

# Potomac ALMANAC

Senior Living

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Ethan Seimall sold out of his lemonade on Sept. 24, collecting \$50 in two hours for hurricane victims.

# Profits for Hurricane Victims

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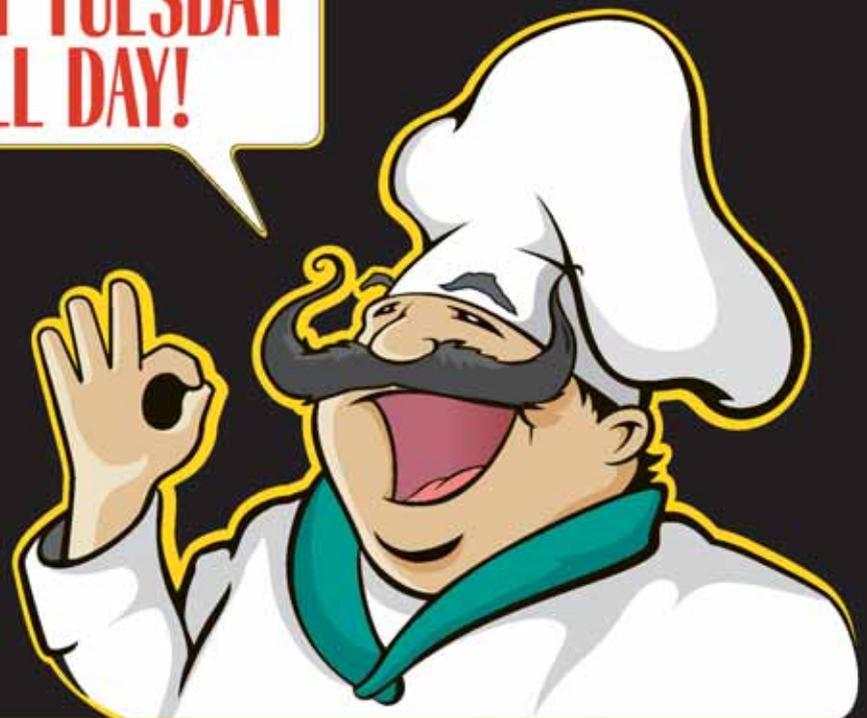
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## Refugee Storytelling Highlights ‘Inspiration Day’

Event organized by KindWorks.

BY SUSAN BELFORD  
THE ALMANAC

“These stories of resilience and courage, compassion and tenacity moved us deeply and motivated us to doing whatever we can to make sure refugees and immigrants feel welcome and cared for in our communities,” said KindWorks’ Chief Inspiration Officer Salma Hasan Ali. “We are so much stronger together.”

KindWorks’ Annual Inspiration Day was held on Sept. 24 at the River Falls Clubhouse. One hundred attended the luncheon which featured four speakers sharing narratives of each speaker’s distinct refugee experience. KindWorks has recently furnished 10 apartments for refugees who have arrived from their countries with only the clothing on their backs; thus, the theme for the afternoon took on a special meaning as members and guests listened to the stories of former refugees.

Salma Hasan Ali, a daughter and granddaughter of refugees herself and an immigrant to the U.S. from Pakistan, said, “With so much discussion these days about refugees and travel bans, we thought it would be important to meet refugees who have come to our country across 80 years of our history. Put a face to a label; put a story to a statistic. And revel for a few minutes in realizing how much greater we are as a nation because of the beautiful diversity that comprises us.”

The opening speaker was 92-year-old Blanche Porway, who stood in line as a 19-year-old at the Auschwitz concentration camp with hundreds of other Jews and prisoners. She and her sister were forced into hard labor but they watched as their mother was sent to the gas chamber. Their father and brother had starved to death in the ghetto. Porway’s resilience was apparent as she walked up to the podium and broke into a dance for the audience. Her message: “People should be compassionate to each other, no matter what race, no matter what



KindWorks’ Salma Hasan Ali and Deb Lang with the four speakers: Blanche Porway, Abdullah Al-Sayed, Thu Tran, and Noobtsaa Philip Vang.



A crowd attended KindWorks’ Annual Inspiration Day at the River Falls Clubhouse.

color. Never, never again. This should never happen to nobody. We should all always treat people with kindness.”

Thu Tran’s family was among the last Vietnamese to leave Saigon before the country was taken over by Communists. After several months in refugee camps, her family was sponsored by a Lutheran Church and settled in Columbus, Ohio. Tran was 14 when she left Vietnam, but she studied hard, learned English and became a medical doctor specializing in obstetrics and gynecology. She has been in private practice in Rockville for almost 30 years. Tran said, “I think it is incredible that the speakers are from four different parts of the world. We speak different languages, we worship different gods, we suffered three different wars — and today we are here together on this beautiful day to share our stories — this is the beauty of America.”

Abdullah Al-Sayed, a refugee from Syria, had resigned from the Syrian Army in 1995 and was a project manager in a construction company. When the Syrian revolution began in 2011, Assad’s forces demanded that he join the Syrian intelligence. When he refused, he was blacklisted and in danger of being put to death. The U.S. gave him and his family asylum six years ago. He initially worked in landscaping and now has his limousine business. He said, “Maybe it’s normal for a lot of people to have plans and dreams if they get the opportunity to live in America. For me, my dream was just to be able to sleep without the fear of being killed, without fear of tomorrow and the future.”

When Noobtsaa Philip Vang came to D.C. to study for an MBA at Georgetown three years ago, he was craving his mother’s traditional Southeast Asian dishes. For one of his business classes, he developed the idea of a food delivery service which would employ immigrant and refugee chefs to create the flavors of their native countries. Foodhini was born. Vang attributes his understanding of the difficulties of refugees to his parents, who arrived as Hmong refugees more than 30 years ago. He also credits them with his desire to give back to the community. Foodhini donated the luncheon

SEE REFUGEE’S STORIES. PAGE 4

## Trone To Be Honored at Annual NAMI Awards

Potomac resident praised as mental health advocate.

BY PEGGY MCEWAN  
THE ALMANAC



Trone

Businessman and philanthropist David Trone will be honored Friday, Oct. 6 at the National Alliance on Mental Illness (NAMI) annual Heroes Celebration.

The award is presented annually to a person or organization that helps in the field of mental health through advocacy or other

significant contribution, Sarah Hourwitz NAMI director of development said.

“He is being honored for his generous support of those affected by mental illness and addiction,” Hourwitz said. “He and his wife, June, gave \$2.5 million to Suburban Hospital for mental health and behavioral services, that will impact the community.”

“We respect and admire what he has done,” she said.

Trone explained why he feels so strongly that, as a society, mental illness needs to be destigmatized.

“Last year June and I lost our nephew, he

was 25, to opioid addiction,” he said. “Last year 64,000 people died from opioid addiction.”

An underlying cause of addiction is often mental illness including depression. We are not doing enough. We need to bring this out in the open and get people the help they need.”

Trone, who is co-owner of Total Wine and More, the largest independent retailer of beer, wine and spirits, recently announced his candidacy for the Sixth Congressional District hoping to replace John Delaney, who is giving up the position to run for

President in 2020.

“We are just fed up with the inaction in Washington,” he said. “we ought to be thinking about how to put policies over politics.”

In addition to Trone, NAMI will honor Noelle Gunzburg, Montgomery County Crisis Center Crisis Intervention Team (CIT) instructor of the year, and county police officer Brandon Patrick, CIT officer of the year.

The awards event is open to the public; it is NAMI’s main fundraiser. For more information and tickets, visit [www.namimc.org/heroes](http://www.namimc.org/heroes).

# Alliance To Host Ride for the Reserve

Annual event seeks to get people to connect with the Montgomery County Agricultural Reserve.

BY PEGGY MCEWAN  
THE ALMANAC

**B**ike riders are invited to enjoy the bounty of area farms and the beauty of country roads during the 10<sup>th</sup> annual Ride for the Reserve Fall Farm Bike Tour on Sunday, Oct 8.

The ride, which starts at Poolesville Golf Course, 16601 West Willard Road in Poolesville, is a “fully supported ride,” according to Caroline Taylor, executive director of Montgomery Countryside Alliance, which is sponsoring the ride.

“We have support trucks to pick up people, if needed,” Taylor said. “Trek [of Rockville] will provide mechanical support.”

The ride offers several distance options from a new 10-mile “family friendly” ride that starts and finishes at the golf course. This ride has a stop at historic St. Paul’s Church in Sugarland as its half way point. The church will be open and light refreshments will be served.

Other distances include 18, 26, 28 40 and



The 10<sup>th</sup> annual Ride for the Reserve Fall Farm Bike Tour will benefit Montgomery Countryside Alliance.

58 miles. All have stops at local farm markets and orchards plus there is a picnic lunch at the end of the day at Kingsbury Orchard, 19415 Peach Tree Road, Dickerson. Live music will be provided by Justin Trawick and the Common Good.

The Alliance has also planned for riders who want to take home some of the local produce by offering a transport service from each stop

to the car park at the golf course. “That way [riders] not only get to see the scenery but can go home with apples, meat or wine,” Taylor said.

Taylor said one purpose of the ride is to get people to connect with the Ag. Reserve.

“Many riders come out to the area anyway,” she said. “This is a way for them to connect with it.”

Registration is open until Friday, Oct. 6 at [mocoalliance.org](http://mocoalliance.org). Cost is \$60 for members of the Alliance, \$80 for nonmembers. Price includes the picnic — from noon to 4 p.m. — rest stops with snacks and support along the way.

All proceeds benefit Montgomery Countryside Alliance whose mission is “to promote sound economic, land-use and transportation policies that preserve the natural environment, open spaces and rural lands in Montgomery County’s Agricultural Reserve for the benefit of all Washington Metropolitan area residents.”

For more information email [ellen@mocoalliance.org](mailto:ellen@mocoalliance.org).

PHOTO CONTRIBUTED

## Refugee’s Stories Highlight ‘Inspiration Day’

FROM PAGE 3

for Inspiration Day. The lunch included chicken shwarmas, fattoush salad and hummus and pita, made by Syrian Chef Majed.

Denise Schleckser, KindWorks’ board chair, said, “I was particularly moved by the joy in the lives of all of our speakers. After living through some of the most harrowing things that humans can experience, they found the capacity to be happy, to simply be alive and able to care for friends and family.”

KindWorks is a non-profit organization which offers a range of volunteer opportunities to make it easy for busy people to take part in community service. Their projects range from organizing dinners and yoga at a women’s shelter to cooking and serving breakfast at a men’s shelter. They mentor and play chess with inmates at our local jail, collect fruit and vegetables at farmer’s markets to donate to food banks and have many more projects. They now have a volunteer corps of more than 900 people. They will soon be accepting donations of household items or monetary donations to furnish the next refugee apartment. To learn more about KindWorks, go to [www.dokindworks.org](http://www.dokindworks.org).



Blanche Porway, Cong Tran (Thu Tran’s father), and Thu Tran

In keeping with its mission, KindWorks will hold a Refugee Job Fair on Sunday, Nov. 12 from 1-3 p.m. at the River Falls Clubhouse. The event will connect refugees in need of jobs with business owners, community members and others who may know of jobs in catering or restaurants, gardening and landscaping, tailoring, house-keeping, babysitting or of other employment opportunities. All the refugees have work visas. While KindWorks holds the job fair inside the River Falls Clubhouse,

Ali’s son will be hosting a soccer game and picnic for refugee children through an initiative that he started called OnSide. Zayd Ali said, “OnSide is a way to use the universal love of soccer to bring kids of different countries and backgrounds together to get to know one another.” He will also collect soccer balls and other gear to share with the refugee children. Donate soccer balls and other gear by emailing [zali20@sidwell.edu](mailto:zali20@sidwell.edu). To learn more about his project, go to [www.onside.world](http://www.onside.world).



Noobtsaa Philip Vang

Deb Lang, executive director of KindWorks, expressed the effect Inspiration Day had on her: “These amazing speakers have inspired me to work harder and with renewed compassion as I interact with people who are in our county’s shelters and correctional facilities, because they too have had their dreams and life plans halted. But I want them to see that it can be a temporary halt and that there will be a brighter future. As one of our speakers said, ‘we must never give up on our dreams.’”

## POTOMAC ALMANAC

[www.PotomacAlmanac.com](http://www.PotomacAlmanac.com)

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# Profits for Hurricane Victims

A “thank you” from young entrepreneur.

BY SUSAN BELFORD  
THE ALMANAC

**N**ine-year-old Ethan Schnall is already an entrepreneur who wants to put his profits towards a good cause. The Potomac Elementary fourth grader launched his first lemonade stand business on Sunday, Sept. 24 at the Heritage Farms Park in Potomac. After weeks of watching news reports of Hurricanes Harvey, Jose and Maria and talking with his parents and brother Noah about the devastating effects of losing one’s home and everything they had, he decided he would donate the profits of his first business venture to the Hurricane Victims’ Fund at his synagogue, Har Shalom.



**Ethan Schnall sold out of his lemonade on Sept. 24, collecting \$50 in two hours for hurricane victims.**

He and his mom Barrie had created their own lemonade recipe a long time ago – squeezing fresh lemons and adding sugar water. Ethan had come up with the idea for the secret ingredient that makes it so tasty — “freeze the lemonade into ice cubes and then add water to prevent the usual melt-down of the beverage into a diluted, terrible-tasting drink,” he said. They made the lemonade the night before, squeezing the lemons and creating the thirst-quenching beverage. On Saturday morning, Ethan set up shop and began selling at the park right

across the street from their Potomac home. Many teams play lacrosse there on the weekends.

Ethan is the son of Barrie and Michael Schnall. The family was shocked that he sold out of lemonade and he had to return home to get more. But Ethan was more than surprised — and elated when he collected \$50 within two hours. “One man even gave me \$10 for two 50-cent glasses of lemonade,” he said.

He wanted to thank everyone who pur-

SEE FOR HURRICANE, PAGE 11

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Food Pictures.** Through Oct. 22 at Photoworks, 7300 MacArthur Boulevard. Foodies: A Juried Photography Exhibition. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Pups on the Patio.** 4-7 p.m. every Thursday at Silver, 7150 Woodmont Ave., Bethesda. Guests can enjoy drinks, appetizers and dinner with their pets outside on Silver's patio. Visit [www.eatatsilver.com](http://www.eatatsilver.com).

**2017 Canal Boat Excursions.** At Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. April-October, Saturday and Sunday at 11 a.m., 1:30 p.m., and 3 p.m. To confirm the boat ride for your visit, call 301-767-3714 for details as special circumstances may affect this schedule. Prices: \$8 for adults (ages 16-61), \$6 for seniors (ages 62+), and \$5 for children (ages 4-15). Children aged three and under ride free. In addition to the boat fee, there is an entrance fee to the park of \$10 per single vehicle.

**Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. [www.pgip.org](http://www.pgip.org).

## THURSDAY/OCT. 5

**55+ Travel Fair.** 10 a.m.-2 p.m. at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. Exhibitors, informational presentations, raffle prizes, more. Call 240-777-4919.

## Florals & Fascinators Brunch.

11:30 a.m.-1:30 p.m. at The DC Design House, 9004 Congressional Court. Dress in the Sunday's best and dine on made to order waffles and omelets while listening to special guest. \$75. Email [lois.gaul@mokimedia.com](mailto:lois.gaul@mokimedia.com) or call 301-471-1772.

## FRIDAY/OCT. 6

**Artists Reception.** 6-9 p.m. at the New Masters Art Gallery, 12276 Wilkins Ave., Rockville. Jean Smith, Mimi Betz, Sandra Honda, and Kathleen Carroll will be on hand with their exhibit "Interlude." Visit [www.newmastersartgallery.com](http://www.newmastersartgallery.com).

## SATURDAY/OCT. 7

**Plum Gar Fest and Oktoberfest.** 10 a.m.-2 p.m. at the Plum Gar Community Recreation Center, 19561 Scenery Drive, Germantown. Moon bounce, food, music, college football, and corn hole tournament. Free. Call 240-777-4919.

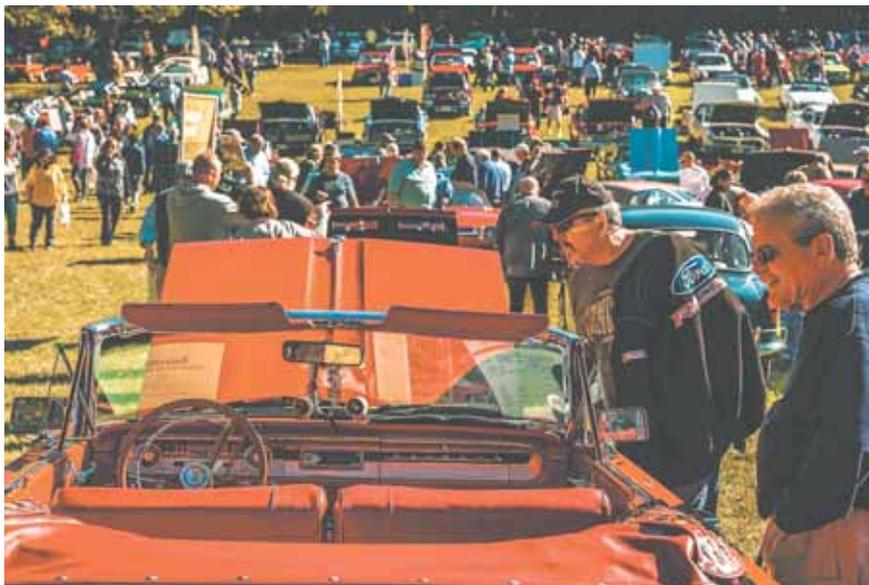
**Taste of Bethesda.** 11 a.m.-4 p.m. at Woodmont Triangle, Bethesda. Nearly 50 restaurants and five stages of entertainment to Bethesda's Woodmont Triangle. Call 301/215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

## SATURDAY/OCT. 8

**Ride for the Reserve Farm Bike Tour.** 8 a.m.-3 p.m. start at Poolesville Golf Course, 16601 West Willard Road, Poolesville. \$75. Visit [RidefortheReserve.org](http://RidefortheReserve.org).

## OCT. 9-27

**Walk & Ride Challenge.** Registration is now open for Bethesda



Transportation Solution's 2017 Walk & Ride Challenge to inspire businesses in downtown Bethesda and their employees to incorporate walking into their daily routine. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

## TUESDAY/OCT. 10

**Potomac Community Village Lunch.** Noon-1:30 p.m. at the Tally Ho Restaurant, 9923 Falls Road. Potomac Community Village hosts a luncheon open to all. Meet some Potomac neighbors, learn about PCV and aging in place. Attendees pay for their own lunch. Call 240-221-1370 or visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

## SATURDAY/OCT. 14

**Antique and Classic Car Show.** 11 a.m.-3:30 p.m. at Rockville Civic Center Park, 603 Edmonston Drive. Featuring more than 550 vehicles, a car-related flea market, a car sales area and a performance by The Hillbilly Gypsies. Rain date for this event is Saturday, Oct. 21. Call 240-314-5022.

## SUNDAY/OCT. 15

**Seth Glier in Concert.** 9 a.m.-3 p.m. at Focus Music at Tikvat Israel Congregation Synagogue, 2200 Baltimore Road, Rockville. Fall tour in support of his latest studio album, Birds. Visit [sethglier.com](http://sethglier.com).

**CREEKfest.** Noon-3 p.m. at the Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. Join the Friends of Cabin John Creek for a birds of prey show, live blues music, and kids' activities. Plus learn how to help the creek. Visit [cabinjohncreek.org](http://cabinjohncreek.org) or call 301-758-9874.

**World of Montgomery Festival.** noon-4 p.m. at Montgomery College Rockville campus, 51 Mannakee St., Rockville. International music, food, dance, culturally authentic arts demos, and hands-on activities. Visit [worldofmontgomery.com/](http://worldofmontgomery.com/).

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# ENTERTAINMENT

**Roosevelt.** 7-9 p.m. at the Potomac Community Center, 11315 Falls Road. Linda Kenyon performs in a one-woman show tracing the evolution of the former First Lady from a retiring young girl to a wise and purposeful world figure. Call 240-221-1370, email info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org.

**Paula Cole in Concert.** 7 p.m. at the AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Celebrating the release of her new CD "Ballads" and the 20th Anniversary of her landmark album "This Fire." Visit www.ampbystrathmore.com.

## FRIDAY/OCT. 20

**A Benefit for Homeless Animals.** 6-10 p.m. at The William F. Bolger Center, 9600 Newbridge Drive. Dogs in costumes, presented by MCPAW, the Montgomery County Partners for Animal Well-Being. Visit www.mcpaw.org/.

**Artists Reception.** 7 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Artists behind the "Sent & Received," exhibit which will feature artwork by service members, veterans and military caregivers that explores the tradition of care packages. The exhibit will also include Combat Paper, works made on paper made from military uniforms, which runs through Nov. 4. Visit www.bethesda.org/bethesda/gallery-b.

## SATURDAY/OCT. 22

**Royce Hanson Awards.** 3-5 p.m. at the BlackRock Center for the Performing Arts, 12901 Town Commons Drive, Germantown. For recognition of outstanding commitment toward the protection of Montgomery County's Agricultural Reserve. \$75. Visit www.blackrockcenter.org.

**Crab Feast Fundraiser.** 1-5 p.m. at the Hyatt Centric Arlington, 1325 Wilson Blvd. The Bethesda-Chevy Chase Rescue Squad Alumni Association is associated with the Bethesda-Chevy Chase Rescue Squad, a community-supported nonprofit organization that provides fire, rescue, and emergency medical services.

\$45 in advance, \$50 at the door. Call 301-442-4136 or visit www.bccrs.org.

## OCT. 28-29

**Student Art Exhibition.** Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Students of Gavin Glakas, an artist from Bethesda. Call 240-626-4981 or email alex.bartman@outlook.com.

## SUNDAY/OCT. 29

**National Philharmonic Chamber Concert.** 3 p.m. at the John Kendall Recital Hall, Takoma Park, 7711 Eastern Ave. Potter Violins performing the works of Hugo Wolf, Gabriela Lena Frank, Hamza El Din and Antonin Dvořák. \$20. Visit classicalmusicconcert.org.

**Haunted House.** 4-6 p.m. at the Clara Barton Community Center, 7425 MacArthur Blvd. Fortune tellers, zombies, games of nerve and steel. Visit www.FriendsCBCC.org or call 240-777-4910.

**Zoe Mulford in concert.** 7 p.m. at Focus Bethesda at Positano's Restaurant, 4948-4940 Fairmont Ave., Bethesda. \$15-18. Call www.focusmusic.org.

## MONDAY/OCT. 30

**Empty Bowls Soup Lunch Tour.** 11 a.m.-1:30 p.m. at Hyatt Regency Bethesda, One Bethesda Metro Center, Bethesda. At each lunch, about 300 guests will taste unlimited soups from local restaurants, and choose a handcrafted bowl to take home. \$35, benefit for the Capital Area Food Bank. Visit capitalareafoodbank.org/empty-bowls.

## NOV. 11-12

**Student Art Exhibition.** Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Students of Gonzalo Ruiz Navarro, a still-life artist from Spain. Call 240-626-4981 or email alex.bartman@outlook.com.

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## SENIOR LIVING

PHOTO COURTESY OF SHEILA MOLDOVER

Members of the Potomac Community Village participated in a walk on the C&O Canal earlier this year. Such walks are part of the programs offering social connections for members, including (from left) Barbara Kolb, Vic Cohen, Valen Brown, Don Moldover, Phyllis Weltz, Marla Cohen, Al Weltz, Barry Taylor, Sheila Moldover, and Sheila Taylor.



## Staying Socially Connected

Volunteering and maintaining familial relationships can help seniors stay plugged-in.

BY MARILYN CAMPBELL  
 THE ALMANAC

As Sheila and Don Moldover neared retirement, they began to think of ways that they could use their skills and talents to fill their time in a meaningful way.

“Like any other transition, you need to plan for retirement,” said Sheila Moldover.

The Moldovers decided to become involved with the national Village movement, a membership organization for senior citizens that links neighbors together to help one another remain in their homes as they age.

“Don [joined] the Washington Area Villages Exchange developing and evaluating software, using his skills and background as a software developer,” said Sheila Moldover. “And me as communications chair at Potomac Community Village (PCV), using my background as an editor and writer. Don also volunteers for PCV, helping members with their computer problems.”

Researchers in geriatrics have long believed that social connections, such as those that the Moldovers are maintaining, can enhance one’s mental and physical health. Factors such as the death of family and friends and retirement from jobs can reduce social connections significantly. However, researchers underscore the importance of maintaining such bonds. In fact, a researcher from Drexel University School of Public Health studied nearly 14,000 adults recently and found a link between positive social connections and seniors’ ability to maintain physical mobility longer than those without those connections.

“Supportive social connections enhance our thinking abilities, memories, and sense of purpose, and reduce loneliness and depression,” said psychologist Jerome Short, Ph.D., associate professor of psychology, George Mason University. “Others help motivate us to stay physically active, take care of ourselves, and increase the quality and length of our lives.”

Like the Moldovers’ experience, donating one’s time to charitable organizations and causes can offer seniors, particularly those who have retired, a renewed sense of purpose. “A really meaningful way to build connections for seniors ...

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## SENIOR LIVING

# After Retirement

FROM PAGE 8

is to volunteer,” said Amy Best, professor and chair, Department of Sociology and Anthropology at George Mason University. “This is a terrific support for the community and is full of personal and social reward.”

One source for volunteer opportunities that Best recommends is the Corporation for National Community Service, the federal office that coordinates and supports community service. “[They] run an effective seniors program with a range of volunteer programs that support the community.”

Relationships with spouses, children, grandchildren and other family members are important sources of social connectivity advises, Short, who suggests building, maintaining and repairing those bonds. “Some effective ways to build relationships are to celebrate family members’ and friends’ birthdays, anniversaries, and other social events. Helping others in the community brings new social connections, apprecia-

tion from others, and adds meaning to our lives.”

Dreaming about retiring to a warm climate, vacation home or another locale might be common pre-retirement sentiment, Best warns against leaving behind a familiar environment and existing social connections. “There is a trend for seniors to age in place rather than retire to a new community,” said Best. “The benefit of doing so is they are able to draw upon established social connections. If you decide to move to a new community, it’s important to move early in retirement. It’s really difficult to lay down roots at 75. 65 is a lot easier.”

The Moldovers agree. “We know that many members of Potomac Community Village join because they want to support a good cause, but they renew because of the new social connections and new friends they’ve made,” said Sheila Moldover. “That’s one of the wonderful benefits of being part of a Village with a goal of enabling members to age in community, in the homes they love.”

### BULLETIN BOARD

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.

#### REBUILDING TOGETHER

**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. 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.

Lindley Terrace, Rockville. Montgomery County Councilmember Sidney Katz, who represents Council District 3 (which includes Gaithersburg, Rockville, Washington Grove, Leisure World and parts of Aspen Hill, Derwood, North Potomac and Potomac) will discuss are mental health court, the County’s senior property tax credit, supplemental funding for gang activity suppression, municipal stormwater payments and minimum wage. Residents will also have a chance to ask questions and bring up issues that are important to them. Contact Mary Gies at 240-777-7817 or at [mary.gies@montgomerycountymd.gov](mailto:mary.gies@montgomerycountymd.gov).

#### FRIDAY/OCT. 6

**Service Academy Application Deadline.** At 5 p.m. is deadline for student nominations for the

#### THURSDAY/OCT. 5

**Town Hall Meeting.** 7 p.m. at Lakewood Elementary School, 2534

SEE BULLETIN BOARD. PAGE 11

*Want to age-in-place in the home you love?*

#### Social Lunch

Tuesday, Oct. 10, 12 noon, Tally Ho Restaurant

a one-woman play: **A Life of My Own:**

**Meeting Eleanor Roosevelt**

Thursday, Oct. 19, 7 pm, Potomac Community Center

**Stop by our booth on Potomac Day!**

Saturday, Oct. 21, 10 - 2

Potomac Village, near Wells Fargo Bank

details at 240-221-1370

[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



**5** 13300 River Road — \$1,325,000

## August, 2017 Sales, \$1,230,000~\$1,390,000

IN AUGUST 2017, 60 POTOMAC HOMES SOLD  
BETWEEN \$3,750,000-\$541,000.

**1** 10904  
Piney Meetinghouse Road  
— \$1,390,000

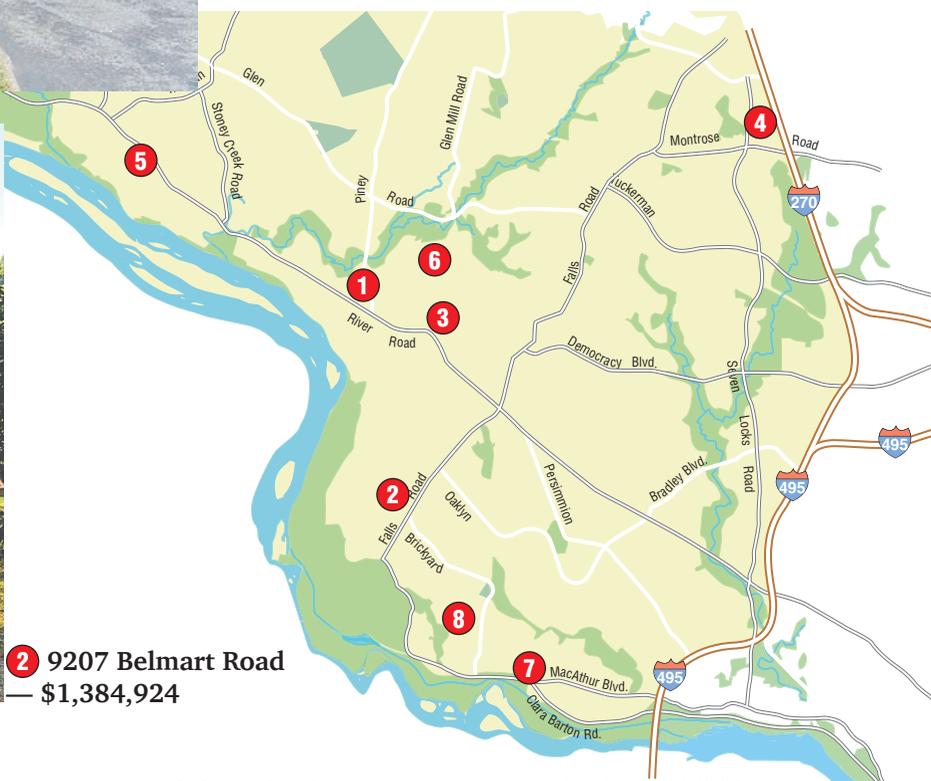
**4** 12527  
Linda View Lane  
— \$1,350,000



**6** 11005 Balantre Lane — \$1,287,500



**2** 9207 Belmont Road  
— \$1,384,924



**8** 7616 Hackamore Drive — \$1,230,000

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

<b>1</b>	10904 PINEY MEETINGHOUSE RD...	6.....8.....1	POTOMAC.....	\$1,390,000	Detached	2.00	20854	BELLESHIRE	08/25/17
<b>2</b>	9207 BELMART RD.....	7.....7.....0	POTOMAC.....	\$1,384,924	Detached	2.00	20854	GREAT FALLS ESTATES	08/02/17
<b>3</b>	10641 BARN WOOD LN.....	6.....5.....2	POTOMAC.....	\$1,360,000	Detached	2.03	20854	RIVER OAKS FARM	08/18/17
<b>4</b>	12527 LINDA VIEW LN.....	4.....3.....2	POTOMAC.....	\$1,350,000	Townhouse	0.04	20854	WHEEL OF FORTUNE	08/30/17
<b>5</b>	13300 RIVER RD.....	7.....6.....1	POTOMAC.....	\$1,325,000	Detached	3.37	20854	MERRY GO ROUND FARM	08/04/17
<b>6</b>	11005 BALANTRE LN.....	4.....4.....1	POTOMAC.....	\$1,287,500	Detached	2.05	20854	POTOMAC VIEW ESTS.	08/14/17
<b>7</b>	7000 LOCH EDIN CT.....	6.....4.....1	POTOMAC.....	\$1,270,000	Detached	2.33	20854	MAZZA WOODS	08/25/17
<b>8</b>	7616 HACKAMORE DR.....	6.....4.....1	POTOMAC.....	\$1,230,000	Detached	0.37	20854	RIVER FALLS	08/18/17

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# For Hurricane

FROM PAGE 5

chased lemonade from him; thus his mom contacted the Almanac to publish his letter. After his lemonade sale, he wrote the following letter:

*"To the people that donated money to support my lemonade stand to give money to the victims of the hurricanes. I am sure they will really appreciate that you cared to help and I do too. Even though I am only 9, I'm trying to make a difference in the world and you are helping me do it. Thank you very much! From: Ethan Schnall"*

This past weekend, Ethan once again set up his lemonade stand in the park and collected \$60 in two hours. Weather permitting, he will again set up his stand next weekend.

Ethan has constructed his business plan for his future enterprise. He will put one-third of his profits back into his business, keep one-third for himself and donate one-third. His message to other youths is: "Be generous. Think what it would be like to lose everything you have — and try to help the world."

NEWS BRIEF

## Church To Bless Animals

St James' Episcopal Church, 11815 Seven Locks Road, is hosting its annual St. Francis Day Blessing of the Animals on Saturday, Oct. 7, at 5:30 p.m. It includes a blanket/towel drive for local animal shelters.

The Blessing of the Animals Service commemorates the feast day of St. Francis of Assisi, the patron saint of animals, the environment, and religious cooperation. Members of the community may bring a variety of fauna — in addition to the usual dogs and cats. In the past, these have included lizards, birds, horses, fish, snakes, chickens, rabbits and guinea pigs to the front steps of the church (weather permitting) for a special blessing.

See [www.stjamespotomac.org](http://www.stjamespotomac.org).

BULLETIN BOARD

FROM PAGE 9

uniformed service academies from Sen. Chris Van Hollen at his Rockville office: 111 Rockville Pike, Suite 960. Visit [www.vanhollen.senate.gov](http://www.vanhollen.senate.gov) for more.

SATURDAY/OCT. 7

**Metro – Fund It/Fix It.** 9:30 a.m.-2 p.m. at National Rural Electric Cooperative Association, 4301 Wilson Blvd. The League of Women Voters of the National Capital Area (LWVNCA) and the Coalition for Smarter Growth (CSG) will hold a free forum for the public to learn about funding and fixing our Washington D.C. area Metro system. Event is free. Lunch will be available for purchase (\$10), but a request for lunch must be made at the time of registration. Register at [www.eventbrite.com](http://www.eventbrite.com) and search "Metro fund it."

TUESDAY/OCT. 10

**Advisory Committee Meeting for Seniors.** 11 a.m.-noon at the North Potomac Senior Center, 13860 Travilah Road, Rockville. This meeting is for community members interested in shaping the programming of the North Potomac 55+ Center. Call 240-773-4805 for more.

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Alan Amrhine, Communications Director  
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## A Question Which Begs What Answer



By KENNETH B. LOURIE

Twice recently, in print, I have been asked the same question. Once on an evaluation of a previous doctor appointment, and within the last week, on a pre-registration form for an oral surgeon.

The question: "How is your health?" "Excellent." "Good." "Fair." "Poor." The two times I saw this question, I snickered. I mean, I have cancer: Stage IV, non-small cell lung cancer in fact, the terminal kind.

And even though I've lived way beyond my original "13 month to two-year" prognosis, (eight and a half years and counting, always counting), I'm still undergoing treatment. I see my oncologist every three months. I'm not in remission. My tumors, so far as I've been told, are not necrotic (dead). I'm still scheduling CT Scans, brain MRIs and PET Scans quarterly, semi-annually and yearly, respectively. And while amazingly thrilled to be still alive, my fate turns on the results of any one of these diagnostic scans so I wonder aloud: how is my health?

In the two most recent opportunities (I've had others) to answer this question, I have erred on the side of reality (my reality) and answered "Poor." Whether I'm up and about or down and out, cancer is sort of the definition of 'poor,' isn't it? Let's be honest: who wants to receive a diagnosis of cancer, regardless of type and/or stage. Moreover, it's hardly the gift that keeps on giving. Quite the opposite. It's like the houseguest who never leaves. It's always there and the more it's around, the worse it's likely to get.

As much as one tries, a cancer diagnosis is hard to forget. Whether you're still undergoing treatment as I am, or have been told you're cancer-free/in remission/N.E.D. (no evidence of disease), the prospect of a life unaltered by the experience is unrealistic, especially so when questions are asked pertaining to your health. It's not as if you become stigmatized by your cancer diagnosis and/or medical history, but you do become a lifetime member of a club you'd rather not have joined (the more serious and exact opposite of a feeling expressed by Groucho Marx when he so famously joked that he wouldn't want to belong to a club that would have him as a member). If only it were that simple – and funny.

A straight forward question about one's health which requires a thoughtful and honest answer. Yet, an answer which somehow must, in my opinion, educate the asker. I'm not a normal respondent (no comments from the peanut gallery). I'm a cancer patient/survivor. Presumably, my immune system is somewhat compromised. What's good for the goose is probably not good for this gander. My life expectancy is all fouled up. Cancer is likely in control.

As much as I want to delude myself otherwise, the writing, if not necessarily on the walls, is certainly in multiple books and journals. And not that there aren't exceptions to every rule (my survival is proof of that), generally speaking, a cancer diagnosis "spells trouble with a capital 'T,'" if I may invoke the late actor, Robert Preston, from his career-defining role as Harold Hill in the 1962 movie, "The Music Man." Still, life is going on, and not too badly, I may add. But on any given day ...

I suppose the solution then is an asterisk. But how does one add an asterisk to a standardized form. And given the evolving nature of our almost-entirely inhumane (non-human) electronic contact, where does one go/what does one say, to separate and be heard. I want to be treated equally, but as a cancer patient, I'm not. I'm different. If there's a box for that, I'll gladly check it. I want the best outcome, naturally. But not giving me the opportunity to properly define myself/my circumstances doesn't help either one of us. And does even less for the next respondent.

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



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