

Potomac ALMANAC

SENIOR LIVING
PAGE 6

Reimagining
Public Safety
NEWS, PAGE 3

Nrityalaya, School of Indian
Classical Odissi Dance, will
perform during a Kennedy
Center program.

Pursuing Passions Through Disturbing Times

PAGE 4



ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 9-24-20

PRSRPT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

REAL ESTATE SALES, 2 ♦ KENNY LOURIE, PAGE 7

PHOTO CONTRIBUTED

SEPTEMBER 23-29, 2020

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE



8 10425 Boswell Lane — \$1,575,000

July, 2020 Sales, \$2,000,000~\$1,575,000

IN JULY, 2020, 92 POTOMAC HOMES
SOLD BETWEEN \$3,820,000-\$468,000.



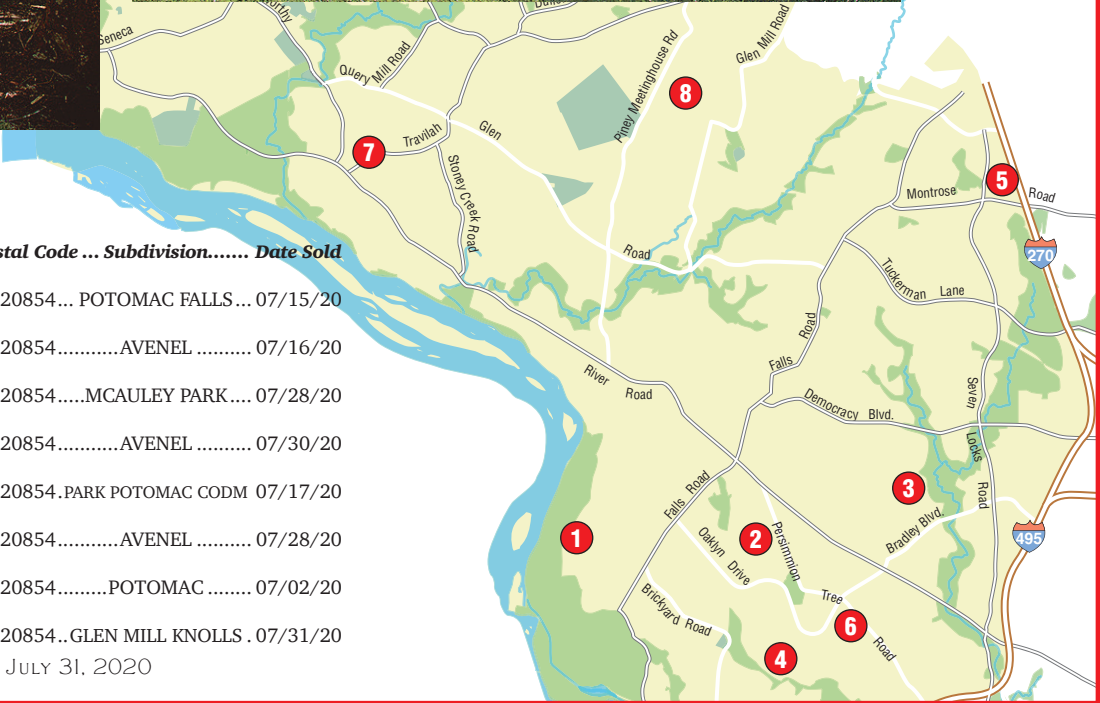
3 5 Purcell Court — \$1,875,000



4 9727 Beman Woods Way — \$1,750,000



6 9229
Potomac
School Drive
— \$1,635,000



Address.....	BR	FB	HB	Postal	City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
1 11118 CRIPPLEGATE RD.....	6...	7...	2...	POTOMAC		\$2,000,000	Detached..	7.24.....	20854...	POTOMAC FALLS...	07/15/20
2 9821 AVENEL FARM DR.....	4...	4...	1...	POTOMAC		\$1,875,000	Detached..	2.00.....	20854.....	AVENEL	07/16/20
3 5 PURCELL CT.....	4...	5...	1...	POTOMAC		\$1,875,000	Detached..	0.56.....	20854.....	MCAULEY PARK....	07/28/20
4 9727 BEMAN WOODS WAY ...	4...	3...	2...	POTOMAC		\$1,750,000	Detached..	0.41.....	20854.....	AVENEL	07/30/20
5 12500 PARK POTOMAC AVE#907N	2...	2...	1...	POTOMAC		\$1,700,000	Apartment		20854..	PARK POTOMAC CODM	07/17/20
6 9229 POTOMAC SCHOOL DR..	6...	6...	1...	POTOMAC		\$1,635,000	Detached..	0.49.....	20854.....	AVENEL	07/28/20
7 12704 TRAVILAH RD	6...	4...	1...	POTOMAC		\$1,585,000	Detached..	2.00.....	20854.....	POTOMAC	07/02/20
8 10425 BOSWELL LN.....	5...	7...	2...	POTOMAC		\$1,575,000	Detached..	0.96.....	20854..	GLEN MILL KNOLLS	07/31/20

COPYRIGHT 2020 MARK ETSTATS FOR SHOWINGTIME. SOURCE: BRIGHT MLS AS OF JULY 31, 2020

News in Numbers

BY KEN MOORE
THE ALMANAC

2.5

Miles of suggested pedestrian and bicycle safety improvements along MacArthur Boulevard from Old Angler's Inn to Eggert Drive were presented to the Montgomery County Planning Board on Thursday, Sept. 17. The Planning Board made recommendations on the plan, part one of a three-segment overall plan, to the Montgomery County Department of Transportation. The plan includes two major alternatives with numerous other specifics and designs. The \$8.8 million project, part of Mandatory Referral MR2020024, includes a recommendation that MacArthur Boulevard's target speed should be 25 miles per hour and proposes barriers to prevent motor vehicles from parking on the bike shoulder from Old Angler's Inn to Brickyard Road. See future issues of the Almanac for specifics or see www.montgomeryplanningboard.org.

11

Property owners and West Montgomery County Citizens Association requested to postpone the public hearing before the Office of Zoning and Administrative Hearings regarding Spectrum Retirement Communities application to operate a residential care facility on River Road. The new hearing before the Office and Zoning and Administrative Hearings is rescheduled for Monday, Nov. 2 at 9:30 a.m. It was originally scheduled for Sept. 21, 2020. Spectrum proposes a retirement community and memory-care wing at 9545 River Road, where Potomac Petals and Plants (formerly Behnke's Nursery) now sits. See www.potomacalmanac.com for the Almanac's latest story on the application.

35-20

County bill which would ban the intentional release of balloons into the air. Balloons were the most likely marine debris to cause death when ingested by seabirds, sea turtles and other aquatic species that mistake the balloons for food. Birds also become entangled when using the strings from released balloons for nesting material. Montgomery County Council's Transportation and Environmental Committee met Monday, Sept.

14 to finetune the bill. "The Department does not receive many complaints about this issue. Nonetheless, it is consistent with our desire to prevent waste from entering the environment rather than cleaning it up after it does," according to Adam Ortiz, Montgomery County Director of the Department of Environmental Protection (DEP). The Audubon Naturalist Society and the Neighbors of the Northwest Branch of the Anacostia River, spoke in support of the bill and submitted written testimony.

30

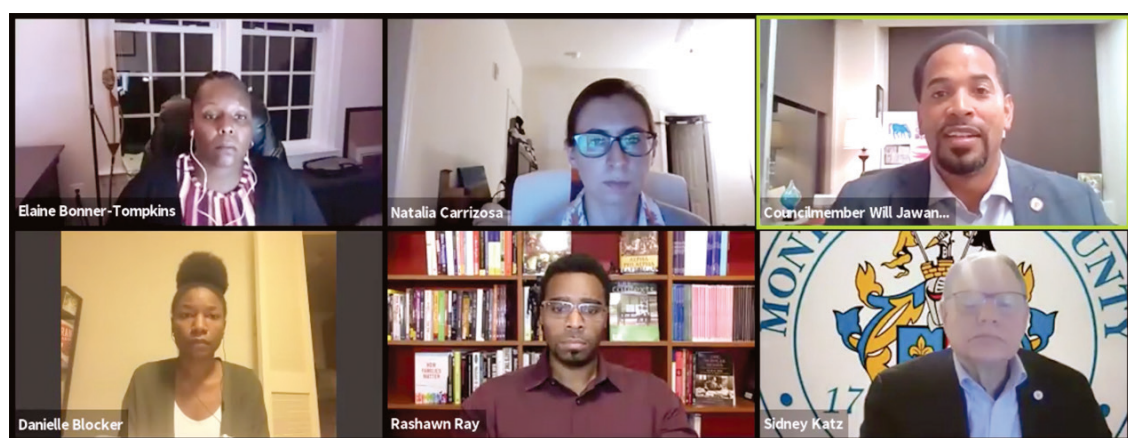
Days before the Maryland Department of Transportation believes it will know how to move forward with construction of the Purple Line, pending current litigation between the state and the current contractor. In a briefing before the Montgomery County Council on Tuesday, Sept. 15, the state reported it has asked the court to permit it to take charge of the construction as the appeals process comes to resolution between the two parties. In 30 days, the state should know the resolution of the court process and in four to six months should know how they are proceeding short term, and if new bidding processes will be required to find new contractors. "I hope the public will share that information, specifically what are the options, how much they are going to cost, who is going to pay for them, and when they are going to be delivered," said Potomac's Councilmember Andrew Friedson. "This is too important a project, we have too much invested in this project, for the public not to know exactly what the options are." The Council requested Gov. Larry Hogan to make a statement on what he is going to do.

88

Three day average number of new Covid-19 cases, according to Montgomery County data dashboard, on Sunday, Sept. 20. Only two of the last 14 days had declining numbers, according to the website, <https://www.montgomerycountymd.gov/covid19/data/#dashboard>. Montgomery County Health Officer Dr. Travis Gayles briefed the Council on Sept. 15, 2020. "In the month of September, we've seen cases gradually increase," said Gayles. The positivity rate, which was at 2.4 per-

SEE NEWS IN, PAGE 5

NEWS



Councilmember Will Jawando (at-large) held a Town Hall on Reimagining Public Safety on Sept. 10, 2020; the recording is still available on Jawando's Facebook page.

Reimagining Public Safety?

When officers use force, black people are on the receiving end 55 percent of the time despite being 18 percent of the county population.

BY KEN MOORE
THE ALMANAC

Professor Rashawn Ray trains police officers on racial equity with a virtual reality program that allows evaluators to examine how bias creeps into traffic stops, mental health crises and suspicious person encounters.

"I can tell you some of the officers that are advanced in mental health training from Montgomery County are some of the best that I've seen," said Ray, professor of sociology at the University of Maryland. "That is something that needs to be replicated throughout the department, the county and region, and throughout the country."

But there are still significant racial disparities in traffic stops made by Montgomery County police officers. One third of all traffic stops in Montgomery County are of black people, even though black people make up only 18 percent of the Montgomery County population. When stopped, black men in Montgomery County are also three times more likely than white men to receive a violation, citation or warning, according to a report published by the Montgomery County Office of Legislative Oversight in late July.

"This data is crucial," said at-large Councilmember Will Jawando, who held a Town Hall on Reimagining Public Safety on Sept. 10, 2020; more than 3,500 people have seen the recording.

"It's commonly said, 'If you don't do anything wrong, there's no reason you'll be stopped, you won't be pulled over, you won't be arrested, you won't be shot, you won't be harmed by law enforcement. But unfortunately that has never been true here in the United States,'" said Jawando.

ACCORDING TO the Office of Legislative Oversight report, when Montgomery County officers use force, 55 percent of the time it is against black people, remembering that black people make up 18 percent of the county's population.

"I became a civil rights lawyer because I saw disparities here, and that's in every arena, whether it was education, in health care, in our transportation infrastructure, and certainly as a young black man in policing and the criminal justice system," said Jawando,

who grew up in Montgomery County. "People have disparate experiences with law enforcement."

While the Office of Legislative Oversight tracks important data, there are many categories not being tracked that have a corrosive effect on entire communities and how they view policing, Jawando said.

"If you're a white person in Bethesda, you have a different experience of policing than if you're a black person in Briggs Chaney," Jawando said.

WHITE BOARDS hang in most police stations across the country.

"We're not unique in this way. This is a federal, state and local problem where you have a white board in a police station, and at the top, you have the officer with the most arrests and stops, and at the bottom, you have the officer with the least arrests and stops," Jawando said. "There's an implicit and explicit expectation that you go and get those numbers. When you have that type of structure, where are you going to go? You're going to go where your biases are, where you think there is crime, where you're deployed in communities that are already disproportionately interacting with police."

Ray said police track and collect deficit data, meaning it rewards negative outcomes, like arrests. "We need to start rewarding different types of outcomes," said Ray, David M. Rubenstein Fellow in Governance Studies at the Brookings Institution.

"We need to track and value positive interactions and deescalation just as much as we track and value stops, tickets and arrests," said Jawando.

Danielle Blocker, president for Young People for Progress, asked how we are going to decrease the number of negative interactions between police and black motorists. She suggested moving traffic enforcement to the Department of Transportation.

IN THE PROCESS of "reimagining public safety," we ask questions such as these:

What if all Montgomery County officers are trained in mental health diversions and deescalation?

What if officers are paid to be trained not for the 24 weeks Montgomery County offers, better than most jurisdictions, but for three years like officers in Eu-

SEE REIMAGINING PUBLIC, PAGE 5



Nrityalaya, School of Indian Classical Odissi Dance is located in Potomac, although classes and programs are now offered virtually.



PHOTOS CONTRIBUTED

Nrityalaya, School of Indian Classical Odissi Dance, will perform during a Kennedy Center program.

Pursuing Passions Through Disturbing Times

Potomac dance company to perform in Kennedy Center program.

By PEGGY McEWAN
POTOMAC ALMANAC

Nrityalaya School of Indian Classical Odissi dance, with home in Potomac, was selected to participate in The Kennedy Center's Arts Across America live digital performance series.

Their live performance of "Pursuing Passions Through Disturbing Times: Odissi Through a New Lens," will be at 4 p.m. Wednesday, Sept. 23.

"This series features artists, like ourselves, who want to share their work as they cope during this difficult time. In light of the cur-

rent circumstances of the world and in celebration of Nrityalaya's 30th anniversary, it is an honor to be a part of this series," founder Dr. Chitra Krishnamurti said. "Despite our inability to meet in person, my senior students and I are continuing to work on exciting projects."

Seven students ages 18-26 will be on stage for Wednesday's performance.

Krishnamurti described their colorful costumes as bright silk with elaborately woven borders and fans, silver jewelry and ornaments and hair elaborately decorated with flowers. "The Classical Indian Dance Odissi is a graceful, elegant, subtle style which focuses on highly flexible body bends called

"Bhangis", vivid torso movements, intricate technical steps, dancing on the heel, and self-expression or Abhinaya," she said.

It originated as a Temple Dance in Orissa and was performed as a form of worship within the precincts of the Temples by the Maharis. Later it was brought to the public by the male dancers dressed in female costumes called the Gotipuas, Krishnamurti explained.

Arts Across America is one of the Kennedy Center's Social Impact initiatives. Begun July 27, the series showcases art from communities across the country. Programs are live weekdays at 4p.m. on Facebook Live, YouTube or on the Kennedy Center website.

www.kennedy-center.org.

Krishnamurti is thrilled to have her dancers selected to be a part of the program at the Kennedy Center. She said she heard about the program, applied, and was accepted.

"We are dedicating the show as a tribute to the Front Line workers who have sacrificed their lives in the service of others," Krishnamurti said.

She asks that viewers donate to an organization to help Front Line workers.

You can access the show at either of these websites:

<https://www.facebook.com/KennedyCenter/videos/1231695110522287/>

<https://www.youtube.com/watch?v=6Jc-qaubNYlw>

BULLETIN BOARD

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

THURSDAY/SEPT. 24

Book Discussion. 7 p.m. Author and journalist Beth Macy will take part in an online discussion of her "New York Times" bestselling book, "Dopesick: Dealers, Doctors and the Drug Company that Addicted America." The virtual book talk, to be held 7 p.m. Thursday, Sept. 24, is one of a series of events to mark September's National Recovery Month, and part of the Rockville Goes Purple campaign to shine a spotlight on, and educate the community about, the epidemic. Visit the website: www.rockvillemd.gov

FRIDAY/OCT. 2

Meet Author Michael Dobbs. 11 a.m. to 12 p.m. Via Zoom. Michael Dobbs will speak about his book, "The Unwanted; America, Auschwitz, and a Village Caught in Between." Sponsored by the Friends of

the Library. For security reasons, this program session will be locked 10 minutes after it begins. Please log in via Zoom: <https://zoom.us/j/95364670968>

COUNTY REVISES GUIDELINES FOR PHASE 2 OUTDOOR PERFORMANCES

Montgomery County officials announced last week that venues will be permitted to have live outdoor performance of 50 people or fewer; but they must meet certain guidelines.

This new provision further expands entertainment options for residents during Phase 2 of reopening. Venues interested in having outdoor live performances must submit a request for a Letter of Approval and adhere to specific guidelines to protect the health and safety of guests, performers, production crews and staff.

The following are guidelines for live outdoor performances:

Physical distancing of at least six feet for guests who are not part of the same household
Advance ticket sales only. One ticket holder in each party must provide contact information in the event

they need to be reached for contact tracing purposes

All guests and venue staff will be required to wear face masks at all times

Venue must regularly sanitize surfaces and common areas after each show
Temperature checks of staff prior to each day of performance

Survey of guest's health status upon entry into venue

Performers must undergo a COVID-19 test prior to the run of the show and have temperature checks prior to each performance

As part of the Letter of Approval request, each venue shall submit a plan to ensure the health and safety of the performers. We recommend that any theater company follow the guidelines issued by SAG-AFTRA

Safety guidelines must be overseen by a designated COVID-19 response coordinator or safety officer

Following performances, ticket holders must be contacted electronically with a request that they report COVID-19 symptoms from anyone in their party to the venue staff
Any reports from guests, performers, staff or crew must be reported to the Department of Health and Human Services' Disease Control Office

COUNTY OUTDOOR POOL SEASON EXTENDED

Montgomery County's outdoor pool season and pool passes have been extended through Sunday, Oct. 4 as a way to make up for the time pools weren't open earlier in the summer due to the pandemic. The Bethesda, Germantown and Martin Luther King Jr. outdoor pools will remain open through that date. Beginning Sept. 21, the Glenmont Wheaton Outdoor Pool will have a modified schedule. Outdoor pools are open to current pool pass holders. Daily admission is also offered, for county residents only.

ENHANCED DEAF CULTURE DIGITAL LIBRARY WEBSITE

The Deaf Culture Digital Library (Maryland DCDL), a program of the Maryland State Library Agency, has launched its newly enhanced website.

The website provides a more comprehensive digital content related to American Sign Language, Deaf culture, Deaf history, Deaf literature, news in American Sign Language, lists of organizations, and more. Since the latter part of 2015, MCPL has hosted, developed, and man-

aged Maryland DCDL on behalf of the Maryland State Library. Due to MCP's long history of providing library services to people who are deaf and hard of hearing, including communication access, Deaf resources, collections of materials for, by, and about people who are Deaf and Hard of Hearing, and programs featuring Deaf authors and speakers on topics related to Deaf culture, and coping with hearing level changes due to aging. The new Maryland DCDL website can be found at <https://www.marylandcdl.org/>

YMCA OFFERS FREE PRODUCE

The local YMCAs are offering free produce distribution during the coronavirus crisis. Produce is available for anyone, free of charge, regardless of their affiliation with the YMCA. Produce will be distributed at the following location:

YMCA Bethesda-Chevy Chase, 9401 Old Georgetown Rd., Bethesda. Available Wednesdays 4-6 p.m., Thursdays 9 a.m.-12 p.m.

NEWS

Reimagining Public Safety?

FROM PAGE 3
rope?

What if School Resource Officers were replaced with school counselors and nurses to permit a ratio of adults to students that enables all students to have trusted adults they can access and talk to in schools?

What if officers are paid salaries that permit them to live in the parts of the county they serve? What if we had a diverse police force, matching the population?

"There are people watching across the country to see what Montgomery County is doing," said Ray.

AT ITS LAST session before the summer break, the Council unanimously passed Expedited Bill 27-20, Police-Regulations-Use of Force Policy on Wednesday, July 29. The new policy requires the Montgomery County police chief to adopt a Use of Force Policy aimed at safeguarding all community members from excessive use of force by police.

The action establishes a Use of Force Policy that prohibits a police officer from using deadly force except when absolutely necessary, as

a last resort, when no other alternatives are available.

The legislation requires police officers to stop or attempt to stop the use of excessive force or the commission of a crime by another officer. Police officers who intervene to de-escalate the excessive use of force must not be retaliated against or disciplined for taking action.

The action makes the use of deadly force the choice of last resort to protect one's life or the life of another or against serious bodily injury, and there must be no other alternative for less lethal force existing at the time of the police action.

Prohibited are neck or carotid restraint and striking a restrained individual.

The action limits police from using deadly force against a fleeing person and limits no-knock warrants.

The action prohibits shooting at moving vehicles, unless the vehicle is being used as a weapon and the circumstances would authorize the use of deadly force.

"You all are definitely ahead of the curve," said Ray.

News in Numbers

FROM PAGE 3

cent, rose to 3.2 percent, according to the dashboard on Sunday, Sept. 20, 2020. People had been questioning why Montgomery County has not moved from stage two to stage three, as Gov. Larry Hogan did for the state. County Executive Marc Elrich and Gayles have pledged from the beginning to follow the science and the data to ensure the health and safety of county residents.

6

Public hearings were held in August and September on the Draft Environmental Impact Statement regarding Gov. Hogan's desire to widen the American Legion Bridge and lanes on I495 and I270. The public has until Nov. 9, 2020 to provide feedback. See <https://495-270-p3.com/>

Restaurant Week Oct. 1-11

New Restaurant Week features \$10, \$25 and \$35 Menus "Savor Bethesda" Restaurant Week will take place from Thursday, Oct. 1 through Sunday, Oct. 11, 2020. Participating downtown Bethesda restaurants will offer lunch, dinner and special treat menus at \$10, \$20 or \$35 for dine in and take-out customers. Take-out customers may also enjoy their meals at the Bethesda Streetery with locations on Norfolk, Corde and Woodmont Avenues.

Participating Restaurants: Alatri Bros., Anthony's Coal Fire Pizza, Avenue Café, Barrel & Crow, The Big Greek Café, Ceremony Cof-

fee Roasters, Cesco Osteria, Chef Tony, Cher Cher Ethiopian Cuisine, Dog Haus Biergarten, Duck Duck Goose, Fish Taco, Gringos & Mariachis, Henry's Sweet Retreat, Lilit Café, Mamma Lucia, Matchbox, Medium Rare, Momo Chicken & Grill, Mussel Bar & Grille, Neuhaus Belgian Chocolates, Olazzo, The Original Pancake House, La Panetteria, Passage to India, Quartermaine Coffee Roasters, The Red Bandana Bakery, Rock Bottom Restaurant & Brewery, Silver, Smoke BBQ, Tommy Joe's, Tout de Sweet, Trattoria Sorrento

Complete restaurant menus can be found at www.bethesda.org.

CALENDAR

Let us know about an upcoming event

connectionnewspapers.com/Calendar

Potomac Community Village continues activities via Zoom during this lockdown

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!

We Bring the Zoo to You!

SQUEALS N WHEELS

Traveling Petting Zoo

www.squealsnswheels.us

301-765-0270

We are licensed by the United States Department of Agriculture and Insured

jill@squealsnswheels.us

THIS YEAR'S WALK IS EVERYWHERE.

The Alzheimer's Association Walk to End Alzheimer's® is happening on every sidewalk, track, and trail across this country. All of us are raising funds for one goal: A world without Alzheimer's and all other dementia. Because this disease isn't waiting, and neither are you.

Take your first step at alz.org/walk

WALK TO END ALZHEIMER'S
alzheimer's association

2020 NATIONAL PRESENTING SPONSORS

Edward Jones

CVSHealth

2020 WALK TO END ALZHEIMER'S
September 27 Northern Virginia
October 10 Washington, D.C.

Additional Walks available.
Find one near you at alz.org/walk

SENIOR LIVING

Getting in Shape at 60, 70 and 80

Starting where you are and staying consistent among suggestions from healthy and fit seniors.

BY MARILYN CAMPBELL
THE ALMANAC

Whether starting a fitness program after the age of 70 or restarting one after raising children and midlife career building, local seniors share inspiring stories of how achieving and maintaining fitness, health and wellness allows them to lead fulfilling, happy and active lives.

After retiring at age 70 from a career in investment, Jim Owen said his life became sedentary. Aching knees and excruciating back pain determined his daily schedule and he tipped the scale at 205 pounds. His life, as he describes it, was on a steady decline.

"I was a certified couch potato and my back pain was robbing me of my energy," said Owen, now 79. "I said, 'I have to do something or I'll go down hill.'"

After seeking help from a doctor who specialized in sports medicine, Owen began physical therapy, his pain subsided and he was able to begin an exercise program. "I wasn't trying to be Mr. America," said Owen, who turns 80 next month. "My goal was to get rid of my aches and pains."

Though he found it daunting, but also necessary, he began making his way to the gym. Now his workouts include lunges and squats, push-ups, core work and cardio.

"When I started out at age 70, I couldn't do one push up, now I can do 50," said Owen. "The key is to start from where you are and with what you got. So much of it is mental and getting yourself to just try it."

Now he's committed to inspiring other seniors to achieve physical fitness, particularly those who have given up on healthy activity and vitality and have accepted a life of pain, illness and decline that can come with age.

He's written a book called "Just Move! A New Approach to Fitness after 50" and he produced a documentary called, "The Art of Aging Well," which he'll release to public television stations next month.

"I want to devote the rest of my life, whether it's five or ten years, to inspiring people to take care of themselves when they're older," he said. "There are some people who say 'My best days are behind me.' I think my best days are still ahead of me."

63-year old Kim Evans says swimming, biking and hiking were the activities that filled the summer days of her childhood. "For me, being active and fit has always been a part of my life," she said. "I competed in swimming and volleyball, was an All State swimmer in high school. That is my life long sport, I still swim weekly."

That passion for physical activity led to Evans' career as a fitness trainer whose clientele is comprised of seniors. "As I aged, I could see how what you do or don't do affects your quality of life," she said. "So I have always done the things that I need to do to stay healthy."

She trains seniors who've never been active, athletic or fit. "I do realize that some



PHOTO COURTESY OF JIM OWEN

Jim Owen started working out for the first time at age 70. Now at 79 he says he's in the best shape of this life.

"When I started out at age 70, I couldn't do one push up, now I can do 50."

— Jim Owen, 79

people just didn't have those [experiences], but it is never too late to start," she said. "You just begin at a different spot, and your progress may be slower." Evans lives in Rockville, but works with clients from around the area.

Evans says that through her work, she has witnessed how easily one can start to a physical decline. She teaches her clients how to keep that downfall at bay by using exercises that are effective, but safe. "I don't want anyone to get hurt," she said. "Things like squats, pushups and the like are all daily moves. A squat is being able to get up from a chair, a pushup means you can roll over and get out of bed. As people age, they need to keep their muscles strong so they can function."

Though consistent and long-term exercise can be difficult to maintain, "I am always determined to make the effort to keep myself as healthy as possible, for as long as possible," she said. "I have taken up inline skating and stand-up paddle boarding. It has never occurred to me to not try something new, and that I attribute to being fit."

Bruce Revman had always led an active life, but his fitness level reached new heights when he decided to train for a marathon almost 20 years ago. He was so inspired by that achievement that he maintains a vigorous training program today, running 30 miles and cross training each week.

"[I] became hooked by the feeling of working towards something much bigger than just running," said Revman, 63 of Potomac. "I always have tried to stay in the kind of shape where if someone said to me, 'Hey do you want to run half-marathon next



PHOTO COURTESY OF KIM EVANS

Kim Evans, 63 of Rockville, says being physically fit allows her to try new activities like paddle boarding.



PHOTO COURTESY OF BRUCE REVMAN

Bruce Revman, 63 of Potomac, has competed in 22 marathons and runs 30 miles each week.

week,' I would know that I could run it without getting hurt."

Since that time, Revman has finished 22 marathons including last year's New York City Marathon.

"I ... continue to run ... and cross-train," he said. "There's no shortcut to staying well and in shape. And if you get overwhelmed as to what you should do, the key is simply finding something which ... you can do every day. And, yes I mean doing something every day with varied degrees of intensity."

As a physician, 64-year-old Bob Posner, M.D., has always prioritized his health, but life events including an internal medicine residency program, service in the United States Army, and raising a family often took precedence over fitness.

"Exercise was limited, meals were often fast food ... and I realized that weight started to pack on," he said. I exited the Navy in 1988 weighing over 190 pounds."

When Posner, of Fairfax, returned to life as a civilian and began his medical practice, his mindset began to change. "I vowed that I would try to set an example for my



PHOTO COURTESY OF BOB POSNER

Bob Posner, MD is motivated to keep in shape so that he can hike and play tennis with his children. Posner, 63, lives in Fairfax and has offices in Burke.

patients," he said. "How much credibility can an overweight or obese physician have in telling patients to lose weight to become healthier?"

Posner founded Potomac Internal Medicine Associates uses a program called SeroFit to help patients who want to get in shape. "It is never too late to embark on efforts to get into a more healthy shape," said Posner. "Looking younger, having more energy, lessening risks of severe medical diseases, alleviating pain and fitting into your beautiful clothes are the benefits of being in shape."

Working out with his wife, who is also dedicated to fitness, makes exercising more pleasurable, says Posner, and being fit has helped him maintain fulfilling relationships with his children.

"My son is a tennis player, my daughter is a hiking person and sharing time with them is best when I am doing activities with them that they enjoy," he said. "If I was sedentary and expected them to hang out with me I would probably see less of them than if I am able to keep up with them in their activities."

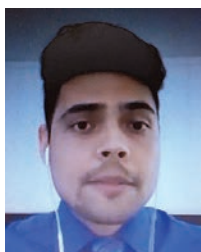
78 year-old Bonnie Frankel is driven by her goal of maintaining her physical, mental and emotional fitness for as long as possible. "My lifestyle is built around exercise and my sport, which is running," she said. "I cross-train with water workouts, monkey bars, yoga and other ground stretches."

The impact that exercise has on her life is her constant motivator. "Exercise helps me to eat healthier and drink better and more fluids," said Frankel. "It changes my mood from blue to sunny, as those wonderful endorphins start to kick in. I want to be able to live an independent long healthy life."

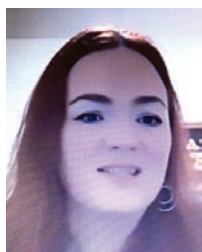
"Most of my life I have been fit, but there were a few times that I had hit rock bottom," such as when, at age 32, she was diagnosed with breast cancer and endured several surgeries. Swimming, one of her passions, was the therapy she needed to recover say says.

"I found the sport that I completely resonated with," she said. "It's never too late to start exercising. Choose an exercise you most resonate with so it becomes your best friend. You will want to do it. If you desire to live a full and healthy life, physically, mentally, and emotionally, you have to use it or lose it."

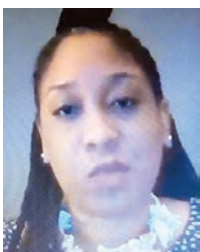
WWW.CONNECTIONNEWSPAPERS.COM



Jose Delgado is a youth and family counselor with EveryMind.



Sara Rose is supervisory therapist for Screening and Assessment Services for Children and Adolescents (SASCA) for Montgomery County.



Dr. Toria Simpson is a psychologist with Montgomery County Public Schools.



Montgomery County Councilmember at-large Will Jawando opened the EveryMind Town Hall.



Dr. Lanre Falusi a pediatrician at Children's National Hospital spoke during the EveryMind Town Hall.

Back to School Town Hall Focuses on Mental Health

Panel: Support, structure and routine can help students deal with stress.

BY PEGGY McEWAN
POTOMAC ALMANAC

Parents facing the stress of COVID-19 related school and job issues were invited to a town hall meeting designed to support mental wellness for themselves and their children during these days of social distancing and online learning.

"Supporting Mental Wellness for Parents and Youth During Remote Learning" was held virtually Wednesday, Sept. 16 via Zoom and Facebook Live.

The town hall featured members of the EveryMind staff, Montgomery County Public Schools professionals and a local pediatrician.

All were focused on encouraging positivity and offered practical suggestions for succeeding in areas most parents have questions about. Questions were answered at the end of the hour.

The evening was moderated by Steve Neff, director of pupil personnel services and attendance service for MCPS.

The Town Hall began with an introduction by County Councilmember Will Jawando.

"The theme of tonight's town hall is supporting mental wellness for parents and youth during remote learning," he said. "This is a big topic. COVID-19 has made things very stressful; you have to be diligent with your mental [and physical] health. Take time for yourself, [time] with your family, clear your mind."

The four speakers were Jose Delgado, a bilingual youth and family counselor with EveryMind; Dr. Lanre Falusi, a pediatrician at Children's Hospital in Washington, D.C.; Sara Rose, supervisory therapist, Screening and Assessment Services for Children and Adolescents; and Dr. Toria Simpson, an MCPS school psychologist.

As panelists introduced themselves, Neff asked each to offer some suggestions for coping with stress and building resilience. Panelists also shared information on social and school support resources.

"I could talk about many strategies, but I'd like to share one coping strategy," Delgado said. "Dis-

traction. Like take a walk or a break of some kind [when things get stressful]."

Falusi said that people can cope with stress if they can have a plan, which she acknowledged was difficult during this time of not knowing what's going to happen next week ... or next year.

The good news, she said, is that children and adolescents can overcome anxiety and stress if they have the support of the adults around them.

Adults can help their children by sharing that they are not alone, and their feelings are normal, by creating structure and routine in their days, weeks, months ahead and assuring them that there are a lot of people who are working hard to make us safer.

Rose suggested that adults and children build up a support network of friends, neighbors and family members, people they can count on and talk to.

"Increase acceptance ... lower expectations," she said.

Simpson reminded those attending the town hall that in addition to the pandemic, Americans are also fighting racism, a dual pandemic, she said.

"Kids have experienced loss," she said. "Loss of routine, loss of friends. Students thrive on structure, set boundaries. [For schoolwork] set up a desk, create a quiet place for them to be."

She also said it is important to acknowledge kids' power by having them help with problem solving.

Many questions were submitted ahead of the live discussion, so they touched on topics already covered but were answered, nevertheless.

The entire meeting can be viewed on the EveryMind Facebook page: Facebook.com/EveryMindInc/videos.

Montgomery County Crisis Center

The Montgomery County Crisis Center offers immediate response to mental health and situational crises through telephone, walk-in and mobile outreach services, 24 hours, 7 days a week. 240-777-4000, 1301 Piccard Drive, Rockville, MD 20850

POTOMAC ALMANAC

www.PotomacAlmanac.com

@PotomacAlmanac

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

CONTRIBUTING WRITERS

Carole Dell, Kenny Lourie, Peggy McEwan, Ken Moore

Contributing Photographers

Deborah Stevens, Carole Dell

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

Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
703-549-0004
jvernon@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

"Canceritis"



By KENNETH B. LOURIE

There are two generic types of cancer: the cancer that you have, and the cancer that has you. And the yin and yang is what defines 'canceritis.' The internal struggle between being defined by your disease verses living a life in spite of your disease. The former is easy; you're a victim of an insidious, in some cases, incurable disease that causes myriad problems, shall we say; physically, emotionally and psychologically. The latter is hard. Sometimes, overcoming the former in order to live the latter is much easier said than done. The reason being, primarily, that cancer isn't a killer because symptoms, treatment and side effects are always manageable and overall mental/emotional demands are easily compartmentalized. Nothing could be further from the truth. In fact, the truth is that if the disease, treatment and side effects and/or anxiety/stress about your diagnosis doesn't get you, the total disruption of your life and/or routine will.

Not that you lose free will, but you do lose a fair amount of control. While cancer is in the house, cancer rules the roost. Somehow, even though the disease and all is all about you, you must find a way (navigate) a path forward that enables you to set aside the physical and emotional demands of a terminator-type disease. With many patients, the cancer won't stop until it kills. And for the hundreds of thousands of cancer patients who die every year, wishing, hoping, praying and being compliant to their doctor's instructions, the outcome though hardly guaranteed is not particularly encouraging either. The disease takes its toll and despite all the efforts of the king's men to put Humpty back together again, the ravages of cancer often prevent the patient from ever being whole again.

Sometimes, the damage is already done as it usually is for non-small lung cancer patients who often are asymptomatic until they're not (as I found out, first hand). Then you're told you have a "terminal" form of stage IV lung cancer which is described as incurable which meant for me, being told I had 13 months to two years to live. The question I asked myself back in Feb., 2009: What the hell happened to stages I, II and III? This is what cancer can do: travel at warp speed and not leave too many clues. Finding some kind of work-around/plan "B" to deal with the loss of control and helplessness might keep the patient from descending into an emotional rabbit hole from which there's a scant chance of recovery. At this juncture, the cancer is in charge.

This is the challenge: overcoming a disease which in many instances, is beyond your doctor's/modern medicine's ability to control. Just imagine living with the knowledge that every day you wake up, is a day borrowed against future days when you might not wake up or if you do, might feel so poorly that the point of trying to feel better becomes more of a fool's errand than it does a practical alternative. Cancer is not literally a four-letter word but it's most definitely in its own category: a six-letter word which makes all four-letter words meek by comparison.

Somehow, you must restructure your understanding of your cancerous condition and philosophize: everyday you wake up and feel something isn't a day that's lost. It's a day that's found. Making the most of these emotional crumbs is not a guarantee of anything. Rather, it's an attempt to prevent things from getting worse. And as any cancer patient will tell you: it can always be worse. And until it's the worst, try to embrace whatever remains as the best.

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

POTOMAC PIZZA®

www.potomacpizza.com



CHEVY CHASE

COLLEGE PARK

MIDDLE RIVER

POTOMAC

TRAVILLE

**ALWAYS
FREE
DELIVERY!**

. CURBSIDE PICK UP .

. CONTACT-FREE DELIVERY .