

Potomac ALMANAC

Potomac is a great place for Halloween celebrations, and River Falls is especially good for Halloween decorations, as evidenced by this, which is one small part of one home's regalia.



Potomac Day

COMMUNITY, PAGES 6-8

Why We Walk to End Alzheimer's

PAGE 3

Halloween Happenings

SPOOKY TRAIN, PAGE 11

REAL ESTATE SALES, PAGE 2 ❖ KENNY LOURIE, PAGE 7

PHOTO CONTRIBUTED

OCTOBER 13-19, 2021

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

July, 2021 Sales, \$1,508,000~\$1,400,000

IN JULY, 2021, 92 POTOMAC HOMES
SOLD BETWEEN \$2,562,500-\$550,000.



8 12105 Drews Court — \$1,400,000



6 12529 Grey Fox Lane
— \$1,425,000



5 11705 Slatestone Court
— \$1,450,000



2 10909 Balantre Lane
— \$1,499,000



3 7906 Sandalfoot Drive
— \$1,495,000



4 8109 Coach Street
— \$1,450,000



Address.....	BR	FB	HB	Postal	City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
1 11616 LAKE POTOMAC DR	6	...	4	...	POTOMAC	.. \$1,508,000	... Detached ..	2.00 20854 LAKE POTOMAC	... 07/09/21
2 10909 BALANTRE LN.....	5	...	2	...	POTOMAC	.. \$1,499,000	... Detached ..	2.23 20854 POTOMAC VIEW ESTS	07/16/21
3 7906 SANDALFOOT DR.....	4	...	4	...	POTOMAC	.. \$1,495,000	... Detached ..	0.19 20854 AVENEL 07/07/21
4 8109 COACH ST.....	4	...	3	...	POTOMAC	.. \$1,450,000	... Detached ..	0.35 20854 RIVER FALLS 07/27/21
5 11705 SLATESTONE CT	5	...	5	...	POTOMAC	.. \$1,450,000	... Detached ..	0.28 20854 CLAGETT FARM 07/26/21
6 12529 GREY FOX LN	4	...	4	...	POTOMAC	.. \$1,425,000	... Detached ..	0.46 20854 GLEN MEADOWS	... 07/14/21
7 7941 SANDALFOOT DR.....	5	...	6	...	POTOMAC	.. \$1,417,500	... Detached ..	0.22 20854 AVENEL 07/12/21
8 12105 DREWS CT.....	5	...	4	...	POTOMAC	.. \$1,400,000	... Detached ..	2.00 20854 BEALLMOUNT 07/26/21

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[HTTP://WWW.CONNECTIONNEWSPAPERS.COM/NEWS/2021/JUL/16/POTOMAC-HOME-SALES-JUNE-2021/](http://www.connectionnewspapers.com/news/2021/jul/16/potomac-home-sales-june-2021/)

Why I Walk to End Alzheimer's

My mom had a hard life. She was a Holocaust survivor who lost almost her entire family. She was robbed of her teenage years, her family, her way of life, and her country.

Walker Name: Susan Karr

Hometown: Potomac, MD

Team Name: Flo's Team

Participated in the DC Walk on Oct. 9

Involved with the Walk to End Alzheimer's since 2011 -This is our 10th year!

Contributions welcome. https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?px=4615369&pg=personal&fr_id=14365

Q: Other Alzheimer's Association programs, services, activities you have participated in:

A: Advocacy, contacting my representatives to ask for more funding.

Q: Why do you support the Walk and the Alzheimer's Association?

A: My mom had a hard life. She was a Holocaust survivor who lost almost her entire family. She was robbed of her teenage years, her family, her way of life, and her country. But she and my dad immigrated to America after WWII, worked hard, had two children, and created a good and productive life. Flo was a very caring and wonderful mother, wife and grandmother. She loved to laugh and loved being with her friends and family. Alzheimer's robbed her of that life. I felt that she was robbed once again but this time it was of her memory and ability to communicate with people and enjoy the fruits of her labor.

Q: Please share a favorite memory of your loved one.

A: When I think of my mom I think about the pride that she had in her cooking and baking.

She loved making her favorite traditional dishes during the holidays. We so enjoyed being together on those special occasions. One of the first signs that we realized that



something was wrong was when she no longer remembered how to make one of her favorite recipes. It was a very sad day.

Q: What would you say to someone to encourage them to join the Walk?

A: Alzheimer's disease has a devastating impact for millions of people who suffer from the disease but it also takes a tremendous toll on the family who are often the caregivers or who manage the person's care. I helped manage my mom's care for eight years including her living situations, her finances, and her medical and administrative needs.




Q: Any other thoughts, comments, info you'd like to share?

A: More research and funding is vitally needed. The cost of care for an Alzheimer's

patient is astronomical, and my parent's savings were all used to pay for her memory care. We need more consumer and government support.





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NEWS

Changes to Ride On Bus Schedules

Montgomery County Department of Transportation (MCDOT) will adjust Ride On bus schedules to 64 routes starting Sunday, Oct. 10, to increase overall service and improve efficiency. The changes reflect the continuing shift of resources toward schedule patterns prior to the COVID-19 health crisis.

Additionally, extra trips will be added to 25 higher ridership routes and service after midnight will be reinstated for all routes which operated those hours prior to the COVID-19 health crisis.

Ridership data and on-time performance are monitored regularly to identify routes that could achieve more efficiency with schedule updates. The information led to the routes that will have schedule changes starting Oct. 10.

Routes that will have schedule changes and some improved frequencies include:

Flash Blue Schedule, Flash Orange Weekday Schedule, Flash Weekend/Holiday Schedule, 1, 2, 5, 6, 8, 9, 10, 11, 12, 14, 15, 16, 17, 18, 20, 23, 25, 26, 29, 30, 33, 34, 36, 37, 38, 39, 41, 42, 43, 45, 46, 47, 48,

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.

SATURDAY/OCT. 23

Potomac Day. 10 a.m. to 3 p.m. At Falls and River Road, Potomac. Sponsored by Friends of the Library Potomac Chapter, meet LILLY, the mouse marching in the parade. The parade begins at 10:30 a.m. (line up by 10) on Chapel Drive and River Road and travels along River Road to Falls Road. For details, contact the Potomac Chamber of Commerce at 301-299-2170. Visit the website: <http://www.connectionnewspapers.com/news/2021/oct/06/potomac-day-coming/>

SATURDAY/OCT. 30

Pressenda Chamber Players. 8 p.m. at

Westmoreland Church, One Westmoreland Circle, Bethesda. Free with \$20 suggested donation. Contact: Jovan Zivkovic at jzivkovic@washingtonconservatory.org

LIBRARIES OFFERS

FREE ONLINE WORKSHOPS FOR JOB SEEKERS

Montgomery County Public Libraries is offering online workshops and one-on-one sessions geared toward assisting job seekers and entrepreneurs throughout October. All workshops are free and offered virtually.

An internet connection and a device (such as a smartphone, tablet or computer) are required for participation.

Throughout October – Every Monday: 9:30-11:30 a.m. H.I.R.E. (Helping Individuals Reach Employment)

Sessions

Sign up to meet virtually/confidentially one-on-one with a career counselor for advice and assistance with your job search. Register: Monday, Oct. 18: <https://mcpl.libnet.info/event/5606593>

Monday, Oct. 25: <https://mcpl.libnet.info/event/5606599>

Monday, Oct. 18: 1-3 p.m. Job Search Strategies (in a Pandemic)

Learn about best practices for conducting a job search in the current (pandemic) job market. Register: <https://mcpl.libnet.info/event/5614643>

Tuesday, Oct. 19: 10 – 11:30 a.m.

Introduction to Entrepreneurship
Are you just starting your entrepreneurial journey? This workshop will cover the fundamentals of building a business and help

SEE BULLETIN, PAGE 5



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LCL21K_CM02

New Location for Some Behavioral Health Services

Several Montgomery County Department of Health and Human Services (DHHS) behavioral health programs have moved to new locations.

DHHS's ACCESS to Behavioral Health Services (ACCESS) program moved to newly renovated space at 27 Courthouse Square in Rockville (formerly the Grey Courthouse). The courthouse was recently renovated and is now home to a variety of County programs.

Staff at ACCESS can help uninsured adults and those covered by Medicaid or Medicare find behavioral health services, as well as provide consultations, assessments, brief case management and transitional psychiatry services.

"The ACCESS program is one of the best kept secrets in the community," said Rolando Santiago, chief of DHHS' Behavioral Health and Crisis Services. We want to be sure that every resident, regardless of their health insurance coverage, can find quality mental health care when needed.

Call the ACCESS program at 240-777-1770 for assistance or email Accesstobehavioralhealth@montgomerycountymd.gov. The program is open Monday through Friday, from 8:30 a.m. to 5 p.m. Appointments are available, and

walk-ins are welcome during business hours. Visit the ACCESS website for more information. <https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSACCBhavhealthsvcs-p239.html>

In addition to the relocation of the ACCESS program, DHHS' Specialty Treatment Services programs and services previously located at 981 Rollins Avenue in Rockville are now at 1500 East Gude Drive in Rockville. This includes:

- ❖ Adult Drug Court Treatment program
- ❖ Community-based Medication Assisted Treatment Program (MAT)
- ❖ Jail MAT program
- ❖ Urine Monitoring program
- ❖ Harm Reduction services, including Naloxone training, distribution of Fentanyl test strips and syringe services

Other services located formerly at Rollins Avenue, including the Mobile Medical Clinic, Abused Persons program treatment groups, sexual health training and HIV/STI testing are also available at the new location.

Call Specialty Treatment Services at 240-777-1680 for more information or visit the DHHS website and check under "health services."

BULLETIN BOARD

FROM PAGE 4

you determine if you're ready to become a small business owner. Brought to you in partnership with the Maryland Women's Business Center. Register: <https://mcpl.libnet.info/event/5616426>

Tuesday/Thursday, Oct. 19 and 21: 5:45-7:45 p.m. LinkedIn Boot Camp (Part I / Part II)

This popular two-session/two-day workshop focuses on both the mechanics and strategy of using LinkedIn as a tool to conduct a successful job search. Register: <https://mcpl.libnet.info/event/5136250>

Wednesday, Oct. 20: 10:30 a.m. - 12:30 p.m. How to Apply for Jobs with Montgomery County Government

Find out everything you need to know about applying for jobs with Montgomery County Government. Register: <https://mcpl.libnet.info/event/5193344>

Thursday, Oct. 21: 4-5 p.m. Job Searching in the Digital Age
Learn how to use social media and tools such as LinkedIn in your job search. You'll also earn about new opportunities for freelance work and how you can supplement your income in innovative ways. This program is in partnership with Senior Planet, <https://seniorplanet.org/>. Join the program via this Zoom link: <https://us06web.zoom.us/j/81979360844> or dial in at 301 715 8592; Meeting ID: 819

7936 0844

Wednesday, Oct. 27: 1-3 p.m. How to Prepare for your Virtual Job Interview

Learn how to differentiate yourself from other candidates, be Zoom ready, package your experience, tell your story, be ready for challenging questions and feel more confident in your next interview. Register: <https://mcpl.libnet.info/event/5614664>

RIDE ON BUS SCHEDULE CHANGES TO 64 ROUTES

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Routes that will have schedule changes

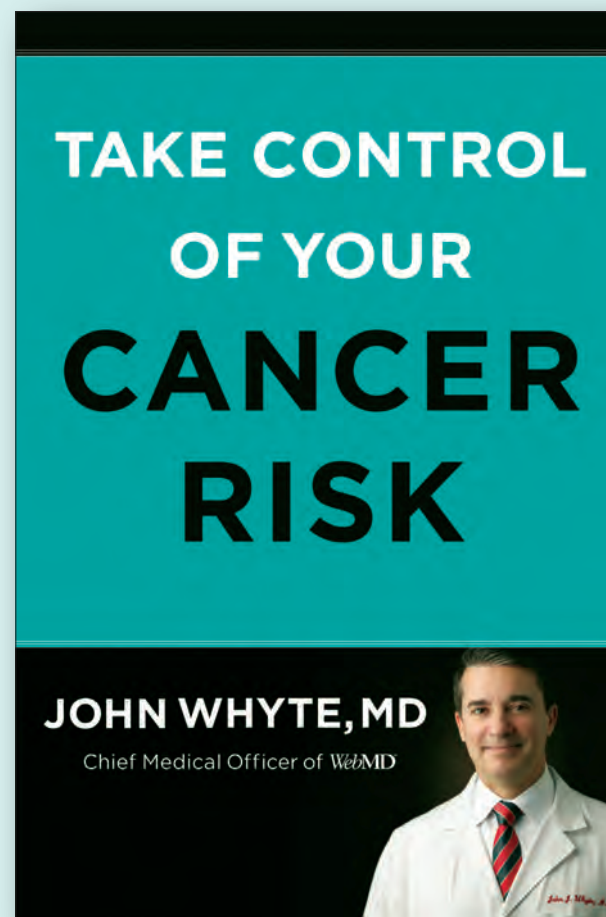
SEE BULLETIN, PAGE 9

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Dr. Whyte's New Book Released October 5, 2021



This book shares straightforward information and equips you with strategies to help you on a journey to better health, including:

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- Learning the role food, exercise, and sleep play
- Understanding the relationship between stress and cancer

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 9:00 am - Saturday, December 11

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POTOMAC DAY

Potomac Day Is Back Saturday, Oct. 23



Climbing is a favorite Potomac Day activity, including climbing a possible palm tree.

SEE MORE, PAGE 8



Potomac Day is on with all the usual attractions, children's activities, a classic car show, food, music, business fair, and of course, the parade.

The roads into Potomac Village close promptly at 10 a.m. so be sure to get settled before that.

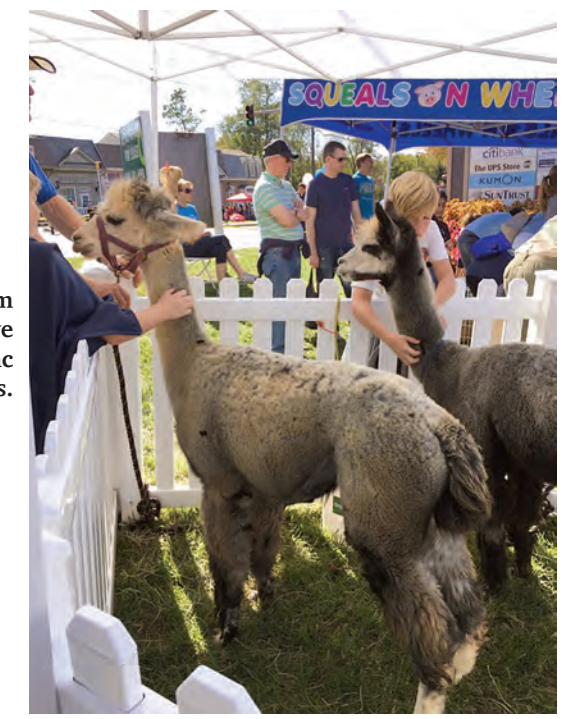
Abigail McClellan, 14 months in this file photo from 2017, gets the feel of a 1960 Triumph TR 3 at the Classic Car Show during Potomac Day activities. The classic car show will be back, 9 a.m. - 3 p.m.



Children in costume are always fun on Potomac Day.



The Wootton High School drumline is expected to be back.



Bert and Ernie from Squeals on Wheels have been a part of Potomac Day for many years.

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	1	2	3
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8	9	10	11
12	13	14	15
16	17	18	19
20	21	22	23
24	25	26	27
28	29	30	31

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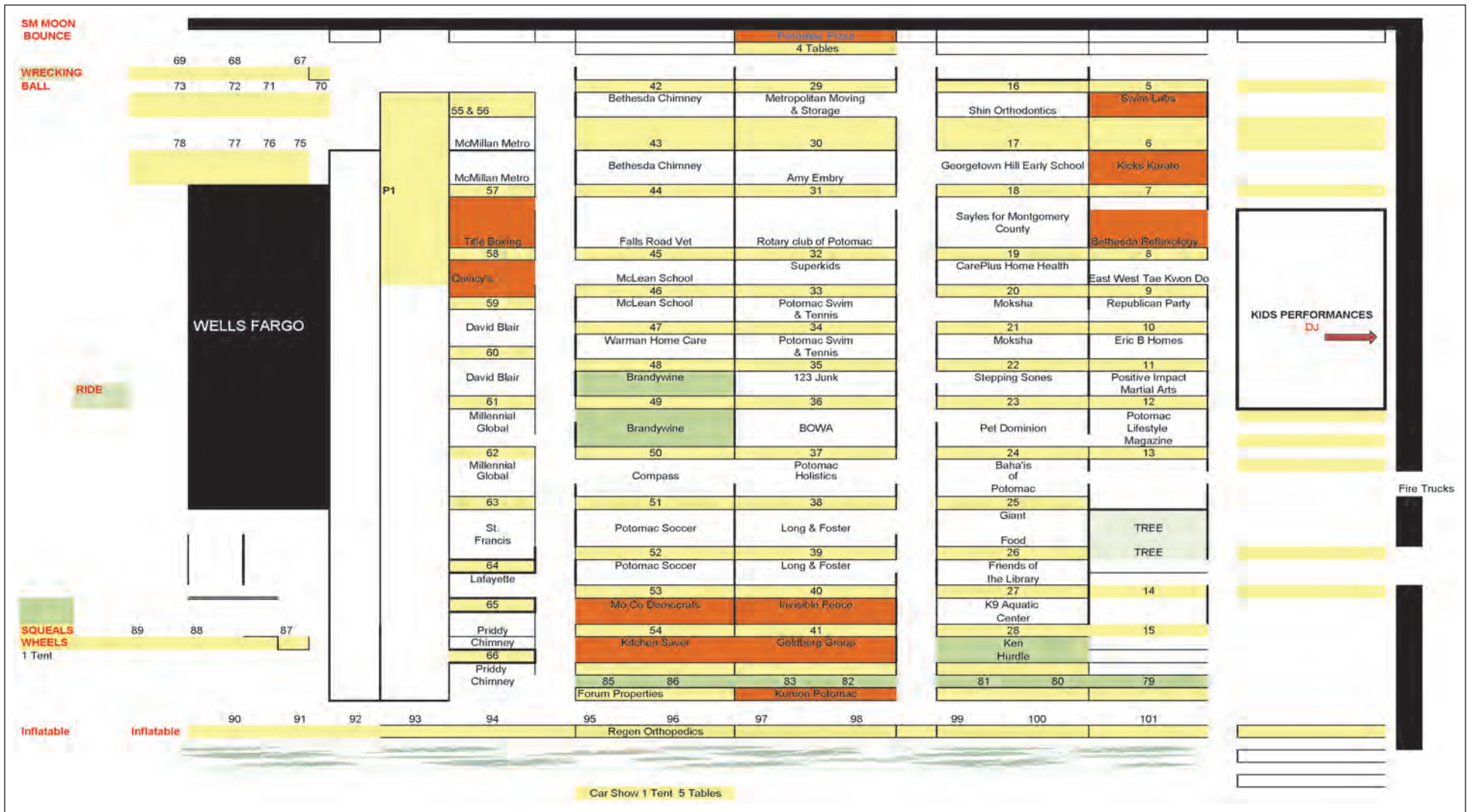
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POTOMAC DAY



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POTOMAC DAY

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Potomac Chamber of Commerce

Potomac Day Is Back Saturday, Oct. 23

FROM PAGE 6



Peter Rabbit and other storybook characters, sponsored by Friends of the Library, Potomac.

Building a Better Bar

Local designers share home bar trends.

BY MARILYN CAMPBELL
THE ALMANAC

Whether unwinding after a long day or hosting a dinner party for family and close friends, the pandemic has boosted the popularity of home bars, say local designers. Their relatively small size makes home bars a blank canvas on which to unleash design creativity. A few local tastemakers offer ideas to those who are ready to trade-in their bar cart for a full-size version.

“The home bar is no longer just a bar,” said Tracy Morris of Tracy Morris Design in McLean. “It has turned into the new workhorse of the home. Since our clients have been home a bit more, they are looking for secondary kitchen spaces.”

Because home bars occupy only a small area in a home, homeowners can experiment with unexpected colors and textures that might overpower a larger space.

“Saturated colors are among the latest trends in home bar designs. [They] present a great opportunity to be different and creative,” said Danielle Steele, lead interior designer, Marks-Woods Construction Services. “This space is often near the kitchen, which may be white or neutral, so it presents an opportunity to go bold.”

From wall coverings to countertops, options for courageous design abound. “We are using jaw-dropping wallpapers in many of our home bars,” said Morris. “This is the most asked for item. Clients are trying to differentiate their home bars from the rest of the home. One way to do this is with amazing wallpaper.”

Those who enjoy entertaining friends and family know that the kitchen is often a dinner party gathering spot. Home bars offer an alternative space for guests to mingle. “[It] moves them away from the center of a busy and congested kitchen into a second area, which is perfect for conversation and gathering,” said Tom Reineberg, architect. InSite Builders & Remodeling.

In fact, home bars can be equipped with accessories that allow them to serve as extensions of the kitchen. “In one recent Bethesda home, we provided a full walk-behind bar with bar stool seating, said architect

Mark Kaufman of GTM Architects. “The bar has a full array of appliances including an ice maker, refrigerator, dishwasher, sink and power outlets.”

Proper lighting is essential. “Popular choices are LED circular-shaped lights, tape lighting and lighting strips ... [which] create a bright and attractive entertaining area,” said Reineberg. “Open shelves with mirrors behind the shelving and dramatic lighting can be used to display and showcase barware, unique bottles and liquor collections.”

“Since our clients have been home a bit more... the home bar is no longer just a bar. It has turned into the new workhorse of the home.”

— Tracy Morris of Tracy Morris Design in McLean



PHOTO BY REGIS VOGT

The bar in this home by interior designer Danielle Steele of Marks-Woods Construction is fitted with a wine refrigerator and glass front cabinetry, which create a minimalist style.



PHOTO BY STACY ZARIN GOLDBERG

The cabinet-front bar in the family room of this Bethesda home, by Mark Kaufman of GTM Architects, blends seamlessly with the built-in bookcase.



PHOTO BY STACY ZARIN GOLDBERG

Gray and white are popular color schemes, while quartz is often requested for countertops, says Tom Reineberg, InSite Builders & Remodeling.



PHOTO BY STACY ZARIN GOLDBERG

Open shelving, mirrors and dramatic lighting combine to add glamour to this home bar by architect Tom Reineberg of InSite Builders & Remodeling.



PHOTO BY GREG POWERS

Because it occupies a small space, designer Tracy Morris was able to use bold colors and textures in this bar without overpowering the rest of this McLean home.

HALLOWEEN



The engines are ready for Halloween.

Halloween Eye Spy Trains

Children and adults alike are captivated by the Cabin John Miniature Train. And for the rest of October, the trains will be decked out and extra spooky. The train's five-passenger cars carry visitors on a scenic two-mile ride through the Cabin John Regional Park (about a 15-minute ride).

Watch for the not-so-spooky characters along the way. <https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/miniature-train/>

The Cabin John Miniature Train is ready for some spooky fun!

Visit the Halloween Eye Spy Card if you are traveling through Trainsylvania.

<https://www.montgomeryparks.org/welcome-to-the-halloween-eye-spy-trains/#cjt>

Saturdays & Sundays 10am-6pm in October, Halloween Eye Spy Train (Special Tickets Required)

When you arrive, you'll be welcomed to Trainsylvania. Can you spot all the characters along the tracks?

- These are little photos:
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- Eye Spy Trains Vampire
- Eye Spy Trains Spider
- Eye Spy Trains Scarecrow
- Eye Spy Trains Snake
- Eye Spy Trains Skeleton



POTOMAC ALMANAC

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Life I'm Trying to Live



By KENNETH B. LOURIE

Continuing last week's justifiable rant about my less-than-ideal cancer-driven circumstances, I have to look ahead somehow, not behind. I can't change the past and focusing on what happened that possibly didn't need to happen would make yours truly more of a dull boy than I already am. Besides, living my life with constant anger and disappointment concerning how I was potentially harmed serves no real purpose. It can't change the facts. It seems logical to me therefore that what damage I can't change and/or control, and that which medically has harmed me in the past, I must find a way to embrace it somehow so that I can live my present and future life - what there is of it, with some dignity and joy. Easier said than done, I assure you, especially for my wife. Though it's not exactly in the vault for me, it is nonetheless compartmentalized.

Oddly enough, it's this ability to compartmentalize which has likely carried me this long: nearly 13 years from my Feb., 2009 "terminal" diagnosis of stage IV non small cell lung cancer, a killer cancer if there ever was one, and of course, there are many. In fact, annually, more people die from lung cancer than the next four cancers combined. No wonder I was worried when I recall the "13 month to two year" prognosis I was given. Hearing those "you have cancer" words are life changing and in many cases, life ending. Fortunately for me, I was misdiagnosed and only thought I had a few years left to live.

Nevertheless, receiving this kind of life-threatening blast of reality at age 54 and a half is overwhelming. The treatment (heavy-duty chemotherapy) that followed was challenging. The life the patient is forced to live as a result becomes cancer centric. Very little time passes when you are not keenly aware of your circumstances or preoccupied with them or planning/coordinating your life/schedule around something cancer related. All the while knowing/having been told that your chances of surviving beyond two years is in the low single digits. And for many lung cancer patients, particularly stage IV patients, there's very little the doctors can do about it. There is no cure. As my oncologist told me: "I can treat you, but I can't cure you." It was extremely hard to process that statement. I mean, really process it to understand that you are going to die because of this diagnosis. It reminds me of an episode from the M*A*S*H, the television series. It was a long day/night in the operating room and "Hawkeye" Pierce, one of the trauma surgeons, was questioning his ability to save wounded soldier's lives. Lt. Col. Henry Blake and "Hawkeye" are standing outside the surgery taking a break. And Henry, hearing his fellow surgeon's frustration, says to "Hawkeye:" "There are two rules in war. Rule number 1, young men die. Rule number 2, doctors can't change rule number 1." The warning/advisory one hears after getting a non small cell lung cancer stage IV diagnosis is very similar. It's not exactly a rule, but it is a startling reality nonetheless. That reality? Most stage IV lung cancer patients die much sooner than later.

This is the kind of news that you don't want to take to your grave. This is the news however that you must incorporate/assimilate into your life somehow so you can try to go on living a rewarding and productive life. Ignoring your diagnosis seems stupid and irresponsible. And pretending that your future actions will not have consequences for your health seems incredibly naive. The only real choice as I saw it, was integrating these horrible circumstances into my life, somehow. And the only way I could see doing this was to compartmentalize them. Try to control/file them away so everyday is not dreary and depressing. Life can go on by living it, not dying because of it. I made a conscious choice to not give in, and in a way, I've been rewarded for it. I've lived 10 years-plus beyond my original prognosis. Granted, mistakes were made, apparently. But for the 10 years or so until I learned my true diagnosis, I believed as Curly Howard believed in an unrelated Three Stooges two-reeler: "I'm too young to die. Too handsome. Well, too young, anyway."

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