

Potomac ALMANAC

REAL ESTATE SALES. 2 ❖ KENNY LOURIE. PAGE 7

PHOTO BY PEGGY MCEWAN



Vote Early, Vote Now!

NEWS, PAGE 3

Candidate supporters are set up around the parking lot at Potomac Community Center. Early Voting Centers are open 7 a.m. to 8 p.m. all week including Saturday and Sunday, plus next Monday, Nov. 2. Election Day is Tuesday, Nov. 3, also 7 a.m. to 8 p.m.

More Movement on Beltway Toll Lanes

NEWS, PAGE 3

Bullis Celebrates 90 Years

PAGE 6

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Potomac REAL ESTATE

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3 11208 Tara Road
— \$1,300,000



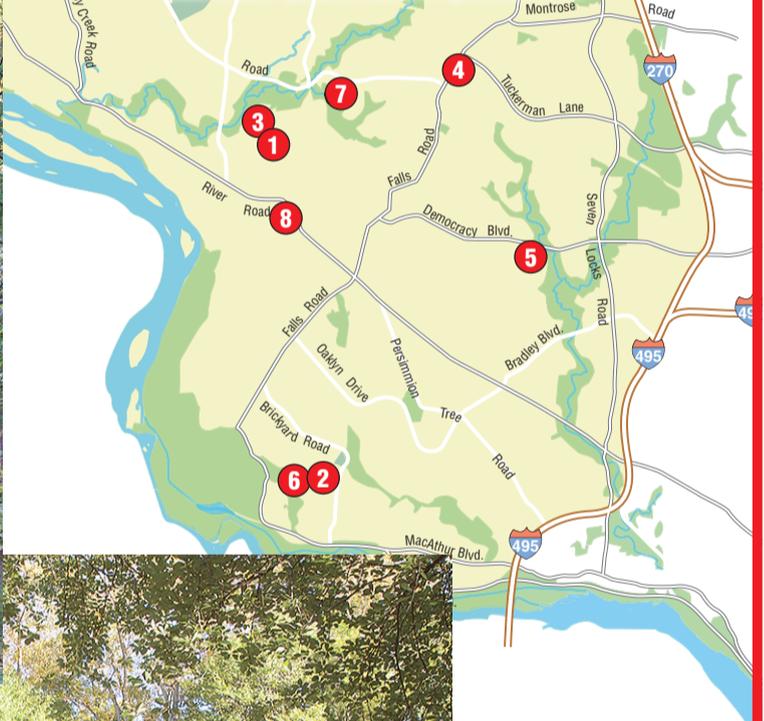
7 11524 Twining Lane
— \$1,230,000



4 11700 Le Havre Drive
— \$1,280,000

**August, 2020 Sales,
\$1,339,000~\$1,210,000**

IN AUGUST, 2020, 82 POTOMAC HOMES SOLD
BETWEEN \$5.800.000-\$305.000.



1 11004 Riverwood Drive
— \$1,339,000



2 7821
Horseshoe Lane
— \$1,330,000



6 10713 Laurel Leaf Place
— \$1,249,000

Address.....	BR	FB	HB	Postal	City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
1 11004 RIVERWOOD DR	5...	5...	1	POTOMAC		\$1,339,000	Detached..	2.18.....	20854	POTOMAC VIEW ESTS	08/14/20
2 7821 HORSESHOE LN	5...	4...	1	POTOMAC		\$1,330,000	Detached..	0.35.....	20854	RIVER FALLS	08/28/20
3 11208 TARA RD	4...	4...	2	POTOMAC		\$1,300,000	Detached..	2.01.....	20854	POTOMAC VIEW ESTS	08/13/20
4 11700 LE HAVRE DR	5...	4...	2	POTOMAC		\$1,280,000	Detached..	0.49.....	20854	LAKE NORMANDY ESTS	08/28/20
5 10031 KENDALE ROAD.....	5...	4...	1	POTOMAC		\$1,267,000	Detached..	0.56.....	20854	MCAULEY PARK	08/17/20
6 10713 LAUREL LEAF PL.....	5...	4...	1	POTOMAC		\$1,249,000	Detached..	0.45.....	20854	WOODROCK	08/07/20
7 11524 TWINING LN.....	4...	4...	1	POTOMAC		\$1,230,000	Detached..	0.64.....	20854	GLEN MILL VILLAGE	08/26/20
8 10825 FOX HUNT LN.....	5...	4...	0	POTOMAC		\$1,210,000	Detached..	2.38.....	20854	POTOMAC OUTSIDE	08/03/20

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NEWS

Early Voting This Week

On Election Day, only 39 of the usual 240 polling places will be open; better vote early this week.

BY PEGGY MCEWAN
POTOMAC ALMANAC

George Fenster arrived at Potomac Community Recreation Center at 5:20 a.m. Monday morning to get ready for the first day of Early Voting. There was already a line, he said.

Voting didn't begin until 7 a.m. but Fenster had to set up a tent for Democratic volunteers to use while answering questions and distributing campaign literature to those coming to vote.

"Within an hour the line was 200 people," Fenster said. "That was before 7 a.m."

Hours for Early Voting at all eleven of Montgomery County's Early Voting Centers are 7 a.m. to 8 p.m. all week including Saturday and Sunday, plus next Monday, Nov. 2. Election Day is Tuesday, Nov. 3. Hours that day are also 7 a.m. to 8 p.m.

Where you choose to vote will impact your wait time. According to the Montgomery County election website: www.777vote.org times at the eleven early voting sites ranged from no wait to 90 minutes. Waiting time at Potomac Community Recreation Center at 4:30 p.m. Monday was listed as 30 minutes.

The longest wait was 90 minutes at the Executive Office Building in Rockville. Shortest was no wait at Germantown and Wheaton Recreation Centers.

When I arrived at the Potomac site about 3 p.m. there was a traffic back up while voters looked for parking spaces and a line outside the Rec. Center with

people waiting to get inside to vote. But, by the time I parked, spoke to a few people, and went to take a picture of the line, it had disappeared.

Waiting did not seem to be an issue for voters coming or going.

Duncan and Lynne MacKeever of Potomac said they waited 37 minutes.

"I timed it," Duncan MacKeever said.

Lynne MacKeever said when she saw the traffic in the parking lot she wanted to turn around and go home but she and her husband stayed to vote.

"It was just going to get worse," Duncan MacKeever said.

Ian Gorham, who was at the Rec Center campaigning for the County's sitting judges said he arrived at 6:45 a.m. and there was already a line.

There are just some people who want to be first, he said.

By 4 p.m. there was no line at all, though the parking lot was still busy and full.

Nancy Long, of Rockville, said she did not wait at all, she just walked in and voted.

"I didn't want to wait until next week," she said.

Another reassurance came from Nick of Potomac who didn't want to share his last name.

"It moves pretty fast, they have a lot of voting booths," he said.

Remember that on Election Day, your usual polling place will probably not be open. On Election Day, only 39 of the usual 240 polling places will be open. It's worth your while to vote early.



PHOTO BY PEGGY MCEWAN

Cars and parking were more a problem at Potomac Community Recreation Center than waiting in line. Expected wait time at the center late Monday was about 30 minutes. Tuesday, wait time was listed at 5 minutes.

Skipping the No-Build Option on Beltway Toll Lanes?

Council committee seems poised to endorse adding toll lanes to American Legion Bridge and Potomac/Bethesda part of Beltway.

BY KEN MOORE
THE ALMANAC

County Council appears prepared to go along with adding four toll lanes, plus more, to the American Legion Bridge, and all the way to the I-270 spur and for miles north.

"We've said from the beginning that MDOT should focus on the parts of this project that there is greater agreement on, such as revamping the American Legion Bridge," said Tom Hucker, chair of the County Council Transportation and Environment Committee that met Monday, Oct. 26, 2020.

"We're all on the record here. We have stated preferences, we know there is agreement, I believe unanimous agreement within the Council and the Executive as to the need to redo the bridge. And hopefully we would redo the Bridge and have some transit component to it," said Evan Glass (at-large), member of the three-person committee.

Despite the pandemic, more than 140 people testified during a series of virtual

and live meetings this summer on the State Highway Administration's 19,000-page Draft Environmental Impact Statement that accompanies Gov. Larry Hogan's \$11 billion-plus private-public partnership plan to add four toll lanes from the Legion Bridge, around the Beltway to Prince George's County, and up 270 to Frederick.

About 127 voiced opposition to the plan, recommending the "no-build" option. Approximately 15 people spoke in support of the plan.

"Generally, the comments were overwhelmingly for the no-build option," according to Glenn Orlin, with Council staff.

But the "no build option" isn't an option, according to Hucker, Riemer and Glass, on the Transportation and Environment Committee.

"No build, to me, that's not a viable starting point. That would be walking back from

existing County Master Plan policy," said councilmember Hans Riemer (at-large).

"No build would be obviously a break with our long standing position and numerous priority letters and documents on the American Legion Bridge and I-270," said Hucker.

"Generally, the comments were overwhelmingly for the no-build option."

— Glenn Orlin, council staff

"No build, to me, that's not a viable starting point."

— Hans Riemer, county council

MARYLAND NATIONAL PARK AND PLANNING Commission opposes the project moving forward based on the Draft Environmental Impact Statement, raising serious deficiencies in the plans. Main issues are impacts on parkland, wetlands, streams and other aquatic resources under the Maryland Clean Water Act, as well as inadequate definitions of limit

of disturbance, compliance with social equity law, and evaluation of stormwater runoff.

"We cannot agree with the direction of the Managed Lanes Study until our land use, transportation, and environmental concerns are addressed, and that just hasn't happened despite months of trying to get answers," said Casey Anderson, M-NCPPC Chair and Montgomery County Planning Board Chair. Anderson attended the committee meeting.

"M-NCPPC is responsible for making well-reasoned and informed decisions with regard to any impacted parkland, including the cultural and historic resources held in trust for the residents of both Counties," said M-NCPPC Vice-Chair and Prince George's County

Planning Board Chair Elizabeth Hewlett.

"I find it interesting for a 19,000-page document to be incomplete," said Carol Rubin, attorney with Montgomery Park and Planning.

"We want people out of cars," she said. "This is about moving people, not cars."

SEE TOLL LANES, PAGE 7

Solar Shines Spotlight on Ag Reserve

Ag Reserve and Solar Update: Town Hall scheduled Nov. 5, 2020; workgroup anticipated; decision expected in January 2021.

BY KEN MOORE
POTOMAC ALMANAC

On Tuesday, Oct. 20, Council sent a zoning text amendment that would permit industrial solar in the Agricultural Reserve, land the 1980 Council set aside permanently for agricultural use, back to committee worksessions for more discussion. By Friday, Oct. 23, Council announced a town hall meeting for Nov. 5 to hear more people, especially advocates for the Agricultural Reserve.

The Council still expects to vote on a final version of the plan in January. The zoning text amendment would allow solar “fields” on 1,800 acres of land in the Agricultural Reserve, about 2 percent.

Before that happens, Council President Sidney Katz and Planning Housing and Economic Development committee chair Hans Riemer will lead a series of “stakeholder meetings” this fall, beginning in early November; the first session is scheduled for Nov. 5 at 7 p.m.

Details have not yet been announced. See the Council’s website at www.montgomerycountymd.gov/council for updates, and click on “How Do I?” for answers on how to sign up to testify, how to watch public meetings, as well as more information on the zoning



text amendment.

Solar advocates, including Councilmember Hans Riemer (at-large), say the county will never meet clean energy goals unless portions of the Agricultural Reserve are used for solar power. The Council has committed to 100 percent elimination of carbon emissions by 2035; 80 percent by 2027. This

proposal would allow enough solar to power 54,000 homes according to council documents.

Advocates for the Agricultural Reserve, land set aside for preservation by the county 40 years ago, agree that solar power is important for the county to pursue -- just not in the Agricultural Reserve.

Farmers in the Agricultural Reserve unanimously oppose the plan, said Jeremy Criss, director of Agricultural Services for the county. Especially, say farmers and advocates, when parking lots, rooftops, and other parts of the county have not yet shouldered their share of solar.

FOLLOWING THE TOWN HALL, the Council anticipates forming a workgroup that will be assisted by Council staff to meet in November and December to discuss the zoning text amendment in greater detail.

“Stakeholders and Councilmembers are asked to submit amendments in writing to Council staff, so that proposed amendments can be organized and posted online. The town hall meeting and subsequent stakeholder workgroup meetings will all be held virtually, and will be open to the public,” according to the Council.

See the Almanac’s previous stories for more background:

Have Your Voice Heard

The town hall on possibly allowing industrial solar in the Agricultural Reserve is scheduled for Nov. 5 at 7 p.m. The public can participate in this and other issues before the Council by providing comments or testimony in a variety of ways during the pandemic.

1. Sign up to testify by phone, 240-777-7803 or online
 2. Use the form at this link to upload written, audio or video testimony www.montgomerycountymd.gov/COUNCIL/PHSignUp.html
 3. Send email testimony to County.Council@montgomerycountymd.gov
 4. Mail testimony to the Council Office Building at 100 Maryland Avenue, 4th Floor, Rockville, MD 20850
 5. Provide testimony relative to the Council’s budget, 240-777-7802
 6. Use Facebook, www.facebook.com/MontgomeryCountyMdCouncil or [ConceJodelCondadodeMontgomery](https://www.facebook.com/ConceJodelCondadodeMontgomery)
 7. Use Twitter, @MoCoCouncilMD
- Only live testimony is aired during the Council’s public hearing. All testimony is reviewed by Councilmembers. Language translation service requests should be directed to Sonya Healy at 240-777-7926 or Juan Jovel at 240-777-7931.

www.potomacalmanac.com/news/2020/aug/11/clean-energy-or-farmland-or-both-montgomery-county/

Will Circuit Court Demand More?

Duncan Socrates Lemp was killed by police serving a no-knock warrant on March 12, 2020.

BY KEN MOORE
THE ALMANAC

Duncan Lemp, 21, was killed by police in the bedroom of his Potomac home on March 12, 2020, after police attempted to serve a no-knock warrant at approximately 4:30 a.m. Howard County, which has a reciprocal agreement to investigate police shootings with Montgomery County, continues to investigate the shooting, while the Lemp family and public await more answers in the case.

Meanwhile, Judicial Watch filed a Public Information Act lawsuit against Montgomery County’s Police Department and asked Montgomery County Circuit Court to command the release of all body camera footage from the fatal shooting.

A hearing is scheduled for Dec. 2, 2020; Montgomery County has moved to dismiss the case.

Judicial Watch “filed the lawsuit in the circuit court for Montgomery County, Mary-

land after the Montgomery County Police Department failed to respond to a June 18 PIA request seeking: All body-worn camera videos relating to the raid on, and resulting death of, Duncan Socrates Lemp by a Montgomery County Police SWAT team on March 12, 2020 at Mr. Lemp’s home in Potomac, Maryland.”

Lemp’s family asked for footage to be released immediately after his killing; police released photos of firearms recovered at the St. James Road residence but nothing more.

Gun-rights advocates have responded with outrage to Lemp’s death at the hands of police, pointing to the incident as a cautionary tale about consequences of “red-flag” laws.

FAMILY ATTORNEYS say police, at 4:30 a.m. March 12, murdered the 21-year-old who lived with his parents, girlfriend and brother on St. James Road in Potomac. Lemp was asleep when the police executed a search warrant, the family said.



Duncan Lemp on a family vacation in Venice in 2019.

Days later, police say Lemp was shot dead by an officer during execution of a high-risk search warrant, adding that Lemp confronted police while holding a rifle.

Both parties agree that Lemp was killed by a member of the police’s Special Operations Division -- Tactical Unit.

Contrary to MCPD practice, the police officer(s) has not been identified.

“If proper police procedure were used to execute a search warrant, Duncan would absolutely be alive today,” said Rene Sandler, attorney for the family, in an interview two days after the fatal shooting.

“Any attempt by the police to shift responsibility onto Duncan or his family who were sleeping when the police fired shots into their home is not supported by the facts,” the family said in a statement.

LEMP’S FAMILY requested for Montgomery County Police to immediately release all body camera footage and audio from the incident.

“Lemp was prohibited from possessing firearms and detectives were following up on a complaint from the public that Lemp, though prohibited, was in possession of firearms,” said police.

Detectives say they recovered three rifles and two handguns from the residence, and that Lemp “confronted the officers” when he was fatally shot by an officer assigned to the Tactical Unit.

“No search warrant gives the police the right to shoot into a house full of people when they are sleeping without specific threat of imminent harm,” said Sandler. “In this case, there was no threat of imminent harm which can at all support the conduct of the police.”

WWW.CONNECTIONNEWSPAPERS.COM

NEWS

House Fire in Potomac Under Investigation

Around 10:30 p.m. Monday, first arriving firefighters on Korman Drive in Potomac encountered a car on fire in driveway and smoke coming from house.

At one point, 50-60 firefighters were on the scene, according to PIO Pete Piringer. One woman

was rescued via ladder, and taken to the hospital for possible smoke inhalation. Investigators, including police and accelerant-detection dog, found multiple fires in the house. The woman occupant had retreated to an upstairs bedroom and closed the door. Five cats were rescued, and animal services was assisting.

Skipping the No-Build Option on Beltway Toll Lanes?

FROM PAGE 3

Other recent stumbling blocks include a report that morning rush hour tolls on 270 could reach nearly \$50; and that the project would make traffic worse on 270 where the lanes end.

Council expressed concerns about the Draft Environmental Impact Statement and Hogan's plans for a public-private partnership.

"I'm very concerned about the financial implications of the project after the significant failures of the Purple Line P-3. At this point, MDOT still seems to be pushing forward with a new P-3 which is larger in complexity, scope and impact," said committee chair Tom Hucker.

BUT COUNCIL STAFF suggested the Council and County Executive write a letter on the record that would go beyond voicing concerns with the plan.

"The second part of it would be to lay out the Council's and the Executive's preferences in terms of what should be built," Orlin said. "This is the one opportunity the Council and County Executive have...to say, 'This is what we want.'"

Orlin recommended including four lanes to the American Legion Bridge, two managed lanes in each direction.

"River Road is one of the locations the state recommends providing direct access to the managed lanes," said Orlin, so that comes with the possibility that the state has to add an-

other lane in the middle which would ramp up to River Road, he said.

"Revamping" the bridge could include room to carry a shared-use trail for bikers and hikers, like the Woodrow Wilson Bridge.

And, yes, the bridge needs to be strong enough to be able to carry rail over it, said Orlin.

This week, the committee will work on drafting a letter with the County Executive and council staff in time for the full Council to vote whether to send it to the State Highway Administration at its meeting on Nov. 5, 2020.

The last chance to comment to the state on the plan is Nov. 9, 2020.

WILL JAWANDO, (at-large) defended the Moses Hall Cemetery in Cabin John at Gibson Grove Church.

"I stood and could literally feel the wind from the cars swishing by as I looked down at a marker, a red flag where dozens of African American bodies are buried. We know this community was decimated once with the Beltway," which separated the church from the cemetery, said Jawando.

"And here we are considering under the current plan disturbing the resting place of these folks again, in a plan that is not ready for prime time. I think that is abhorrent."

"It has been suggested by State Highway Administration that we may need to move some bodies. No, we will not move those bodies," he said.



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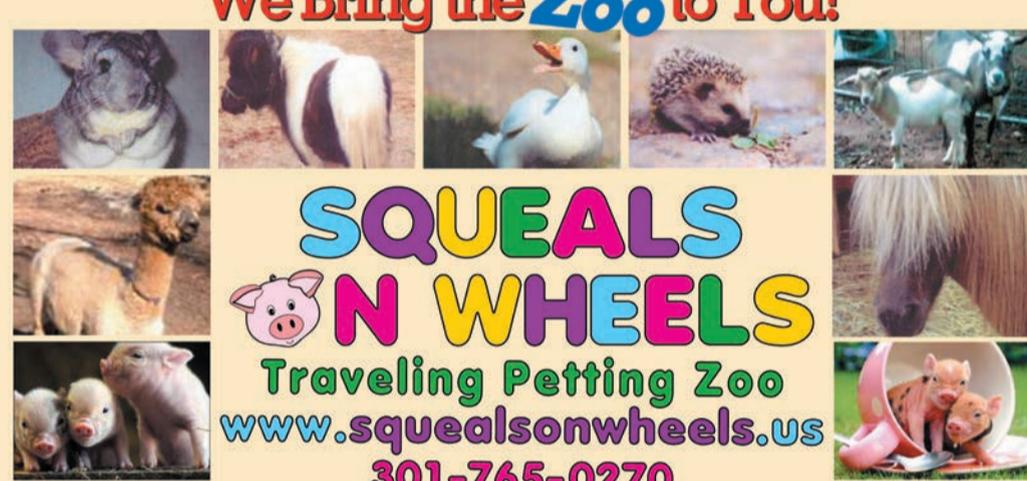
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Potomac Community Village

Halloween Happy Hour via Live Zoom
Fri, Oct 30, 5:00pm –6:00pm

Put on a costume, pour yourself a drink and join the fun with stories, songs & good conversation. Call Help Desk at 240-221-1370 or register at 20854HelpDesk@gmail.com by Wed, Oct. 28 at 12 noon to receive the link.

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Bullis Lower School students show off their new tee shirts during the Founders Festival Week



Students figuring out a variation on Four in a Row during Bullis Founders Festival Week games.

Bullis School Celebrates 90th Anniversary

BY PEGGY MCEWAN
POTOMAC ALMANAC

Students and faculty of Bullis School celebrated Founders Festival Week Oct. 19-23 in honor of the 90th birthday of the school's founder.

The week included spirit dress days, outside games throughout the campus, a special assembly, anniversary tee shirts for all and cookies decorated with the Bullis logo at lunch.

"We celebrate Founders Day every year around the date of Commander Bullis' birthday, Oct. 22," said Susan King, Director of Advancement, said.

King wrote *Onward Faring*, the history of Bullis.

But never was there a weeklong celebration such as the one celebrated this year.

This year, the school decided to postpone Homecoming, hoping to reschedule it in the spring. That, along with the stress of schooling during the COVID-19 pandemic and to honor the 90th birthday, were reasons to make Founders Day into Founders Festival Week, according to Head of School Christian Sullivan, in a video address to the Bullis family.

Students from kindergarten through twelfth grade participated in games during lunch break each day.

From races to school history quizzes to much enlarged games such as bowling, Jenga, Connect Four, Corn Hole and others, students spent time outside competing and collaborating with each other, enjoying a break from classes, and celebrating the long history of their school.

"It was a real festive atmosphere," King said. "It [was] a great week, it was a week everybody needed."

There were also virtual activities: The Great Bullis Bake-Off, Bulldogs on Parade (an art opportunity), Bullis TikTokers, and Alma Mater with a Twist.



It's a race through the hoops for Bullis School Lower School students during Founders Festival Week.

"Students and faculty were invited to submit videos of themselves baking Bullis-themed goodies, or creating Bulldog-themed art, singing the alma mater, and so on. A lot of laughs were shared with the school community, and it gave both on-campus and remote students a chance to participate in the festival week," King said.

Because of the pandemic, Bullis is offering a hybrid program described on the school website:

All Lower School students are in classes with a maximum of 12 students. Social distancing and masks are used. Livestreamed classes are available for students unable to attend in person.

Middle School Classes are split into Blue and Gold Teams. Blue team students attend school Mondays and Tuesdays, gold, on Thursday and Friday. Wednesdays are online for all students.

Upper School students are also divided into Blue and Gold Teams, following the pattern of the middle School except they also have remote classes when not in school. Wednesdays for them also are reserved for



A Bullis student takes aim during a game of throwing skill at the school's Founders Festival last week.

remote activities.

Bullis History

Bullis moved to Potomac gradually after purchasing 75 acres in 1962, the beginning of the campus at Falls Road and Democracy Blvd.

"Bullis School purchased the Potomac property in 1962 - it was farmland with one building, a farmhouse, at the time. They first acquired 75 acres and added more later (Bullis now has 102 acres)," King said. "The school moved gradually from the Silver Spring location ... A few classes were held in the farmhouse in 1963 until South Hall was completed in 1964."

For its first 50 years, Bullis educated only male students, it went coed in the 1981-82 school year. In 1983, the first girls graduated Bullis, King said.

Bullis School began in 1930 when Captain (ANG) William Bullis and his wife Lois Hoover Bullis "founded a small preparatory school in Washington D.C. for postgraduate young men wishing to enter service academies," according to King in *Onward Faring*.

"Despite the economy, the newlyweds found a suitable place for their school: an old mansion for rent in a prime location — the former Bolivian legation at 1303 New Hampshire Avenue in northwest Washington, D.C. The spacious mansion needed painting, repairs, furnishing and repurposing to be transformed into a school. Dipping into their savings, William and Lois did much of the work themselves and acquired used furnishings and equipment. With paintbrush and ingenuity, they restored areas and arranged classrooms and dormitory rooms.

Bullis School anniversaries are counted from 1930, that first year of founding and elbow grease.

The original Bullis curriculum did not include physical education, but in 1934, calisthenics were added — a half-hour of sit-ups, pushups and jumping jacks that allowed the boys to condition and let off a little steam. Soon it was evident that the students needed a greater physical outlet after studying for hours; at first, they played impromptu football or baseball games on a vacant city lot near the New Hampshire Avenue location.

Service academies expected top physical condition in their candidates, yet Bullis focused on academics to get students through tough service exams. Not all colleges required physical education credits then, although debates in American educational forums argued that it was necessary. For Bullis to continually improve its program, physical education was essential. Part of the issue was finding adequate space and playing fields in D.C., although that would occur with the move to the Silver Spring property in 1935." — From *Onward Faring*

With the success of the school and the move to a larger campus in what is now considered downtown Silver Spring, Bullis School added high school classes, beginning with 12th grade, and moving backward to ninth, according to King.

SENIOR LIVING



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Researchers at Marymount University helped establish programs to reduce the number of falls and resulting injuries among seniors.

Preventing Falls

Physical exercise and home safety reduce risk.

BY MARILYN CAMPBELL
THE CONNECTION

One of the leading causes of fatal injuries in older adults is falling. In fact, every 19 minutes an older adult dies from a fall and emergency room visits related to falling occur every 11 seconds. A group of researchers at Marymount University in Arlington is teaming with senior service organizations to lower those statistics locally. The coalition has won more than \$1 million in federal grants to create falls prevention programs that are available to seniors.

"It was a real academic-community partnership to provide a needed service to our community," said lead researcher Rita Wong, Ed.D., Associate Vice President for Research at Marymount University. "Through the grant, we established the Northern Virginia Falls Prevention Alliance. This Alliance brings together senior-serving communities for advocacy, education, networking, and expansion of falls prevention initiatives."

Three falls prevention programs were designed based on research by Wong; Sara Pappa, Ph.D., Assistant Professor of Health and Human Performance and coordinator of the Northern Virginia Falls Prevention Alliance; Uma Kelekar, Ph.D., Associate Professor of Healthcare Management; and faculty from the Physical Therapy program: Diana Venskus, Ph.D.; Cathy Elrod, Ph.D.; Julie Ries, Ph.D.; and Jade Bender-Burnett, DPT.

The research team created a regional training office for falls prevention at Marymount. "We train lay leaders to run these community falls prevention programs and we help organizations and senior community centers set up falls prevention programs," said Wong. "Once they're established, the centers take on primary responsibilities for sustaining the programs."

Designed to address the needs of seniors at www.connectionnewspapers.com

three levels of functioning, the team created three programs: SAIL (Stay Active and Independent for Life), which is a balance and strengthening exercise program geared to fairly active older adults. A Matter of Balance (AMOB) focuses on independent seniors who are worried about falling and want to learn prevention techniques. And Otago Exercise Program (OTAGO), which is toward those who are frail and need closer supervision and an exercise program that is tailored to their specific needs.

As a result of the coronavirus pandemic, programs are now offered virtually. "Our SAIL classes are structured so we can provide strength, balance, and fitness classes," said Rose Robinson, instructor and Senior Services Recreation Therapist at ServiceSource, Inc. "We have two SAIL leaders in every class. One instructs while the other adapts."

Those adaptations, based on ability, are categorized as "Level 1" and "Level 2," says Robinson. "Level 1 is seated exercise with a steady pace and same routine as Level 2. Level 2 is standing exercise with a higher pace," said Robinson. "The routine starts with a warmup and about 20 minutes of aerobics. Then we do balance exercises and strength training exercises. We end the class with a cool down like stretching."

The Montgomery County Fire and Rescue Service reports that half of all falls happen at home, and they encourage home safety. "Remove clutter from your home or least areas where you walk a lot like the hallway or living room," said occupational therapist, Brittany Ferri, of Simplicity Health. "Remove throw rugs, excess cords, and other items that can be tripped on; get non-slip surfaces for the bathroom like padding under the bathmat, grippies for inside the tub, and similar mats for catching water on bathroom tile."

For more information in Virginia:
<https://www.novafallsprevention.com/>

For more information in Maryland:
<https://www.montgomerycountymd.gov/mcfrs-info/tips/seniors/falls.html>

POTOMAC ALMANAC

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Missive or Dismissive



By KENNETH B. LOURIE

For the last few months, I have been receiving unsolicited emails from Tommy Chug; he being the other half of the 70's era comedy duo, "Cheech and Chong" with whom I spent countless hours in college laughing at their recorded routines, but beyond that I don't remember much. There were a few follow up movies - which I never saw, and more recently, I have found somewhat belatedly a early 2000s cop show starring Cheech Marin alongside Don Johnson: "Nash Bridges." Nothing at all from Tommy Chong until these emails began arriving.

The email is a solicitation followed by content about his life these last years, and the discovery he made after he had served a nine-month prison sentence for selling decorative bong (there's a bit more to that story, but it's not particularly pertinent to this column). After being diagnosed with prostate cancer, Tommy sought help trying to mitigate the effects of his chemotherapy treatment and perhaps even improve his quality of life. (he's 81 now, by the way.) In so pursuing, he met a doctor from Utah while on a plane, and the rest is Tommy's email.

The content is not exactly personalized but it does resonate. It resonates because it sounds reasonable and plausible and the remedy not too impactful to major organs, specifically liver and kidney, for which I'm very keen and concerned, given my nearly 13-year chemotherapy-plus treatment for cancer. However, the email has struck a nerve. It did so because as a cancer patient, it's easy to believe (hope certainly), there's a magic (often non-Western) cure to whatever ails you, especially when cancer is the culprit. I wouldn't necessarily characterize my feelings/emotions as susceptible but it's hard not to lean that way when you've been given a "terminal" diagnosis by your Western/conventional doctors. To say you have nothing to lose is a bit of a simplification. Still, hearing the words I heard on Feb. 27, 2009 (you bet I remember the date) at the initial Team Lourie meeting with my oncologist, does cause your antennae to go up and out and all-around seeking an answer to what might very well be, the unanswerable.

When an oncologist tells you you're likely to die within "13 months to two years," all bets are off and caution no longer becomes an impediment. Standing pat and adhering exclusively to what your doctors are telling you seems like giving up sort of. For me, I didn't give up. I started trying alternatives, many of which I am continuing a decade-plus later. Now whether these non-conventional/non-Western methods have proven beneficial I certainly can't confirm, but if living is any indicator, they likely did no harm (the crux of the Hippocratic oath). So yes, on the face of Tommy's email about improving one's quality of life, I am open to some other possibilities to prescription medication.

In fact, to this day, I still consume about 60 pills a day and always wash it and most other things down with alkaline water. Moreover, I try to limit my sugar, which is impossible and I remain open to new ideas. Over the years, I have ingested spoonfuls of pureed canned asparagus, drank water with baking soda, drank water with apple cider vinegar, blended fruit and vegetable smoothies (how else does one tolerate kale?) and tried to be mindful of a maintaining an alkaline diet. The goal has been to enhance my immune system while eliminating toxins in order to enable my body to heal itself. Again, it's difficult to know what alternatives have worked and what hasn't. Whether it has been real or a type of placebo effect where I thought it was beneficial, I am not prepared to say. However, I am living proof of something.

As concerns what Tommy is selling, the problem is, as it was with all my previous choices, there are no guarantees. Unfortunately, that was a problem at the beginning, and I fear it will be a problem at the end.

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