

# Potomac ALMANAC

PHOTO BY CAROLE DELL  
REAL ESTATE, PAGE 2 ♦ ENTERTAINMENT, PAGES 5, 6 ♦ KENNY LOURIE, PAGE 7

In the Potomac Place Courtyard in Potomac Village, Robert Goldberg and his pup, Piper, both Potomac residents, listened to Andy Branigan from Annapolis and Josh Earls from Baltimore play some very nice notes in the late afternoon sun.

## Courtyard Dogs, Lucky Dog

PAGE 3



# Potomac REAL ESTATE



brigh MLS

1 12509 Noble Court — \$2,250,000



5 11020 Piney Meeting House Road — \$1,800,000



4 11000 Tara Road — \$1,825,000

Address.....BR FB HB...Postal City ....Sold Price.....Type.....Lot AC..Postal Code.....Subdivision..... Date Sold

1	12509 NOBLE CT	7	6	1	POTOMAC	\$2,250,000	Detached	2.00	20854	PALATINE	05/26/23
2	8908 HUNT VALLEY CT	5	5	1	POTOMAC	\$2,242,900	Detached	2.00	20854	FALCONHURST	05/05/23
3	9708 KENDALE RD	6	6	2	POTOMAC	\$2,100,000	Detached	2.00	20854	BRADLEY FARMS	05/17/23
4	11000 TARA RD	5	4	1	POTOMAC	\$1,825,000	Detached	2.34	20854	POTOMAC VIEW ESTS	05/15/23
5	11020 PINEY MEETING HSE RD	5	5	1	POTOMAC	\$1,800,000	Detached	2.00	20854	SADDLE RIDGE	05/15/23
6	9213 FALL RIVER LN	6	4	2	POTOMAC	\$1,767,600	Detached	0.36	20854	PINE KNOLLS	05/22/23
7	11308 RIDGE MIST TER	5	4	1	POTOMAC	\$1,725,000	Detached	0.19	20854	CLAGETT FARM	05/26/23
8	12508 GREY FOX LN	4	4	1	POTOMAC	\$1,665,000	Detached	0.60	20854	GLEN MEADOWS	05/05/23

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HTTP://POTOMACALMANAC.WWW.CLIENTS.ELLINGTONCMS.COM/NEWS/2023/JUN/16/POTOMAC-HOME-SALES-MAY-2023/



## May, 2023 Sales

IN MAY, 2023, 62 POTOMAC HOMES SOLD BETWEEN \$5,250,000-\$640,000.



6 9213 Fall River Lane — \$1,767,600



2 8908 Hunt Valley Court — \$2,242,900



3 9708 Kendale Road — \$2,100,000





PHOTOS BY CAROLE DELL

## Courtyard Dog

In the Potomac Place Courtyard, Robert Goldberg and his pup, Piper, both Potomac residents, listened to Andy Branigan from Annapolis and Josh Earls from Baltimore play some very nice notes in the late afternoon sun.

Piper the pup had enough of being entertained, she wanted her walk.

## New: Paying to Park on Saturdays

Saturday paid parking hours for Montgomery-operated garages, parking lots and meters in Downtown Bethesda and Silver Spring begin Saturday, July 8.

Montgomery County-operated garages, parking lots and street meters in Downtown Bethesda and Silver Spring will begin charging for Saturday parking beginning on Saturday, July 8. The Saturday hours and rates will be the same as the existing weekday schedules. Sundays will remain free. Drivers will be able to purchase monthly parking passes valid for mornings, evenings and weekends.

Parking revenue will be used to implement new safety and security measures in Downtown Bethesda, Silver Spring and Wheaton parking facilities. This will include installing more lighting and cameras, in addition to maintenance.

The Montgomery County Council approved the new parking schedule and a monthly pass with Resolution 20-167, Setting Transportation Fees, Charges, and Fares, as part of the Fiscal Year 2024 budget process. The Montgomery County Department of Transportation (MCDOT) will implement the changes.

Paid parking on Saturdays already is in effect in Downtown Wheaton.

Parking revenue provides financial support to the Bethesda Urban Partnership, the Silver Spring Urban District and the Wheaton Urban District for programs such as sidewalk and lighting maintenance and clean-and-safe crews through-

out the downtown areas.

“Revenue generated from the new Saturday parking hours will allow us to increase security measures in and around our parking facilities that will ensure our downtown areas remain safe and desirable destinations for residents and visitors,” said MCDOT Director Chris Conklin.

Parking rates and hours effective July 8 in Downtown Bethesda and Silver Spring will be:

Downtown Bethesda

On-street: Monday through Saturday, 9 a.m.-10 p.m.: \$2.25 per hour

Surface lot parking: Monday through Saturday, 7 a.m.-10 p.m.: \$2 per hour

Garage parking: Monday through Saturday, 7 a.m.-10 p.m.: \$1.75 per hour or less

Downtown Silver Spring

On-street parking: Monday through Saturday, 9 a.m.-10 p.m.: \$2 per hour

Surface lot parking: Monday through Saturday, 7 a.m.-10 p.m.: \$1.25 per hour

Garage parking: Monday through Saturday, 7 a.m.-10 p.m.: \$1.25 per hour or less

Signs alerting drivers of the new Saturday hours have been posted around Downtown Bethesda and Silver Spring parking facilities.

For information on parking passes, parking options in the County’s parking lot districts and other parking programs in the County, visit the Division of Parking Management’s website. <https://montgomerycountymd.gov/dot-parking/>

## Adopt a Dog, Dogs’ Lives Hang in the Balance

Residents who are looking for a new pet are encouraged to go to the Montgomery County Animal Services and Adoption Center (MCASAC). The adoption center is at critical capacity, particularly regarding large dogs of more than 40 pounds. Adoption fees are waived for the next 50 dogs adopted.

MCASAC has never euthanized animals for space reasons, but that could change if the center continues to have dogs enter the facility without adoptions or fosters.

The adoption center is located at 7315 Muncaster Mill Rd. in Derwood.

“We firmly believe no dog should face euthanasia due to a lack of space in our shelter,” said MCASAC Executive Director Thomas Koenig. “This means we need your help more than ever because MCASAC’s kennels, like many in the State and Metro D.C. Region, are at capacity.”

From Jan. 1 through June 30, 1,117 dogs came into the animal adoption center. During the same period in 2022, 916 dogs came into the building, meaning there was an increase of 201 dogs admitted during the first six months of 2023 compared to the previous year.

The increase in the number of dogs entering the animal adoption center in June of this year was substantial. In June, 214 dogs entered the shelter, but only 173 dogs

exited. This is a significant reason the shelter is currently at capacity.

While advocates are looking into the cause for this surge in dog intakes and possible solutions with regional partners, they need the public’s help now.

If anyone can adopt, or temporarily foster, a large dog, contact the shelter as soon as possible.

Those who cannot foster or adopt themselves are encouraged to share posts on social media and help spread the word.

The adoption process can be started online by filling out the adoption questionnaire and emailing in the required documents.

Adopters also can visit the adoption center during open hours from noon-7 p.m. on Monday, Tuesday, Thursday and Friday and from noon-5 p.m. on Saturday and Sunday.

Adopters should be prepared to take an animal home at the end of their appointment. Walk-in appointments are subject to counselor availability.

More information about the adoption process can be found at [montgomerycountymd.gov/animalservices/adoption/howtoadopt](http://montgomerycountymd.gov/animalservices/adoption/howtoadopt).

To join MCASAC’s foster program and temporarily foster a large dog, sign up at Fostering ([montgomerycountymd.gov](http://montgomerycountymd.gov)). Fostering is free and the supplies needed to care for the dogs are provided by MCASAC.



# PROM

PHOTOS COURTESY OF KEEN



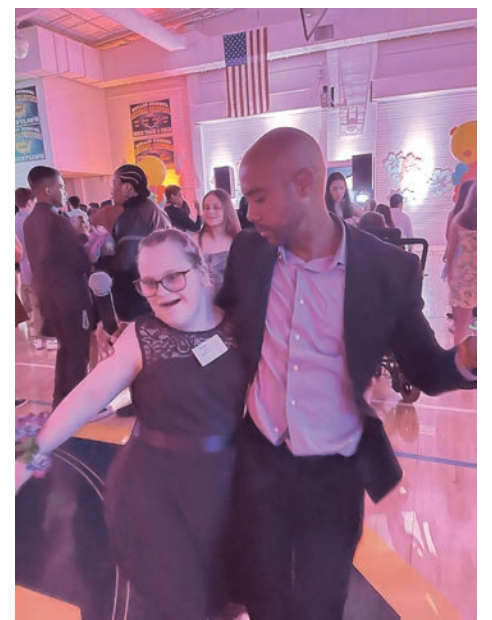
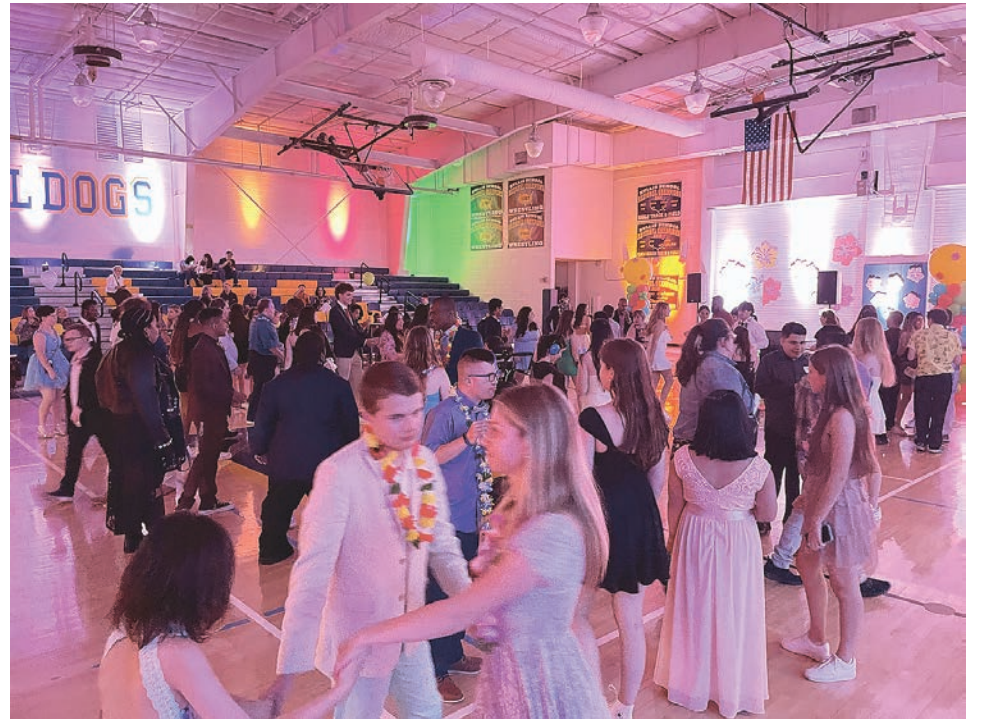
## KEEN Prom at Bullis

**B**ethesda-based KEEN Greater DC-Baltimore provides sports and recreational activities to children, teens, and young adults with significant developmental and physical disabilities at no cost to the athlete (participant) or their family.

On Friday, May 19, KEEN athletes along with their KEEN Club volunteers from Potomac's Bullis School, celebrated the 7th annual Prom.

DJ Aaron Anderson of A Squad Entertainment shook up the night with music and games. KEEN athletes and their Bullis student volunteers celebrated prom together with music, dancing, food and fun.

Bullis student volunteers raised funds for the event and organized it. <https://www.keengreaterdc.org/>





# Touch a Truck, Bounce Installations, Fun at Westfield Montgomery Mall

**W**estfield Montgomery Mall will hold a free, family friendly, open to the public Touch-a-Truck Community Day, set to take place in the Cheesecake Factory parking lot on Saturday, July 15, from 10am to 1pm. There will be bounce installations, trucks and other vehicles, children's magician/entertainer, face painting and more.

The day's main attractions include special truck and vehicle appearances, games and giveaways by the Rockville City Police, Montgomery County Department of Environmental Protection, Bethesda Chevy Chase Fire Department, Gaithersburg City Police, Washington Suburban Sanitary Commission, Maryland Department of Transportation, and Montgomery County Police Department. Each department will showcase their vehicles — a police car, fire truck, and a SWAT Armored Truck — while providing attendees with recruiting information.

Tractor, dump truck and excavator displays courtesy of Green Earth, Montgomery County Recycling and Digging and Rigging.

The kids will also enjoy bounce



The Touch-a-Truck event will take place in the Cheesecake Factory parking lot on Saturday, July 15, from 10 a.m. to 1 p.m.

installations by Z bounce and Mr. Pin from Lucky Strike will also make an appearance.

Interfaith Works will have a donation truck for essential and food

pantry items, and a table to sign up

Pet Connect Rescue, a non profit animal rescue organization com-

mitted to saving cats and dogs will also join the day's events, and puppy lovers will have the chance to adopt domestic puppies on site.

At 11am the main stage will host a performance by the Great Zucchini, a kids entertainer and magician.

Food lovers can look forward to complimentary samples from Westfield Montgomery partners Lucky Strike, Frank Pepe Pizzeria Napoletana, California Pizza Kitchen and Shake Shack.

A live DJ will keep the energy high throughout the day.

There will be a slew of pop-ups, such as Under Armour, Haagen-Daz, Tesla and Jim Coleman, and a dash of playful artistry with Princess Party Face Painters.

"We're thrilled to host the Touch a Truck Community Day event at Westfield Montgomery Mall," says Stuart Amos, Senior General Manager at Westfield Montgomery. "Our goal is to foster community engagement and provide a fun-filled day for families. We're looking forward to seeing everyone there."

## Free Over-The-Counter Hearing Aids For Eligible Residents 60-and-Over

**T**he Aging and Disability Services Division of the Montgomery County Department of Health and Human Services recently began offering free hearing aids and personal sound amplifiers to eligible residents 60-and-over. The distribution of these devices will be conducted by Access HEARS, Inc., a nonprofit organization whose mission is to connect individuals with hearing loss.

Devices will be given out on a first-come, first-served basis. Funds for the program come from the Federal American Rescue Act. Residents interested in receiving hearing aids may apply online via the Access HEARS website <https://www.accesshears.com/> or by calling 410-929-0394.

Through this program, 400 over-the-counter hearing aids and personal sound amplification products (PSAPs) will be distributed. Eligible individuals must be Montgomery County residents ages 60-and-over with perceived mild-to-moderate hearing loss and an annual income below 250 percent of the Federal Poverty Guidelines. Individuals

earning less than \$36,450 and couples earning less than \$49,300 qualify to participate. Participants must provide proof of age, residence and income.

Over-the-counter hearing aids debuted on the U.S. market in 2022. While hearing aids are now more accessible than ever, significant barriers exist to navigating the market and the devices themselves. The average cost to purchase an over-the-counter device is \$220, which can be prohibitive for seniors on fixed or low incomes.

Founded by physicians and leading hearing experts and entrepreneurs at the Johns Hopkins University, Access HEARS delivers services directly to the community, offering its clients a low-cost, in-person or virtual service delivery.

Access HEARS staff also teaches individuals how to use over-the-counter hearing aids with the goal of supporting their healthy aging and continued engagement with family and community. Clients receive ongoing support throughout the first 12 months to ensure their success.



**Friday July 21<sup>st</sup> at 8:00 PM**

**Sarod Grand Master Amjad Ali Khan**  
with  
**Amaan Ali Bangash and Ayaan Ali Bangash**



**MUSIC FESTIVAL**  
July 21-23, 2023

**Tickets on Sulekha and Evenbrite**  
VVIP: \$100.00  
VIP: \$75.00  
Lower Level: \$55.00  
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# BULLETIN BOARD



## Montgomery County Agricultural Fair Aug. 11-19, <https://mcagfair.com/>

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

### SUNDAY/JULY 23

**Waltz Dance.** At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. 2:45 - 3:30 p.m.: Introductory Waltz Workshop; 3:30 to 6 p.m.: Dance. Featuring the ensemble Karen Collins & The Backroads Band playing a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop and a more advanced move presented the last 15 minutes. Social dancing follows until 6 pm. Admission is \$15, \$5 for full-time students with student ID. No partner required. For more information, call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

### SOUTH ASIAN MUSIC FESTIVAL JULY 21-23

The DC South Asian Arts Council Inc., a non-profit arts organization, unveils the 1st ever DC South Asian Music Festival from July 21-23. From the soul-stirring classical vocal and instrumental masterpieces to the mesmerizing Sufi, Ghazal, and Evergreen Bollywood, it promises to be an unforgettable musical journey.

Sarod Maestro Amjad Ali Khan and sons Amaan Ali Bangash and Ayaan Ali Bangash, open the festival with their enchanting classical traditions on Friday, July 21. Saturday, July 22 starts with a Singing Competition, a showcase of exceptional local South Asian talent, taking the stage.

On Saturday July 22 immerse yourself with classical vocal and instrumental performances by upcoming sitar talent Kanjonavo Sabud, well known vocal artist Shri Vishwas Shirgaonkar, talented classical guitarist Sid Lahiri and Ghazal Singer Harsh Khinchi. The highlight is Sitarniketan Ensemble followed by a magical evening of music with Love Beyond Boundaries, as the talents of Alif Laila (Sitar), Anubrata Chatterjee (tabla), Khaled Al Maoulouli (Percussion), and Laith Alattar (Oud) unite in an extraordinary composition. We end the night with two Ghazal performances by Harsh Khinchi and internationally acclaimed Ghazal and Sufi performances by Vatsala Mehra.

On Sunday July 23rd we start with performances by DMV Fankaar, a musical journey through Bollywood. Some songs will have live dance performances by Lasya Dance Academy, Kathak, Lavani, and Bhangra. Experience South Asian and Western music come together in one night with the Infusion Band and stellar performance for closing by Grammy Winning Artist Falu Shah.

Wheaton High School, 12401 Dalewood Dr, Silver Spring, MD 20906 For the full schedule, passes and tickets, visit <https://www.dcsaaci.org>

### MONTGOMERY COUNTY AGRICULTURAL FAIR

Aug. 11-19, <https://mcagfair.com/> Fair Hours

- ❖ Friday, Aug. 11, 2023, 3 pm – 12 Midnight (Gates close at 11pm for entry)
- ❖ Saturday, Aug. 12, 2023, 10 am – 12 Midnight (Gates close at 11pm for entry) Carnival opens at noon
- ❖ Sunday, Aug. 13 through Thursday, Aug. 17, 10am – 11pm (Gates close at 10pm for entry) Carnival opens at noon
- ❖ Friday, Aug. 18 and Saturday, Aug. 19, 10am – Midnight (Gates close

at 11pm for entry) Carnival opens at noon

Do you have a car to donate for the annual DEMOLITION DERBY at the County Fair? The donated vehicle must run and be road worthy. Your donation will be Tax deductible for the 2023 Tax Season. Pickup of donated vehicles within 25 miles. In return receive a IRS Tax Deduction Donation Letter and a FREE Family Fun Package to the Fair that includes: 4 Tickets to the Fair, 1 parking ticket, 4 Tickets for the Demolition Derby & 4 Carnival All You Can Ride One Day Wristbands.

### ONGOING

**24/7 Homeless Information Line.** Montgomery County's Department of Health and Human Services, in partnership with EveryMind, has launched a 24/7 Homeless Information Line, with trained specialists to provide information on County homeless services and shelter resources. Callers can also provide information about the location of individuals in the community experiencing homelessness. The reports will be forwarded to community outreach partners who will attempt to locate the individual and offer support and resources. The information line number is 240-907-2688. Visit [www.montgomerycountymd.gov/homelessness](http://www.montgomerycountymd.gov/homelessness) for more.

**Members Wanted.** The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mahjong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the area. Visit [www.potomacnewcomers.com](http://www.potomacnewcomers.com)

**Senior SmarTrip Card.** There is a SmarTrip card, for those 65 and older, that may be used to ride Metrorail at senior fares, ride

free on Ride On buses and some Metrobuses in Montgomery County Monday-Friday, 9:30 a.m.-3 p.m. and Saturday, 8:30 a.m.- 4 p.m. or half fare at all other times. The cost of the Senior SmarTrip card is \$2. There is no value on the card at the time of purchase. Visit any library in Montgomery County, the Silver Spring TRiPS Store, the Mobile Commuter Store, or the Montgomery County Treasury Office and bring proof of age (state ID, birth certificate or passport). For more information, call 311.

**Seeking Applicants.** Rebuilding Together Montgomery County is looking to increase their service to the veteran community and all Veterans or spouses if Veteran spouse has died who meet our income limits are encouraged to apply. Applications are accepted year round. The application is at [rebuildingtogethermc.org/wp-content/uploads/2017/07/FY18-Homeowner-Application.pdf](http://rebuildingtogethermc.org/wp-content/uploads/2017/07/FY18-Homeowner-Application.pdf). Income requirements are listed on the first page.

### SUPPORT

Two county services can help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU), part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The

Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m. to 5 p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m. to 7:30 p.m. Call the ADRU at 240-777-3000. The Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m. to 5 p.m. Call Connect-a-Ride at 301-738-3252.

The Montgomery County Commission on Common Ownership Communities (CCOC) has launched a new online training program for common ownership community board members. Visit [www2.montgomerycountymd.gov/CCOC-Training](http://www2.montgomerycountymd.gov/CCOC-Training).

**Master Gardener Plant Clinics.** Montgomery County Master Gardeners are available to answer gardening questions at walk-in plant clinics. Bring plant and insect samples, garden problems and questions. Drop off plant and insect samples, Monday-Friday, year-round, 8:30 a.m.-4:30 p.m. at 18410 Muncaster Road, lower level, Ballard Phone Room.

**English Classes.** The Literacy Council of Montgomery County is offering free day and evening English classes (beginning, intermediate and advanced levels) to adult county residents at several locations. Prospective students must attend a 3 1/2 hour orientation in Rockville. The Literacy Council is always looking for volunteers to help in a variety of ways. For more information email [info@literacycouncilmd.org](mailto:info@literacycouncilmd.org) or call 301-610-0030.

**Shades of Green Program.** The Montgomery County Planning Department is offering free trees to qualifying property owners in certain urban districts of Montgomery County. Qualifying property owners are invited to participate in the program by filling out a form at [www.montgomeryplanning.org/shadesofgreen](http://www.montgomeryplanning.org/shadesofgreen).



# Anti-Hate Task Force Holds First Meeting

**O**n Tuesday, July 11 at 7 p.m., Council President Evan Glass will host the first meeting of the newly formed Anti-Hate Task Force alongside County elected officials and leaders from the Jewish, African American, LGBTQ+, Asian American and Pacific Islander, Latino and Muslim communities.

Glass introduced a resolution creating an Anti-Hate Task Force adopted with unanimous support during Council session on Tuesday, June 27, 2023.

The Anti-Hate Task Force is made up of community and faith leaders and will engage Montgomery County residents in developing

recommendations to inform policies that promote safety and combat hate crimes in Montgomery County.

Glass said: "This task force was formed following reports that there were 143 reported bias incidents in Montgomery County in 2021 -- the highest number in nearly a decade. ... We are all committed to ending the spread of hate, bigotry and harassment based on race, ethnicity, color, religion, national origin, disability, and sexual orientation based on gender, gender identity and expression."

The task force is expected to hold several meetings in the upcoming months, and present final recommendations in late November.

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### Obituary

### Obituary



**James Joseph Brennan**, long-time resident of Potomac, passed away on Sunday, July 2, 2023 at the age of 46 from complications caused by ALS.

He was at his home in New York City, surrounded by his beloved wife, Linda Cho, his brother, Andy, and children Harry, age 12 and Callie, age 6.

Jim was born on August 10, 1976, just outside Washington, D.C., to Hugh Brennan and the late Mary Brennan.

Youngest of four children, Jim is survived by Maryanne Gaffney, Andrew Brennan, Michael Brennan and their respective spouses Charlie Gaffney, Polly Giragosian, Valerie Courtois and his nieces and nephews, Erin, Meaghan, Charlie, Samara, Mina, Nathan, Cullen and Charlotte.

James, more commonly known as Jim or Jimmy (or "J.J." as his grandfather, the late Supreme Court Justice, William Brennan Jr. Called him,) grew up in Potomac, MD, and later studied at Trinity College in Hartford, CT.

After graduation, he moved to New York City and then Chicago where he studied law at Northwestern University.

Jim clerked for the Federal District Court in Scranton, PA for Judge Vanaskie, where he met his future wife, Linda Cho.

Jim and Linda fell in love quickly while skiing and rallying on the tennis courts. In 2007, the couple returned to New York City and married on June 19, 2009. Jim started his career as a legal associate at Paul, Weiss, Rifkind, Wharton and Garrison where he practiced commercial litigation.

He then transitioned to Wollmuth, Maher and Deutsch as Counsel.

Jim had a sharp legal mind, calm demeanor and strong work ethic.

He was loved and supported by his colleagues, and appreciated by his clients.

Jim and Linda loved to travel, and after the birth of their son, Harry and daughter, Callie, the young family continued to explore the world.

This continued even after the onset of ALS in 2018 and Jim was determined to bring his family to their favorite places right up to the time of his death.

Jim fought this cruel disease with incredible strength and grace.

He was determined to stay as long as he could for his family.

To his last day, he gave himself selflessly and despite the struggles and limits of the disease, he continued to engage his friends and family meaningfully.

Jim shared his love for boardgames, reading and movies with Harry and Callie.

He continued to be a supporting husband to Linda.

He engaged in long texts with friends and family.

Jim enjoyed watching sports, solving NYT crossword puzzles and Wordle with his friends and family.

Jim and the family thanks Jim's caregivers Carlene and Norda who cared for him with love.

In lieu of flowers please consider donating in Jim's memory to Compassionate Care ALS (<http://ccals.org/donate/>) or for his children's education at The Dwight School Foundation (<http://give.dwight.edu>)

Memorials are welcome at [www.dignitymemorial.com](http://www.dignitymemorial.com) for Walter B. Cooke Funeral Home.

## POTOMAC ALMANAC

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## A Dieter's Delight (This Dieter, Anyway)



By KENNETH B. LOURIE

Finally, after a lifetime of being overweight – and of occasionally committing to a weight-loss regimen, I have, at age 69 (Yikes. 69. I can write it. It's hard to say it though) found a not-so-much-a-diet-as-an-alternative to gaining weight. Let me try to explain. First, a little context.

As a mother in the 1950s, my mother was advertised/felt compelled to make sure her two boys (Richard and me) drank eight glasses of milk per day ("to build strong bones" was the tag line), thanks to its calcium content. My mother took this campaign very seriously. But she had a dilemma: how to get her two growing boys to drink a half-gallon of milk every day. Though ours was not a kosher home, we were not allowed to drink milk with our meals (separation of meat and dairy), dessert was another meal, however. And so, my mother's solution: buy us something sweet for which we'd need the milk to wash it all down. In our house then, milk and cookies were a way of life. I mean their consumption (in addition to other related desserts/snack cakes/et cetera) was the order of the day, five times. And since we couldn't (by way of our religious I'd-hardly-call-them-convictions) ever have a glass of milk with our meals, it meant we needed a non-main course incentive to give us the opportunity to drink all that milk. Ergo, dessert, and frequently. It began at breakfast; continued with our bagged lunches for school, then at home after school before dinner (an afternoon snack), then of course dessert after dinner and once more before bedtime. I guess we were short three glasses. Nonetheless, my mother felt she had done her dietary duty for her children.

To say my brother and I simply ate sweets and washed it all down with milk would be an understatement. We consumed sweets morning, 'noon, late afternoon, early evening and finally just before we went to bed. And each time, we drank milk. We were professionals, not exactly connoisseurs or paid for our work, but we were diligent and consistent in our daily routine. Cakes, cookies, snack cakes, donuts, bakery, and pastry items, and as a daily topper: ice cream with jimmies – most often from Brigham's. The dessert brands that were most popular: Hostess, Drakes, Nabisco (Oreos particularly), and Keebler (And if anyone is curious, Tastykakes were not available in Newton, Massachusetts at that time).

Now back in our time, Nabisco only made single stuf Oreos. Now we finally get to the substance of the column. If I do say-so myself, and I do, I was years ahead of my time. My Oreo-cookie-eating technique was neither to twist off one chocolate wafer and lick off the cream or dunk the entire cookie into my glass of milk. Amateurs. My preferred route was to twist or bite off off the Oreo cookie wafer from two Oreos leaving two wafers with all the cream. I would then sandwich the two cream-covered wafers together to make my own double stuf cookies – 60 odd years ago. It was heaven. It was as if I had discovered plutonium (as George Costanza once joked on an old Seinfeld episode).

Now, we get to my having-my-cookie-and-eating-it diet. For almost the entirety of my Oreo-eating life; progressing from the original ("single") Oreos to "Double Stuf" and even to "Megastuf" available now, I have always twisted/bit off one wafer from two cookies and made my heavy-on-the-cream sandwich doubles, quadruples and octuples, if you will?. And previously, until very recently, I would eat the semi-abandoned cream-less chocolate wafers and then eat the Kenny-original cookie bursting with cream. The calm before the storm, you might say.

Now the diet that I've stumbled onto: I am no longer eating the cream-less semi-abandoned chocolate wafers. I am tossing them and just eating the stuffed-with-cream creation, continuing a long-sitting tradition, as explained. As a result, I am reducing my caloric intake by sacrificing/not eating these cream-less chocolate wafers. Multiply this reduction by hundreds, if not thousands of Oreo cookies, and perhaps you can do the math, too. Finally, a diet I can live with, but hopefully not one I will die from.

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