, says Rill. "The furniture and fabrics are easy to maintain and care for, while also being functional and pretty," he said.

Originally tasked with building a screened-in porch, Rill's design process evolved into a space that incorporated the beauty of the outdoors into the interior design. "The owners became more and more inspired to use the building year round," he said.

Both flooring of the pool deck and pool house are flagstone. The furniture is by luxury design company Janus et Cie and a chandelier by the same company hangs from the ceiling.

Rill and his team added a powder room and changing room. There is a kitchen with an island made of maple and topped with a waterfall countertop of quartz by Caesarstone.

Three walls of the pool house are glass and can be covered with retractable screens.

"The owners wanted rustic with lots of glass," he said.



POTOMAC ALMANAC www.PotomacAlmanac.com

Newspaper of **Potomac** A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

EDITOR & PUBLISHER Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

EDITORIAL PHONE: 703-778-9415 E-MAIL:

almanac@connectionnewspapers.com **PRODUCTION EDITOR** Jean Card jcard@connectionnewspapers.com

CONTRIBUTING WRITERS Susan Belford, Carole Dell, Cissy Finley Grant, Carole Funger, Colleen Healy, Kenny Lourie, Peggy McEwan, Ken Moore

Contributing Photographers Harvey Levine, Deborah Stevens

Art/Design: Laurence Foong, John Heinly, Ali Khaligh Production Manager Geovani Flores

ADVERTISING For advertising information sales@connectionnewspapers.com 703-778-9431

Display Advertising: **Kenny Lourie** 301-325-1398 klourie@connectionnewspapers.com

Debbie Funk National Sales & Real Estate 703-778-9444 debfunk@connectionnewspapers.com

> **David Griffin** Marketing Assistant 703-778-9431

Jerry Vernon Executive Vice President 703-549-0004 jvernon@connectionnewspapers.com

dgriffin@connectionnewspapers.com

CIRCULATION circulation@connectionnewspapers.com

Potomac Almanac is published by Local Media Connection LLC

> Five Time First Place Award-Winner Public Service MDDC Press Association

Four Time Newspaper of the Year An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

Questions and "Canswers"

By KENNETH B. LOURIE

'Very interesting," to quote Artie Johnson from "Rowan & Martin's Laugh-In," that "crazy-kooky" comedy show from the 70s. What's interesting is what my oncologist will say concerning the July 6th CT scan of my upper torso (lungs), the first such scan I will have had in almost six months. That interval being twice the usual and customary three-month schedule I've been on for years. The reason for this abnormally long interval? As you regular readers know, I was being treated for my second cancer: stage II, papillary thyroid cancer. Now that the treatment and all is complete, we can return to the scene of the original crime, if you know what I mean, and begin assessing/treating my underlying cancer: stage IV, non small cell lung cancer, which presumably has not disappeared in the last six months. To say my life depends on these findings is a bit obvious. Nevertheless, keeping one's eye on the ball is what us characterized-as-"terminal" patients have to do. (We're in constant touch with our mortality.)

Losing sight of the obvious is the ultimate presumption, not unlike one being innocent until proven guilty. In the cancer world in which I live exists the exact opposite: your cancer is never in remission (innocent). Ergo, you are always guilty (of having cancer). Now whether it moves or grows, the results of one's scan will confirm. It's challenging to not expect the worst, even after 11+ years of experience often receiving good news; the inevitability of the eventual bad news is occasionally overwhelming. I mean, one is not characterized as "terminal" because they're expected to live. The writing may not exactly be on the walls, but apparently it's in the handbook that oncologists use to determine the proper protocol to treat their patient's cancer

Generally speaking, a serious/terminal diagnosis is rarely affected by the advances of modern medicine and/or a patient's disparate hopes and prayers. For us cancer patients, we're only as secure as the results of our most recent diagnostic scan says we are. So yes, July 6th is an important date for Team Lourie as will the follow-up telephone appointment with my oncologist on July 13th. That's when we'll learn if the road is hitting back at the rubber and whether or not I go forward in hope or backward in despair.

As much ado about something as I am making this situation to be, it's not as if I haven't been down this road before; many, many times since my original diagnosis in late February, 2009. This is just "another day in paradise" to quote Phil Collins. And though this road is the one most traveled, it still doesn't minimize the stakes. It just means that I've been incredibly and amazingly lucky not to have succumbed to this killer disease (lung cancer is by far the leading cause of cancer deaths) as so many hundreds of thousands already have. And though experience helps, it doesn't really change the stakes; it sort of maintains them. All I can do in the interim is try not to consider the negative and recommit to the positive. That positive mantra for me has been, "it's nothing until it's something." And if it is something, it will be bad enough to hear about it then so I don't need to hear about it (presume) it's bad now. For the moment, to quote Sergeant Schultz (John Banner) from Hogan's Heroes: "I know nothing!"

For some reason though, and I may be reading more into it than is appropriate, this July 6th scan seems to be carrying some additional weight. Not that there's anything different in and of itself with this scan compared to the previous one hundred or so that I've had - with or without symptoms, it just seems as if I'm spending more time trying to convince myself that it isn't.

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

Three of the four walls of the pool house are made of glass and give the

space a rustic feel.





CHEVY CHASE COLLEGE PARK MIDDLE RIVER POTOMAC TRAVILLE

ALWAYS FREE FREE DELIVERYS CURBSIDE PICK UP.

. CONTACT-FREE DELIVERY.