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# Potomac ALMANAC



## Hot Sun, Cool Cars

NEWS, PAGE 3

Local Paddlers Host  
Annual Great Falls Race

NEWS, PAGE 4

Muslim Foundation  
Helps the Needy

NEWS, PAGE 8

Mia Aviles powers through the Park  
Potomac Ice Cream Social and Car  
Show on Saturday, Aug. 25.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC REAL ESTATE, PAGE 2 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 7

AUGUST 29-SEPTEMBER 4, 2018

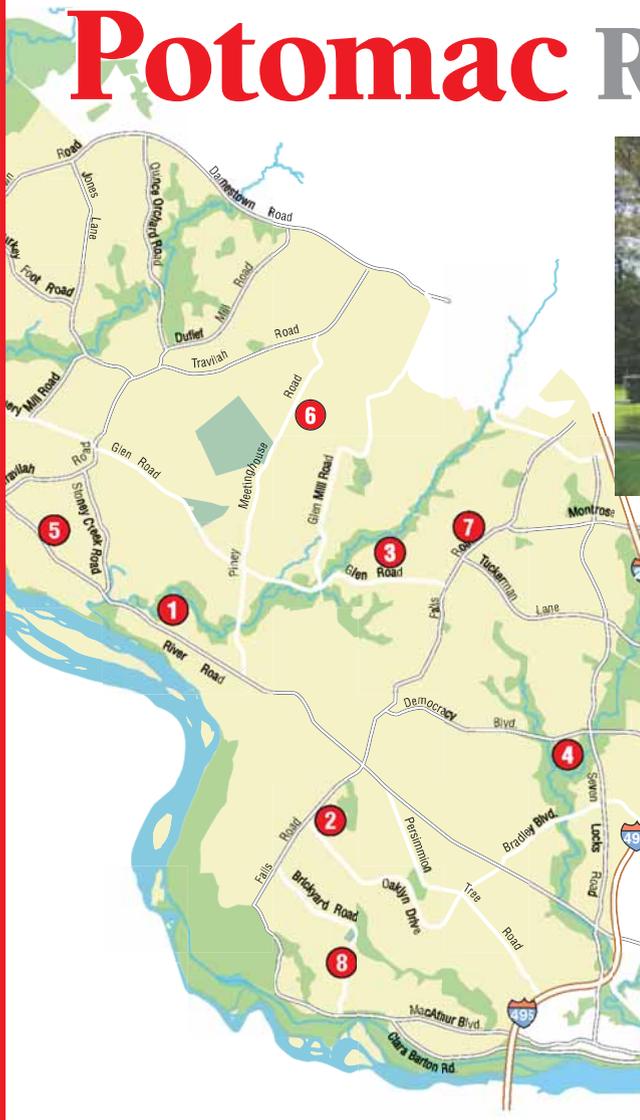
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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## June, 2018 Sales, \$1,000,000~\$1,175,000

IN JUNE 2018, 74 POTOMAC HOMES SOLD  
BETWEEN \$2,160,000-\$525,000.



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**3 9821 Brookford Road  
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**2 10421 Logan Drive  
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**4 8220 Gainsborough Court  
— \$1,100,000**



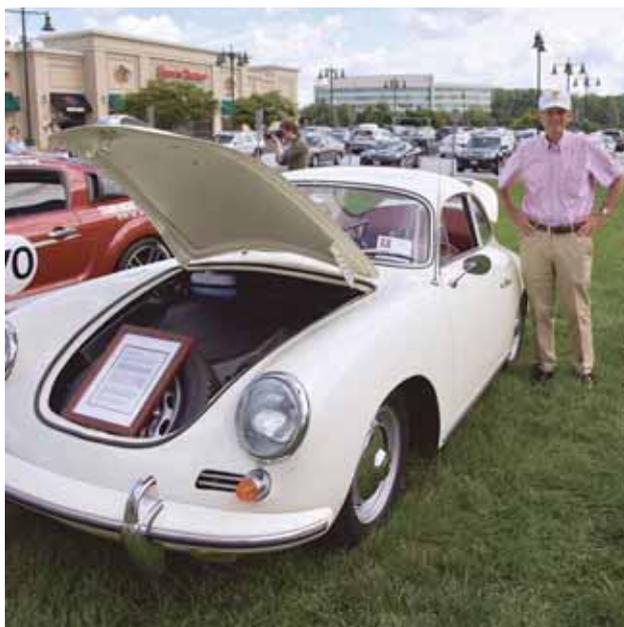
**8 7704 Brickyard Road — \$1,000,000**

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 11413 SPUR WHEEL LN	6	..	4	1	POTOMAC	\$1,175,000	Detached	2.01	20854	SADDLE RIDGE	06/28/18
2 10421 LOGAN DR	5	..	3	2	POTOMAC	\$1,150,000	Detached	0.57	20854	HERITAGE FARM	06/06/18
3 9821 BROOKFORD RD	4	..	4	1	POTOMAC	\$1,111,000	Detached	0.37	20854	GLEN OAKS	06/29/18
4 8220 GAINSBOROUGH CT	5	..	3	1	POTOMAC	\$1,100,000	Detached	0.44	20854	EAST GATE OF POTOMAC	06/15/18
5 12108 DREWS CT	4	..	3	1	POTOMAC	\$1,050,000	Detached	2.00	20854	BEALLMOUNT	06/08/18
6 1 MAPLECREST CT	5	..	4	1	POTOMAC	\$1,040,000	Detached	0.33	20854	PINEY GLEN VILLAGE	06/28/18
7 12213 GROVE PARK CT	5	..	3	1	POTOMAC	\$1,020,000	Detached	0.32	20854	FALLSBERRY	06/01/18
8 7704 BRICKYARD RD	4	..	3	1	POTOMAC	\$1,000,000	Detached	0.36	20854	RIVER FALLS	06/15/18

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**Hon, Ronan, Darien, and Alana Chan at Park Potomac Ice Cream Social and Car Show on Saturday, Aug. 25.**



**Jim Hobbins with his 1963 Porsche 356B Super Coupe, European version.**



**Owen, Amanda, and Chris Kolling admire the cars on display.**

## Summer Fun

**Park Potomac Ice Cream Social and Car Show on Saturday, Aug. 25, included a variety of family activities. The not for profit fundraiser supported Montgomery County School Kids In Need.**

PHOTOS BY DEBORAH STEVENS/  
THE ALMANAC



# Democratic Congressional Candidate Being Treated for Cancer

**Trone “may miss a few days” of the campaign.**

BY PEGGY MCEWAN  
THE ALMANAC

**D**avid Trone, Potomac resident and Democratic candidate for Maryland’s Sixth Congressional District seat, issued a statement Monday, Aug. 27, sharing news that he had been diagnosed with a cancerous tumor and is undergoing treatment.

In his statement Trone wrote: “I want the 760,000 residents of the Sixth District and my 7,000 teammates in the Total Wine family to know that I am being treated for a localized cancer. An abnormal lab result at the time of my annual physical exam led doctors to conduct additional tests. On Monday, June 25, it was confirmed that I had a tumor in my urinary tract. Since then, I have undergone chemotherapy treatment at Johns Hopkins in Baltimore, a treatment that has led to a substantial reduction in the size of the tumor.

The next step in the recommended course

of treatment is to remove the kidney on that side of my urinary tract. The treatment team members believe my prognosis is positive. They say I may miss a few days of the campaign immediately after the surgery, but nothing will interfere with my being fully engaged as a candidate and as a member of Congress after the recovery.”

A spokesperson for Trone said that surgery is expected to be scheduled for mid-September.

“I am confident I will make a full recovery,” Trone wrote.

“I could not have faced this challenge without unwavering love and unconditional support from June. If anyone is a hero in this, it is June. She has been a rock, just as she has been in over 30 years of our marriage. Our four children have responded as every parent would want: with love, support, encouragement, and good humor since the diagnosis.”

Trone added a further explanation of his medical condition from Dr. Phillip



**David Trone**

Pierorazio of the Brady Urological Institute and Department of Urology at Johns Hopkins, and the Johns Hopkins Kimmel Cancer Center. In that, Pierorazio said, “David’s prognosis is excellent. He is being treated for a localized cancer of the genitourinary system with chemotherapy and planned surgery. The cancer is localized, and the treatment has been aggressive. The chemotherapy has reduced the size of the tumor, and we foresee no complications from the upcoming surgery to remove the kidney. His underlying health is strong, and he has fully complied with every recommendation of his treatment team. We expect David to fully recover, to return as an active candidate, and, if elected, to carry out all of the duties of a member of the House of Representatives.”

Trone campaign manager Jerid Kurtz said, “David has been fully engaged in all aspects of the campaign during the chemo-

therapy treatment.”

U.S. Rep. John Delaney, U.S. Sen. Ben Cardin, U.S. Sen. Chris Van Hollen, Representatives Anthony Brown, Dutch Ruppersberger and Jamie Raskin as well as Montgomery County Executive Isiah Leggett and Maryland Democratic Party Chair Kathleen Matthews all extended good wishes to Trone and his family.

“This is what I know,” wrote Van Hollen. “David will emerge from this stronger than ever, ready and able to take his message of civility, compassion, and competence to every corner of the Sixth District, and to provide extraordinary public service as a member of the House of Representatives for the foreseeable future.”

Leggett shared his support: “David has been a good friend to Montgomery County, beating every challenge he’s faced to build a successful business that supports countless Marylanders. He will overcome this latest obstacle, and he will go on to serve as an outstanding advocate for all of us in Congress. I’m proud to support David — and I know Montgomery County stands with him, June and their kids.”

# A More Challenging Course

Local paddlers host annual Great Falls Race and Potomac River Festival.

BY PEGGY MCEWAN  
THE ALMANAC

**H**igher than usual water on the Potomac River Saturday, Aug. 25, meant fewer paddlers entered the 30<sup>th</sup> annual Great Falls Race but that did not dampen the enthusiasm for the morning event or the afternoon Potomac River Festival.

"Thirty-one boaters signed up but not everyone raced," said Geoff Calhoun, vice president of the Great Falls Foundation, which organized and sponsored the race and festival. "The water level challenged [many people's] comfort level."

Jacob Siegel, 21, of Bethesda, said Great Falls was the first Class 5 water he ever ran. He was one of the 10 finalists in Saturday's race, which was held on a shorter and "easier" section of the Falls called the Fish Ladder.

"It was fun," Siegel said. "I had an awesome time."

The Great Falls Foundation was formed in 2016 to sponsor the race and other river related activities.

"Up until that point, the Great Falls of the Potomac Race and Festival was organized 'ad hoc,'" said Chuck Thornton, president of the Foundation. "Sometimes it was organized [well], sometimes not."

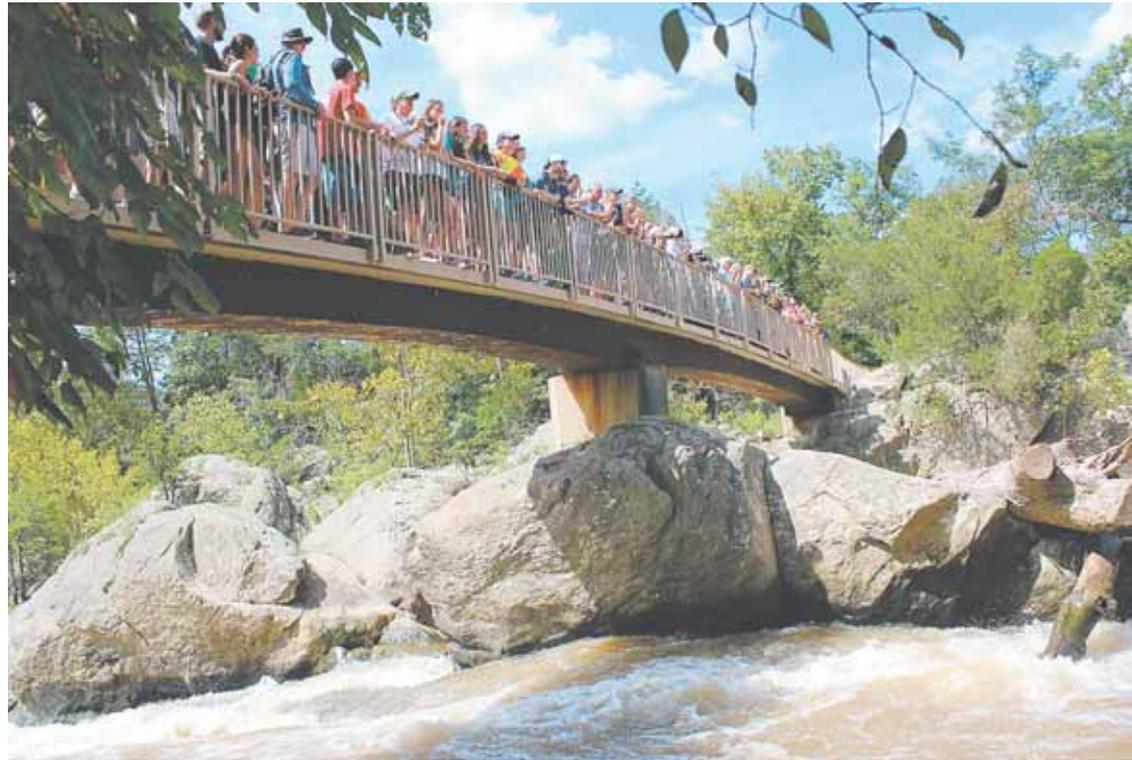
The foundation also gets National Park permits, organizes sponsors for the event and is able to provide insurance for participants.

"The first year there were some growing pains but since then it worked really well," Thornton said. "We have a good relationship with the Park Service and a good relationship with ACA [American Canoe Association]. Most importantly we had a solid team of volunteers in place."

After the race, the festival took place at Rockwood Manor on MacArthur Boulevard.

The beautiful weather meant guests could be outside for the late afternoon dinner, social time and awards ceremony. It was a family friendly festival, with children and dogs welcome to wander about and play on the grounds while adults browsed the paddling equipment sponsor tents and those of local paddling schools and organizations.

A big hit with the children was the bubble machine, blowing small bubbles for them, and some



Spectators on the bridge going out towards the falls watch as racers come by.



Children play in a wonderland of bubbles at the Potomac River Festival at Rockwood Manor on Saturday, Aug. 25.

adults, to walk through and try to catch or pop. There were also balls to kick around and a live bluegrass band to enjoy.

Most of the talk though was about the race.

Winner of the open boat category, meaning racers could use whatever boat they wanted, was

Tad Dennis of Nantahala, N.C.

"I thought the higher water definitely made it more challenging, I like that," Dennis said. "I do all the big races [across the country] every year but this was the most interesting, the big water made it more pushy — it pushes the boat around."



Pat Keller, Tad Dennis and Nejc Poberaj, from left, winners of the open boat class, Great Falls Race, are honored at the Potomac River Festival Saturday. The race was held earlier that day.

Second place in the open boat category went to Pat Keller, of Asheville, N.C. who came up for the race. "It's one of my favorite races, its challenging," Keller said.

Neje Poberaj, of Bethesda, took third place.

SEE RACE, PAGE 7

## POTOMAC ALMANAC

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

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## LETTER



PHOTO CONTRIBUTED

**Katie Fairhurst of Potomac surrounded by children during her trip in Kenya.**

## How To Help People

To the Editor:

Hello! My name is Katie Fairhurst and I am currently an undergraduate student at the University of Pittsburgh, where I am studying molecular biology and music performance. My goal is to become a physician-scientist who balances a research career in the United States and a clinical career overseas. My interest in medicine is deep-rooted and dates back to when I was a young girl, when I would perform “surgery” on a plastic skeleton I got for Christmas and read about how my freckles came to be. My father was a huge inspiration for me, as he traveled to Mali, Ghana, Cambodia, and Thailand as a malaria researcher.

Growing up, I knew medicine was for me, and last December, I began planning a trip to Africa to see an angle of medicine that couldn't really be captured here in the United States.

This summer, through an organization called International Medical Aid,<sup>1</sup> I had the opportunity to work alongside physicians and nurses in Coast Provincial General Hospital (CPGH) in Mombasa, Kenya, for six weeks. CPGH is the second largest public hospital in Kenya and serves its entire coastal region, where 6 million people live.<sup>2</sup> The hospital is a 700-bed facility with an Intensive Care Unit, Main and Minor Operating Rooms, and a Maternity Operating Room used primarily for Cesarean sections. CPGH is known as a very challenging setting to work in, due to lack of resources, facilities, and money. The hospital often faces

water and electricity shortages as well. CPGH is an overcrowded yet under-resourced hospital that does not have the infrastructure and services that United States hospitals have.

In the months leading up to my trip, I started a website and platform called “The Jasmine Project,” where I am working to bring awareness to equatorial diseases to not only help improve healthcare systems in countries like Kenya, but to inspire others to do the same. As part of my first initiative for The Jasmine Project, I launched a fundraiser for CPGH, where I sold biscotti and small plants at the Potomac Village Farmer's Market. We raised a total of \$500, thanks to the tremendous help and support of friends, family, and my local community. During my last week at CPGH, I sat down with the chief of administration as well as the heads of the Accident & Emergency and Oncology departments to discuss what their wards needed the most. On Aug. 9, I used the money I raised to buy a new wheelchair, new IV stands, gun thermometers, electronic blood pressure monitors, and a pediatric pulse oximeter.

During this internship, I spent most of my time in the Pediatrics, Accident and Emergency, and Oncology wards of the hospital, but our group also traveled to local primary and secondary schools in Mombasa's villages to conduct hygiene and medical clinics. Here,

SEE LETTERS, PAGE 7

## Correction

In “Unusual Election Year Here” [Potomac Almanac Newcomers Guide, Aug. 22], Sara Love is incorrectly listed as a District 16 delegate incumbent. Bill Frick, one of the three members of the Mary-

land House of Delegates from District 16, did not seek re-election. In the race are Democrat incumbents Ariana Kelly and Marc Korman, Democrat Love, and Republican Bill Day.

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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**

**Mule-Drawn Canal Boat Rides, Great Falls Tavern.** Through August, Call the C&O Canal National Historical Park at Great Falls visitor center, 301-767-3714 or visit [www.nps.gov](http://www.nps.gov).

**6th Annual Juried Show for Young Photographers.** Through Sept. 2, Saturdays, 1-4 p.m.; Sunday-Monday, 1-8 p.m. at Photoworks in Glen Echo Park, 7300 MacArthur Blvd, Glen Echo. Photoworks presents the annual juried Youth Photography Competition, "Listen Up!" A selection of work has been collected from budding youth photographers for this year's exhibit. First place, second place and third place winners will be announced at the Awards Ceremony and Reception on Monday, Sept. 3, 4-6 p.m. Visit [glenechophotoworks.org/](http://glenechophotoworks.org/) for more.

**WEDNESDAY/AUG. 29**

**Libraries Rock with Groovy Nate.** 10-11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Groovy Nate blends music, puppet skits, movement, and comedy into one groovy experience. Children will sing, play instruments and games, engage in creative play, and move to original and traditional music during this high energy and interactive show. Free. Call 240-777-0690.

**THURSDAY/AUG. 30**

**Ice Cream Social.** 2:30-4 p.m. Call for location. Enjoy ice cream with fellow members. Non-dairy treats will be available for those who don't or can't eat ice cream. For Potomac Community Village members only. Call 240-221-1370, email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) for more.

**SATURDAY/SEPT. 1**

**Paint the Town.** At Norfolk Avenue facade of the Triangle Towers Apartments, 4853 Cordell Ave., Bethesda. Bethesda Arts & Entertainment District is seeking proposals from mural artists who are 18 years of age or older and residents of Washington, D.C., Maryland or Virginia. Artists must have prior experience with the design and installation of large scale murals and are asked to submit a detailed, site-specific proposal for the Triangle Towers Mural. A \$50,000 stipend will be provided to the selected artist to pay for supplies and the artist's time. The deadline to apply is Sept. 1, 2018. The entire project must be completed by Nov. 1, 2018. Visit [www.bethesda.org](http://www.bethesda.org).

**SUNDAY/SEPT. 2**

**Waltz Dance.** 2:45-3:30 waltz workshop; 3:30-6 p.m. dance at the Bumper Car Pavillion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Devine Comedy with a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13. No partner required. 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).

**MONDAY/SEPT. 3**

**Awards Ceremony and Reception.** 4-6 p.m. at Photoworks in Glen Echo



**Khristenko**

**All-Chopin Concert**

Pianist Stanislav Khristenko will present an all-Chopin concert to open the 2018-19 Washington Conservatory Concert Series. Khristenko has won top prizes at some of the world's most prestigious piano competitions. Saturday, Sept. 8, 8 p.m. at Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. Free, with donations welcome at the door. Visit [www.westmorelanducc.org](http://www.westmorelanducc.org).

Park, 7300 MacArthur Blvd, Glen Echo. Photoworks presents the annual juried Youth Photography Competition, "Listen Up!" A selection of work has been collected from budding youth photographers for this year's exhibit. The exhibit runs Aug. 16-Sept. 2, Saturdays, 1-4 p.m.; Sunday-Monday, 1-8 p.m. Visit [glenechophotoworks.org/](http://glenechophotoworks.org/) for more.

**TUESDAY/SEPT. 4**

**Read to a Dog.** 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Every first and third Tuesday of the month, school-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private sessions with a certified therapy dog. First-come, first-served. No registration required; no younger siblings. Free. Call 240-777-0694.

**FRIDAY/SEPT. 7**

**Opening Reception.** 6-9 p.m. at Artists & Makers Studios 1, 11810 Parklawn Drive, Suite 210, Rockville and Artists & Makers Studios 2, 12276/12280 Wilkins Ave., Rockville. Artists & Makers Studios are featuring three lush exhibits at two locations with a three-gallery retrospective exhibition that spans a lifetime of glass artist Nancy Weisser's art making, a solo exhibit for Spencer Dormitzer, and a group exhibit of the lavender fields of Provence with Glen Kessler's Compass Atelier in the galleries. Visit [artistsandmakersstudios.com](http://artistsandmakersstudios.com).

**SEPT. 7-SEPT. 26**

**Art Exhibits.** Tuesday-Saturday, 10 a.m.-4 p.m. at Artists & Makers Studios 1, 11810 Parklawn Drive, Suite 210, Rockville and Artists & Makers Studios 2, 12276/12280 Wilkins Ave., Rockville. Artists & Makers Studios are featuring three lush exhibits at two locations with a three-gallery retrospective exhibition that spans a lifetime of glass artist Nancy Weisser's art making, a solo exhibit for Spencer Dormitzer, and a group exhibit of the lavender fields of Provence with Glen Kessler's Compass Atelier in the galleries. Visit [artistsandmakersstudios.com](http://artistsandmakersstudios.com).

**SATURDAY/SEPT. 8**

**Library Book Sale.** 10 a.m.-1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Monthly Potomac Friends of the Library Book Sale includes books, DVDs, and more for children, teens, and adults. All are welcome. Call 240-777-0690 or visit [www.folmc.org/potomac-chapter](http://www.folmc.org/potomac-chapter).

**Live Comedy.** 8 p.m. at Post 41 - Cissel-Saxon American Legion Post 41, 905 Sligo Ave., Silver Spring. A

line-up of all immigrant and 1st generation performers hits the stage with Comedy as a Second Language. This will be a night of comedy with Martin Amini, Jennifer Amo, Umar Khan and Sharon Kang. \$15 online, \$20 at the door (students tickets available). Tickets available at [www.eventbrite.com/e/comedy-as-a-second-language-tickets-48795087420](http://www.eventbrite.com/e/comedy-as-a-second-language-tickets-48795087420).

**All-Chopin Concert.** 8 p.m. at Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. Pianist Stanislav Khristenko will present an all-Chopin concert to open the 2018-19 Washington Conservatory Concert Series. Free, with donations welcome at the door. Visit [www.westmorelanducc.org/](http://www.westmorelanducc.org/) for more.

**FRIDAY/SEPT. 14**

**Paul Stanley Art Exhibition.** 6-9 p.m. at Westfield Montgomery Mall, 7101 Democracy Blvd., Bethesda. Wentworth Gallery presents a collection of works from legendary musician and fine artist Paul Stanley of KISS. All artwork is available for purchase. RSVP to 301-365-3270 or [montgomery@wentworthgallery.com](mailto:montgomery@wentworthgallery.com). Visit [www.wentworthgallery.com](http://www.wentworthgallery.com) for more.

**SEPT. 14-16**

**"The Last Five Years."** At Randolph Road Theatre, 4010 Randolph Road, Silver Spring. Produced by The Montgomery Playhouse and Theatre@CBT, this musical by Jason Robert Brown follows an interfaith couple through their five-year relationship, with them falling both in and out of love. Jamie Wellerstein, a rising novelist with strong Jewish roots, works to balance his suddenly successful career while embarking on a relationship with Cathy Hiatt, a struggling non-Jewish actress, who is left to deal with her stalled career while watching her husband from the sidelines. Visit [facebook.com/Theatre@CBT](http://facebook.com/Theatre@CBT) and [montgomeryplayhouse.org](http://montgomeryplayhouse.org).

**SATURDAY/SEPT. 15**

**Park After Dark.** 6-10 p.m. at Historic Great Falls Tavern, 1710 MacArthur Blvd., Potomac. Celebrate the C&O Canal at Park After Dark, the C&O Canal Trust's annual gala fundraiser, held under the stars at Historic Great Falls Tavern. This year, guests will enjoy great food, libations, a campfire, unique auction items, music and dancing with The 19th Street Band, and more. There will also be a paddle raise to raise money to help resurface the towpath. \$250 per person. All but \$50 of the ticket price is a tax deductible donation to the C&O Canal Trust. This event has sold out in previous years. Order tickets at [www.ParkAfterDark.org](http://www.ParkAfterDark.org).

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The race was held on the Fish Ladder, the drop closest to the Maryland side, because the river was so high.

# Local Paddlers Host Race

FROM PAGE 4

Anand Blum, 17, of Silver Spring, took first place in the under 17 class. He said he has been paddling for five years and first did the falls a year ago.

The high water and change from the falls to the Fish Ladder made it hard for him to prepare, he said. "On the Fish Ladder you are right in [the high water]. I wanted to be super focused," he said.

## LETTERS TO THE EDITOR

FROM PAGE 5

we taught children how to properly brush their teeth and wash their hands, took vital signs, and provided health checkups with doctors from the local hospital. I remember hopping out of the Toyota all-terrain vehicle and landing on the sun-cracked earth, where I saw small eyes peering between cracks in the fence and heard muffled giggling and whispering. "Mzunga! Mzunga!" they shouted in Swahili, their native tongue. "White person! White person!"

I have never seen children so excited about a medium firm toothbrush and a tube of Colgate toothpaste, but it was so heartwarming to see. The children loved my camera and were laughing as they pushed and shoved each other to get a moment in front of its lens to show off their silliest face. After putting the camera down, I played a game of tag with the kids before saying goodbye and watched them walk down the path with the biggest grins on their faces and lots of pep in their steps.

I think people often think of Africa as a dangerous land, filled with crime, disease, and poverty, but Africa is really an incredible place filled with spirit, diversity, and nature. I think we have a lot to learn from developing countries like Kenya, where public health facilities like CPGH operate under very difficult conditions and with severely limited resources to achieve a shocking number of successes each and every day. There is so little waste of supplies, and the doctors have amazing methods of caring for patients that don't require fancy equipment — a powerful asset.

When I think of medicine, I don't think of a field that is defined by state-of-the-art medical devices or breakthrough vaccine discoveries. I think of a field that is defined by the motivation to simply help people. I think CPGH genuinely reflects this foundation of medicine. Despite financial and material limitations, lives were still saved, and the people of Mombasa came together to take care of each other the best they could, because everyone understands the value of a life. I can't wait to go back next year and continue to experience a beautiful way of life that embraces harmony and diversity all at once.

I have updated my GoFundMe page; the link is: [www.gofundme.com/katieforkenya](http://www.gofundme.com/katieforkenya). All the money raised through my GoFundMe page will be donated in person at the hospital.

**Katie Fairhurst**  
Potomac

## Center Closing For Maintenance

The Potomac Community Center, 11315 Falls Road, will be closed for annual maintenance Sunday, Aug. 26 through Sunday, Sept. 9.

The center opens again at 9 a.m. Monday, Sept. 10. Regular hours are from 9 a.m. to 9 p.m. Monday through Thursday, and 9 a.m. to 5 p.m. Fridays, Saturdays, and Sundays.

For more information call 240-777-6960 or visit [activemontgomery.org](http://activemontgomery.org).

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## Present and Future Danger



By **KENNETH B. LOURIE**

Having recently been infused three weeks after my last treatment, no guarantee given certain lab results, I am now on track to have one more infusion before my Sept. 26 CT scan. The plan is, per my "Progressing But So Am I" column (8/15/18), to triple the amount of medicine I will have received before my next scan. This will compare quite favorably to the one infusion I received prior to my July 25 scan.

Moreover, as I've considered the previous quarter's infusion schedule trying to understand possible reasons for the 10-percent-ish tumor growth which occurred, I've come up with a hopefully plausible explanation. Other than that's what cancer so often does, that is.

As my previous years of scans continued to show "stable," my oncologist and I kept increasing the interval between infusions trying to strike a balance between treating the cause and me living with the effect. Over these years, we've gradually extended those infusion intervals from every three weeks, to every four, to five, to six and most recently to seven-week intervals, all the while maintaining my quarterly CT schedule.

Apparently, we've now struck out, so to speak and for the moment at least, we're in sort of a limbo. (Hopefully the bar isn't set so incredibly low that we can't slide under it.)

As for minimizing the growth, could the solution be as simple as more medicine?

As to what my oncologist thinks of this assessment, I've not mentioned to him as I've only recently theorized it (maybe he knew already and that's what contributed to his suggestion that we follow this course of treatment/action).

We did discuss changing medicines, but he was afraid of the side effects it might cause. We also discussed if he'd had other patients who had experienced tumor growth after a period of stability — like me, who after increasing the frequency of the previously stabilizing drug showed stable once again. He said he had — so, rather than presume all is lost, we've agreed to go forward into the great semi unknown. An "unknown" that will likely end in late September when my next scan's results will be reported.

Now that you know the foundation for this column, let me address the substance behind it. There is a scenario which worries me. It's premature I grant you, but it's difficult to play dumb all the time, especially when it involves cancer/your life.

Still, if I've learned anything from my oncologist, it is that discussing scenarios before the evidence is confirmed is a bit of a fool's errand, so waiting until the actual results are in is better. More accurate anyway.

Despite what I've been told, this patient might not be able to be so patient. Ergo: What if my late September scan shows growth — again? What if, even after tripling the amount of medicine I infuse, the tumors grow, maybe even grow more significantly than ever before?

I'd have to say that development would be a problem and a bit more disappointing than July's scan results. If that result in fact occurs, would that square me at a crossroads? I would think. Would that result obliterate the false sense of security I may have had? Hardly. Cancer patients don't have a sense of security, false or otherwise. We have a sense of inevitability.

Somehow, over the next month, I must find a path forward through this cycle of potentially impending gloom. Right now, nothing has happened. Right now, nothing has been determined. I don't feel any different than before and I don't believe I have any of the symptoms my oncologist has advised me about. I still have an appetite and I'm certainly not losing any weight.

I expect to have one more infusion before this next scan, and to feel the usual post-chemotherapy side effects that I do and then recover and feel as I do today: pretty well. One month, exactly, from the date I'm writing this column, to the date of my next scan and hopefully just a few days later for the results.

What worries me most is, sometimes the human body has a mind of its own, and despite the best of intentions and treatment, it is, to quote my late mother, "Enough already."

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

## NEWS

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PHOTOS BY PEGGY MCEWAN/THE ALMANAC  
**Azhar Alvi loads food boxes for clients at the Montgomery County Muslim Foundation Gaithersburg office Saturday, Aug. 25.**



**Potomac resident Tufail Ahmad is chairman of the board of the Montgomery County Muslim Foundation which has a monthly food distribution program. The foundation gives about 70 boxes per month to local residents in need.**

# Helping the Needy

Montgomery County Muslim Foundation provides monthly food distribution.

BY PEGGY MCEWAN  
THE ALMANAC

It started in 2002, just after 9/11, according to Tufail Ahmad, chairman of the board at the Montgomery County Muslim Foundation.

"After 9/11 we realized we were living here and not doing anything [for the community]," Ahmad said.

So, a group of local Muslims formed the Montgomery County Muslim Council to raise money and help community members in need.

The organization of about 500 people and the services they provided was remarkable and, County Executive Isiah Leggett, encouraged the group to form a foundation, Ahmad said.

The Montgomery County Muslim Foundation was founded in 2009. It's a 501c3 organization and can accept financial donations to make its work of giving back to the community possible.

And there is a lot of giving back.

Saturday, at MCMF headquarters in Gaithersburg, local families in need arrived to pick up food boxes and five pounds of beef and lamb in the monthly food distribution program. Almost 70 boxes were given out.

And it happens every month, though the meat is not usually part of the program. That is something the foundation adds once a year.

"We work with the Capital Area Food Bank," Ahmad said. "That is where we get the food."

Various county organizations provide them with

names of the people eligible for the food distribution program, he said.

MCMF also has a Refugee Aid program where they concentrate on providing cars to refugees who often have to travel far from their homes to work, and sometimes to more than one job.

"We have donated 28 cars/minivans to refugee families," Ahmad said. "We collected the money from among [our members], bought the cars at auction, fixed them up and gave them away."

All in two years, he said.

At Thanksgiving and Christmas MCMF's holiday gifts program distributes 120 to 150 food baskets. They have a clothing store at the Gaithersburg location where people in need can find good, used clothing and four times per year MCMF provides and serves a week of meals at a Women's Shelter in Rockville.

The smiles and comments of MCMF volunteers working Saturday prove that the group made a good decision 12 years ago when they got involved helping their community.

"I started realizing that I have enough income and food, and everyone does not have that," said Iman Brim, one of several teenagers filling food boxes Saturday.

Mostafa Elamin, 13 said that helping the poor is one of the five pillars of his Muslim religion. The five, he explained, are Shahada, faith; Salah, prayer, five times a day; Zakat, charity; Sawm, fasting and Hajj, the pilgrimage to Mecca.

"God has been very good to us are we are returning," Ahmad said.

### BULLETIN BOARD

#### THURSDAY/AUG. 30

**Ceremony of Remembrance.** 7 p.m. on Justice Plaza at the Montgomery County Circuit Court, 50 Maryland Ave., Rockville. The public is invited to attend a Ceremony of Remembrance to memorialize lives lost to drug addiction. The ceremony commemorates International Overdose Awareness Day, A resource fair featuring substance abuse prevention and treatment information will be held at 5:30 p.m.

Visit [www.Facebook.com/MocoSOUL](http://www.Facebook.com/MocoSOUL).

#### FRIDAY/AUG. 31

**Contest Entry Deadline.** The Maryland Department of Natural Resources is now accepting entries for its annual photo contest. Photographers – novice or professional – can enter online or by mail for the chance to win cash and other great prizes. Photographers may submit up to three entries for \$10 with additional entries (no limit)

at \$3 each Visit [dnr.maryland.gov/Pages/photocontest.aspx](http://dnr.maryland.gov/Pages/photocontest.aspx).

#### TUESDAY/SEPT. 4

**Grant Application Deadline.** Community organizations involved with food security issues are urged to apply for mini-grants ranging \$500-\$10,000 to improve capacity and infrastructure dedicated to increasing food security or to support inventive and collaborative approaches to reducing food insecurity. Visit [bit.ly/2mZl76e](http://bit.ly/2mZl76e). Call 240-777-3404.

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