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Potomac ALMANAC

FALL FUN
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Maria Lanas of
Potomac and reti-
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Nicole Stott
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Missile Control.

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Opens to Public Oct. 4

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Closes River,
Yields Lawsuit

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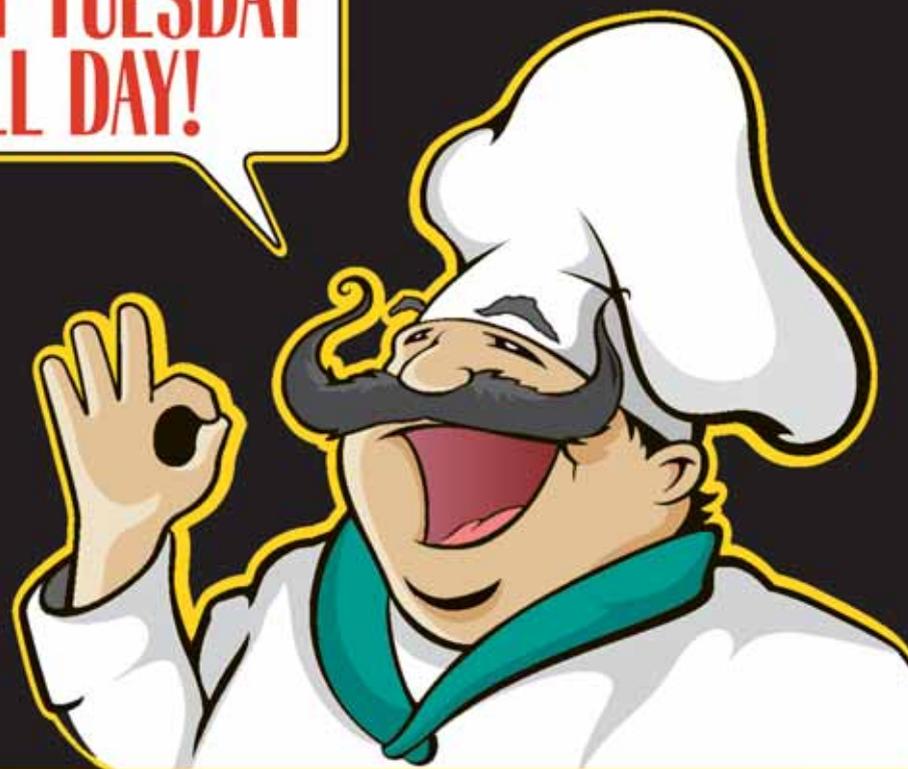
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Potomac Artist Connects with Artistic Astronaut

Working with children around the world.

By SUSAN BELFORD
THE ALMANAC

Retired astronaut Nicole Stott's small step from the moving sidewalk at Dulles Airport became a "giant leap" for more than 1,000 children from around the world whose artwork has now traveled all the way to the International Space Station (ISS).

As she exited the moving sidewalk, Stott was immediately struck by the magnificence of "One World" — an art installation consisting of photos and postcards from children around the world, which at the time was hanging in Concourse C at Dulles Airport.

"Projekt Postcard" and the "One World" exhibit is the brainstorm of Potomac artist Maria Lanas (Loli) whose commitment to establishing an international cultural art exchange between schoolchildren in the U.S., Bosnia, Croatia, Uganda, and Ecuador resulted in the eye-catching artwork.

"The project started as an exchange of art and communication for kids — a way for kids to learn about one another through art," Lanas said. "However, once the artistic postcards were exchanged, the teachers were able to implement the postcards and drawings into their instructional programs. The class studies about a small town in Ecuador, Uganda, Croatia or another country and then the kids learn personally from their new acquaintance what they eat, where they live, what they study in their schools and how their lives are uniquely different from their own. The kids also have a chance to meet one another and see each other's classrooms through a class Skype session."

Lanas emphasized that many of the children in the different countries have never



"Postcards to Space"

had a chance to learn art because it is not a valued part of their curriculum.

"Classroom teachers from other countries truly embraced the program and were blown away by how excited the kids were to express themselves through art," she said. "The program is so beneficial in so many ways — the cultural connection, the artistic expression and international connection that is formed through just one project. It's sort of like the pen pal program that many of us participated in as children."

"This art display stopped me in my tracks," said Stott. "I could not believe how the colors, designs and patterning were so much like the art we were seeing from the children in pediatric cancer centers around the world who were participating in our Spacesuit Art Project. I was struck with the sense of oneness — and realized that I needed to get in touch with Loli. I posted pictures of the Projekt Postcard artwork on my social media, and from there Loli and I connected and we immediately discovered that we are both artists with the same goal — to encourage children to experience the creative experiences of art and to give them an opportunity to connect with one another

through their art. I really felt like our meeting was simply divine providence."

Known as "The Artistic Astronaut," Stott is a veteran astronaut who painted the first watercolor in space. She has flown on two spaceflights and spent 104 days living and working in space on both the International Space Station (ISS) and the Space Shuttle. She is also a NASA Aquanaut who, in preparation for space flight and along with her NEEMO9 crew, lived and worked during an 18-day saturation mission, the longest to date on the Aquarius undersea habitat. Now retired from NASA, Stott "combines her artwork and spaceflight experience to inspire creative thinking about solutions to our planetary challenges, to raise awareness of the surprising interplay between science and art, and to promote the amazing work being done every day in space to improve life right here on Earth."

With these goals in mind, and as a way to continue the work that had begun through the Spacesuit Art Project, Stott created the "Space for Art Foundation." The Spacesuit Art Project began in partnership with artist Ian Cion and his Arts in Medi-



Maria Lanas and Nicole Stott receive an Honorary Membership Award by the Medical Chamber of the Tuzla Canton.

PHOTOS CONTRIBUTED

cine Program at the University of Texas MD Anderson Children's Cancer Hospital in Houston, Texas; ILC Dover, the contractor who makes NASA spacesuits; and the ISS Communications Team at the NASA Johnson Space Center.

Children undergoing pediatric cancer treatment created individual pieces of artwork that were then quilted together into spacesuits by the talented team at ILC Dover. What started with the children at one hospital in Houston, Texas, grew to something much bigger than that one hospital, with children from hospitals in five countries painting together with a message of hope, courage, and unity.

"The Space for Art Foundation is aimed at expanding the mission of the Spacesuit Art Project by developing, implementing and facilitating more space-inspired art therapy programs, exhibits, and research. At the center of it all is the demonstration of the healing power of art," said Stott. "These projects are inspired by the wonders of space exploration and provide children from all over the world with the opportunity

SEE 'POSTCARDS TO SPACE', PAGE 5



Shaukat Khanum Memorial Cancer Hospital and Research Center, Lahore, Pakistan.



Onkologije i Hematologije UKC, Tuzla, Bosnia and Herzegovina

Combining Art, Architecture and Landscape

Glenstone Museum opens to public Oct. 4.

BY PEGGY MCEWAN
THE ALMANAC

There are three good reasons to visit the new Glenstone Museum on Glen Road in Potomac: The art, the architecture and the landscape. The three elements were designed to create a “seamless experience,” according to Glenstone literature. And they do, making the choice of what to do, where to go, what to look at difficult. So, plan on more than one visit.

One more reason to visit, and there are several more before even writing about the paintings and sculpture, is the Water Court. The Pavilions at Glenstone, is a grouping of galleries — separate but connected — designed around an open water garden planted with water lilies, irises and rushes that shift with the wind and change with the time of day.

The museum, which will open to the public Oct. 4, though starkly modern, is a warm and welcoming place for visitors.

“We are hoping you will enjoy it and make it your place,” Emily Wei Rales, director and co-founder with husband Mitchell P. Rales of Glenstone, said at a press preview at the museum Friday, Sept. 21. “We will always be open for all, for free, this is something we are committed to.”

Visitors will come from both near and far to see Glenstone’s collection of modern and contemporary art. Among those at the Friday event were writers from across the United States and several from Europe.

Potomac will soon be known as the community that is home to Glenstone.

It is located on 230 acres at 12100 Glen Road, nestled along about half a mile of Glen Road, west of Piney Meetinghouse

SEE INSIDE GLENSTONE. PAGE 10

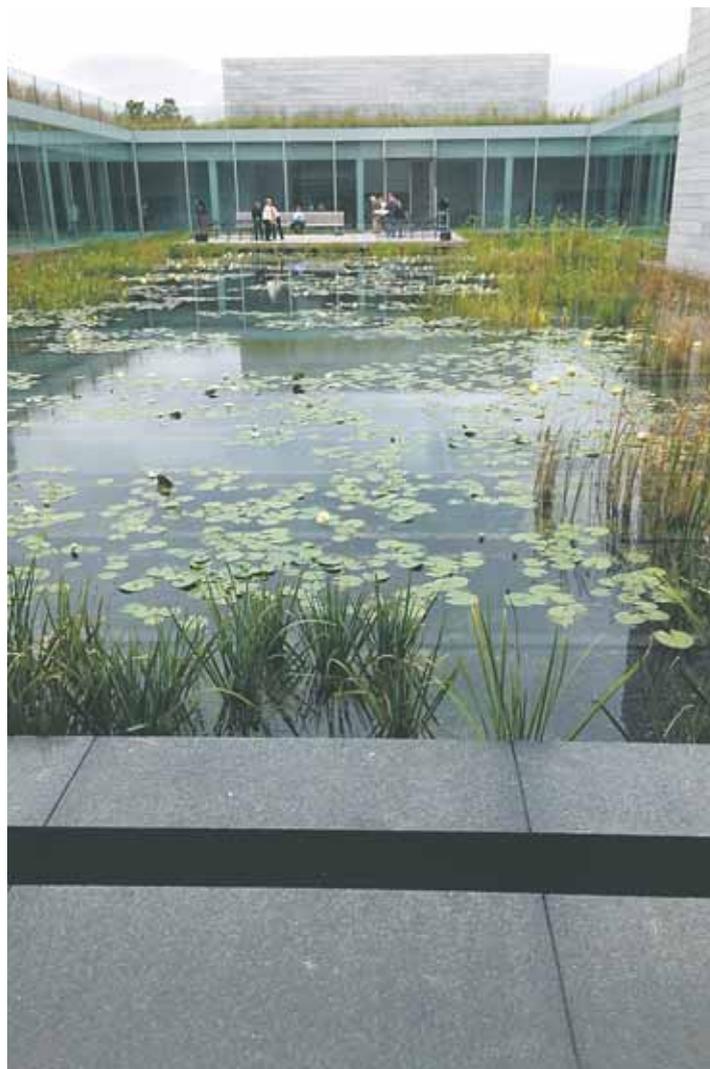


Mitchell Rales, co-founder with Emily Wei Rales of Glenstone Museum in Potomac, welcomes representatives of the press to a pre-opening tour of the museum Friday, Sept. 21.



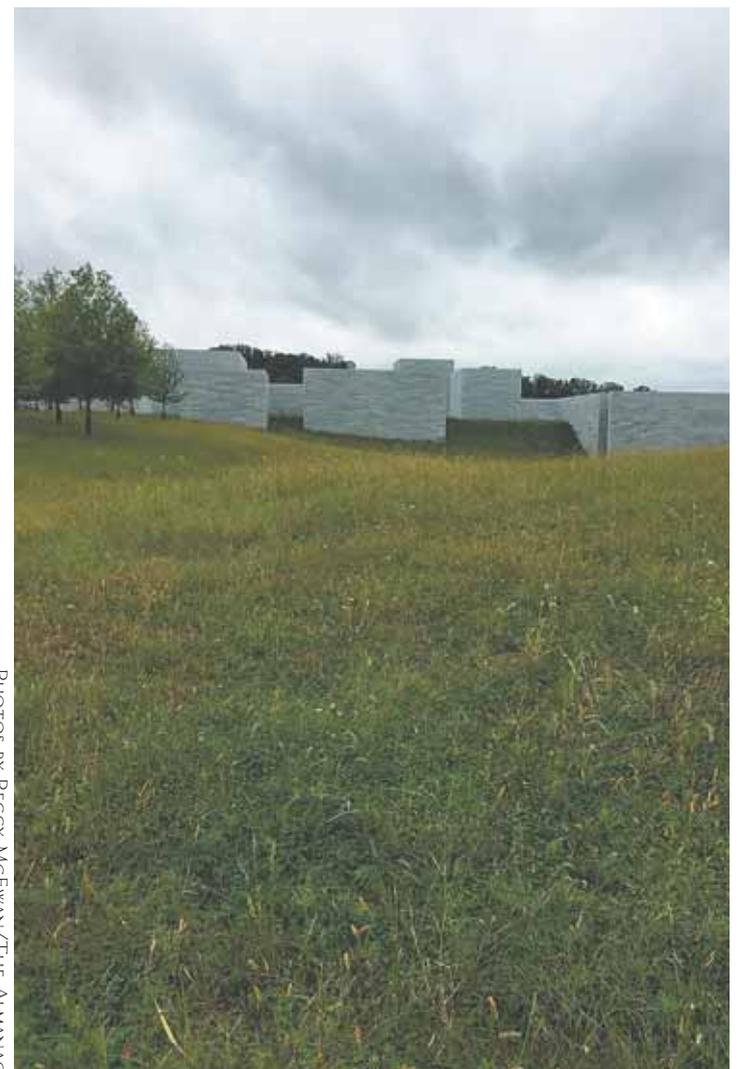
PHOTO BY IWAN BANN COURTESY OF GLENSTONE MUSEUM

The walk from the Arrival Hall to the Pavilions at Glenstone takes about six minutes along a winding path through woods and a field of wild flowers and grasses.



PHOTOS BY PEGGY MCEWAN/THE ALMANAC

View of the Water Court at the Pavilions, Glenstone Museum.



View of the Pavilions at Glenstone Museum from the path leading to the space.

'Postcards to Space'

FROM PAGE 3

nity to creatively imagine a positive and healthy future for themselves and all of the other children they share our beautiful planet with."

Together Stott and Lanas have initiated a project called "Postcards to Space." Children's art on postcards was collected and displayed in an electronic art piece that was projected inside the ISS. Lanas said, "This project involves over 1,000 kids from nine countries, 20 hospitals, and 10 schools from around the world. Our hope is that they will all have the opportunity of seeing their art — and hearing their stories being shown to the astronauts in the ISS."

Knowing that more than 1,000 postcards would be far too many to physically send to space, they decided that the artwork and stories behind it should be made into a video. Through Instagram, Lanas connected with A-BLOK Interactive Experiences, a company from Cologne, Germany (coincidentally the same city where the European Astronaut Training Center is located). A-BLOK volunteered their services to create a compiled electronic art piece from all of the children's artwork. Lanas also made the acquaintance of musician Alex Alvear, who has created the original soundtrack for the video. Both A-BLOK and Alex Alvear are now part of the "Postcards to Space" team. The video was delivered to the ISS for the crew to see and be filmed watching it, so the children will also be able to watch the reactions and enjoyment of the astronauts. Then each child will receive a copy of the video, for a memory of their artwork in space.

"A-BLOK completed the beautiful compilation of the video and we have received it back from ISS in time to release it as part of the UNICEF World Children's Day on Nov. 20, 2018. It's a very cool way to kick it off," said Lanas. "Leading up to the November release, we will start to post the children's art work through our social media — and to begin telling the children's 'Postcards to Space' story." Both Stott and Lanas are feeling overwhelmingly happy with the way everything has fallen into place. Stott said, "I feel like all the things I have done before through my NASA and spaceflight career are coming to fruition through the Space for Art Foundation and projects like Spacesuit Art and Postcards to Space. I've had incredible experiences in my life and I believe they have all put

me in a position to support these space-inspired art programs for kids. The children are a major source of inspiration for me, and it's so cool to see how much they appreciate the opportunity to participate in something that's bigger than just them. They're excited that something they've done might go to space, but I think they're more excited about meeting and being part of something with other kids from around the world. They were also able to look beyond the confines of the hospital room and their treatment or their classroom and start to talk about and focus on their futures. These art projects give all of them a voice."

Lanas said, "This has been such a cool project because we are opening up children's lives. They

"This project involves over 1,000 kids from nine countries, 20 hospitals, and 10 schools from around the world."

— Maria Lanas

learn they live on the huge planet where there are other kids — and that communication with other kids truly makes a difference. It's so important that they understand there is a big wide world out there for them to see and to learn about." Similar to the partnerships of the International Space Station program, the international relationships developed through the Space for Art projects have also resulted in many benefits being realized already — more funding for some of the participating pediatric hospitals, art programs added to elementary school curriculums and hospital therapy programs, children in hospitals and schools benefiting from intercultural programs — and more to come. To learn more or to donate to this program, which runs on "bare-bones" as both Stott and Lanas describe it, check it out and follow along with their journey at:

Website: www.spaceforartfoundation.org
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At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

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 Find one near you at alz.org/walk
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Pikefest 2017

5th Annual PIKEtoberfest

PIKEtoberfest offers entertainment for everyone – savor food from neighborhood restaurants, experience live music from AMP by Strathmore, enjoy craft brews, explore a hay maze, watch the construction of sand sculpture art at The Beach, play lawn games, participate in a cornhole tournament, shop sidewalk sales and more. Sunday, Oct. 7, noon-4 p.m. at North Bethesda's Pike & Rose. Free admission. Visit www.pikeandrose.com or facebook.com/pikeandrose. Alternative transportation is encouraged, Pike & Rose is one block from White Flint Metro Station.

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

Art Exhibit: "Abstract & The Figure." Gallery hours, through Oct. 31 at Framers' Choice Gallery, 402 Main St., Gaithersburg. Vian Borchert's collection consists of a melange of recent abstract paintings along with abstracted figurative artwork. Call 301-987-8711 or visit theframerschoicegallery.com.

Teen Writers' Club. Tuesdays through May 28, 6:30-8 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens (13-18) with a passion for writing are invited to join the Teen Writers' Club. Learn and practice new writing techniques, share your work, and learn how to critique other works with author Neal Gillen. Free. Email acsagillen@aol.com for more.

DANCING

Weekly International Folkdancing. Thursdays, 7:30-11 p.m. at Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Circle and line dances from Eastern Europe. Lesson at 7:30, followed by requests. Glen Echo Folkdancers welcome beginners of all ages; no partner needed. Wear comfortable shoes. \$7. Call 301-466-3018 or visit www.dancingplanetproductions.com.

Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. Visit www.dancesidra.org.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. capitalblues.org

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org.

Argentine Tango with Lessons.

Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. www.glenechopark.org, 301-634-2222.

Contra and Square Dance.

Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. www.glenechopark.org, 301-634-2222.

Live Music & Dancing.

Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant, 10710 Falls Road, Potomac. Dance to the music of Barry Gurlay. Call 301-983-8838 or visit www.popovers.com.

THURSDAY/SEPT. 27

Ask the Experts for Seniors. 5-7 p.m. at Dawson's Market, 225 North Washington St., Rockville Town Center. Topics will include estate and elder law issues, home modifications for aging in place, daily money manager, organizing for life, safety and security tips, downsizing, home health care services and pharmacy services. Guest speaker is Trish Evans, village facilitator, City of Rockville. RSVP required to 301-213-6327 or email experts4seniors@gmail.com.

SEPT. 28-NOV. 4

Exhibit: "Places We Find." Gallery

A Bucket List for Fall

Activities that will add spice to the season.

BY MARILYN CAMPBELL

When the leaves turn colors and the air is crisp, Caitlin Upton gathers her family and pulls out a whiteboard and a marker. She's careful to jot down all of the ideas, shouted in rapid-fire fashion from her three children.

"We always create a fall bucket list of things that we want to do as a family," said Upton, who is a mother of three children ranging in age from two to seven. "This year, the kids want to go on a hayride and pick pumpkins. It's not too original, but they love it and get really excited about it. It gives us something to look forward to during the week when we're so busy."

Creating a fall bucket list — a compilation of experiences or achievements that one wants to accomplish — is an important way to create lasting family traditions and memories, while enjoying all that the season has to offer. From hayrides to pumpkin-carving, fall ushers in enough family-friendly activities to create an overflowing list of activities that make the most of the season's bounty.

"The start of a new season is a perfect time to create bucket list, and during fall there are so many fun things to do," said Upton, a marriage and family therapist in Burke. "So often, people have ideas of things that they want to do either with their kids, their friends or just personal things, but never get around to them. It's important to write them down and commit to doing them. I write our list on a white board in our kitchen, but I keep it short and attainable so we don't get overwhelmed. Carving out quality time to spend with family is important."

Foraging for vibrantly color fallen leaves in shades of orange and yellow is at the top of Bella Middleton's bucket list. Middleton, who is an art

instructor in Bethesda, gathers her two preschool-age children and collects leaves with the goal of turning nature into art. "Sometimes we do something as simple as taking branches with leaves that have turned orange and put them in vases that we display around the house. I mix pumpkins with leaves to create a centerpiece for the dining room table.

Making wreaths and collages is another project that Middleton does with her family. "This is really one of the most inexpensive and fun projects that you can do," she said. "My kids and I go to a park and gather fallen leaves. Then I get some construction paper and glue sticks or spray mount and let my kids attached the leaves to the paper in any way they want, then I display their works of art around the house. It's a great way to welcome the season."

Turning leaves into candle holders is another project that Middleton and her family enjoy. "You take leaves and glue them to the inside of mason jars and let them dry. You can attach the leaves with a craft glue called Modge Podge, which dries clear. Tie a pretty ribbon around the mouth of the jar and you have a beautiful decorative piece for fall."

Spending a day enjoying a scenic drive to Shenandoah, passing through the so-called Apple Trail, is must-do task for Arlington mother Camilla Kendrick and her family.

"It's a beautiful drive down. We stop and pick apples and then we come home and make apple doughnuts," said Kendrick, who works as a private chef. "They're messy, so the kids think they're fun to make. I also make apple cider doughnuts for some of my clients."

Taking a local fall foliage drive with her four children is something that Lauren Bickle puts on her bucket list each fall. "It's certainly not as breathtaking as the fo-

liage in some place like New England, but this area has a lot to offer," she said. "There's Great Falls of course, and then Mount Vernon and Arlington National Cemetery have some great colors. If you're up for a longer drive, Harper's Ferry in Maryland is fantastic for a fall day trip."

Apple Doughnut Recipe

Ingredients

2 cups flour
1/4 cup sugar
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt
1 egg
3 tablespoons buttermilk
1/3 cup whole milk
5 Granny Smith apples, cored and sliced vertically into three pieces to create doughnut shapes.
2 cups olive oil for frying
1/2 cup powdered sugar, for coating

Directions: Stir together flour, sugar, baking powder, cinnamon, nutmeg, and salt to create the batter. Gradually stir-in buttermilk, whole milk and egg. Coat each apple ring with batter. Heat the oil in a deep frying pan. Place the doughnut rings in the pan and fry on each side for three minutes or until golden brown. Drain doughnuts on a paper towel and allow to cool. Sprinkle with powdered sugar.

hours at Photoworks Gallery in Glen Echo Park. "Places We Find" features work from Sandy Sugawara and Catiana Garcia Kilroy. The exhibit highlights how common places can become a source of surprise and discovery through the photographer's lens. Visit glenechophotoworks.org for more.

SATURDAY/SEPT. 29

Walk on the Canal. 9:30 a.m. at the Great Falls Tavern in Potomac. Potomac Community Village (PCV) calls on all its members and their guests to participate in a Walk on the

Canal. Combining physical activity with social connections in a beautiful, accessible Montgomery County location, walkers will proceed along the River Trail for about four miles. RSVP's are required by Thursday, Sept. 27 to 240-221-1370, info@PotomacCommunityVillage.org or using the sign up form on www.PotomacCommunityVillage.org. Include name and mobile phone number to be advised on the morning of any event plan changes.

Reception and Gallery Talk:

"Places We Find." 4-6 p.m. at Photoworks Gallery in Glen Echo Park. "Places We Find" features work

from Sandy Sugawara and Catiana Garcia Kilroy. The exhibit highlights how common places can become a source of surprise and discovery through the photographer's lens. Visit glenechophotoworks.org for more.

TUESDAY/OCT. 2

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

FALL FUN & ENTERTAINMENT



'Places We Find'

Photoworks' new exhibit features work from Sandy Sugawara and Catiana Garcia Kilroy highlighting how common places can become a source of surprise and discovery through the photographer's lens. Exhibit runs Sept. 28-Nov. 4 at Photoworks at Glen Echo Park. A reception and gallery talk takes place Saturday, Sept. 29, 4-6 p.m. Visit glenechophotoworks.org for more.

CALENDAR

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.

SATURDAY/OCT. 6

Taste of Bethesda. 11 a.m.-4 p.m. Taste of Bethesda is located on Norfolk, St. Elmo, Cordell, Del Ray and Auburn Avenues in the heart of Bethesda's Woodmont Triangle with nearly 50 restaurants. Five stages showcase musical and cultural performances, and a children's area featuring art and craft activities, balloons and face painting will provide additional entertainment for young visitors. Admission is free. Tickets will be sold on-site to "taste" different foods; tickets are \$5 for four tickets and a serving costs one to four tickets. Call 301-215-6660 or visit www.bethesda.org.

2018 DC-Metro Modern Home Tour. 11 a.m.-5 p.m. The 9 homes on this year's tour are located in the following towns and neighborhoods: Takoma Park, Bethesda, Chevy Chase, Pinehurst Parkway Park, Arlington, and McLean. Modern Home Tours give people a chance to explore and view examples of modern architecture via a self-guided tour. 12 and older. \$40. Visit www.dcmetromodernhometour.com.

Dulcimer Music. 12:30-3 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Live music by the Mountain Dulcimers of Northern Virginia. Visitors can try playing. The programs at Great Falls Tavern are free, but there is an entrance fee to the park of \$10 per single vehicle. Call 301-767-3714 for more.

Taste in Potomac. 6:30-11:30 p.m. at The Bolger Center, 9600 Newbridge Drive, Potomac. Taste in Potomac brings together leaders in the community, advocates for children and friends who care together. Guests enjoy an evening of fabulous auctions and delicious food from Potomac area restaurants. Nearly 30 restaurants donate their fare for the enjoyment of our guests and to help

Adoptions Together raise awareness and funding to find homes for children in foster care. Call 301-503-6741 or visit adoptionstogether.org.

Piano Trio Gems by Ravel and Tchaikovsky. 8 p.m. at Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. Pressenda Chamber Players present piano trio gems by Ravel and Tchaikovsky as part of the 2018-19 Washington Conservatory Concert Series. Free, with donations welcome at the door. Visit www.westmorelanducc.org.

Live Comedy. 8 and 10 p.m. at The Highwood Theatre, 914 Silver Spring Ave., Silver Spring. As fall gets chilly, the Highwood Theatre gets hot with laughter as Marianne Sierk (Comedy Central, 98Rock) headlines two shows at the intimate Highwood Theatre. Line-up includes locals: Dominic Rivera, Theresa Concepcion and Liz Barlow. \$20 at the door; \$15 at www.eventbrite.com/e/stand-up-at-highwood-tickets-50013536835. Call 301-351-2096 or email improbablecomedy@gmail.com.

Toast in Potomac (The After Party). 10 p.m.-12:30 a.m. in The Bolger Center - Franklin Room. The Toast in Potomac welcomes our next generation of community partners and emerging champions to enjoy an evening of dancing, mingling, food from Potomac area restaurants, the A-List beauty bar, and much more... The after party proceeds benefit Adoptions Together and FamilyWorks Together. Limited tickets are available, reserve early. Call 301-503-6741 or visit www.adoptionstogether.org or www.familyworkstogether.org.

SUNDAY/OCT. 7

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 Sugar Beat 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 202-238-0230

or visit www.WaltzTimeDances.org.

MONDAY/OCT. 8

10 String Symphony. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The Institute of Musical Traditions (IMT) is a nonprofit 501(c)(3) organization which preserves and promotes American and international folk music traditions, and nurtures new styles evolving from these cultural roots by presenting concerts, workshops, and educational programs. \$20 advance, \$25 door. Students and children: \$15 advance, \$20 door. Visit www.imtfolk.org or call 301-960-3655.

THURSDAY/OCT. 11

Teen Read In. 4-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Celebrate Teen Read Week 2018. Relax, meet friends and read a favorite book for Teen Read Week. Read a book and discuss it with other teens. Snacks provided. Visit www.montgomerycountymd.gov/Library/branches/potomac.html.

SATURDAY-SUNDAY/OCT. 13-14

Bethesda Arts Festival. Saturday, 11 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m. at Bethesda Row, 4841 Bethesda Ave., Bethesda. The 21st Annual Bethesda Row Arts Festival, one of the region's premier arts festivals, brings together 190 national artists in a free outdoor art gallery. Free. Call 301-637-5684 or visit www.bethesdarowarts.org for more.

SUNDAY/OCT. 14

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 Some Assembly. Admission is \$13. No partner required. Call 202-238-0230 or visit www.WaltzTimeDances.org.

Thinking about aging in place? Join us for these free programs...

a Walk on the Canal
as we celebrate Active Aging Week
Sat, Sept 29, 9:30 am, Great Falls Tavern
RSVP please by Thursday, Sept 27

Saving Money on Medicare Plans
Wed, Oct. 3, 3 pm, Potomac Comm Center

www.PotomacCommunityVillage.org
Questions and RSVP to 240-221-1370



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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

July, 2018 Sales, \$1,130,000~\$1,288,000

IN JULY 2018, 69 POTOMAC HOMES SOLD BETWEEN \$3,200,000-\$465,000.



6 12312 Beall Spring Road — \$1,199,000



2 10512 Beechnoll Lane — \$1,285,000



8 11707 Roberts Glen Court — \$1,199,000



4 8811 Victory Lane — \$1,200,000



7 11403 Patriot Lane — \$1,181,635



3 11 Mercy Court — \$1,228,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold	
1 4 LARKMEADE CT	5	..	4	1	POTOMAC	\$1,288,000	Detached	0.22	20854	BELLS MILL ESTATES	07/19/18
2 10512 BEECHKNOLL LN	5	..	4	1	POTOMAC	\$1,285,000	Detached	0.27	20854	POTOMAC GLEN	07/16/18
3 11 MERCY CT	7	..	5	0	POTOMAC	\$1,228,000	Detached	0.46	20854	MCAULEY PARK	07/31/18
4 8811 VICTORY LN	5	..	5	1	POTOMAC	\$1,200,000	Detached	0.95	20854	BEVERLY FARMS	07/31/18
5 11710 BEALL MOUNTAIN RD	4	..	3	0	POTOMAC	\$1,200,000	Detached	6.29	20854	DARNESTOWN OUTSIDE	07/13/18
6 12312 BEALL SPRING RD	5	..	5	1	POTOMAC	\$1,199,000	Detached	2.00	20854	BEALLMOUNT	07/06/18
7 11403 PATRIOT LN	5	..	5	1	POTOMAC	\$1,181,635	Detached	0.26	20854	POTOMAC CREST	07/25/18
8 11707 ROBERTS GLEN CT	5	..	4	1	POTOMAC	\$1,130,000	Detached	0.48	20854	ROBERTS GLEN	07/05/18

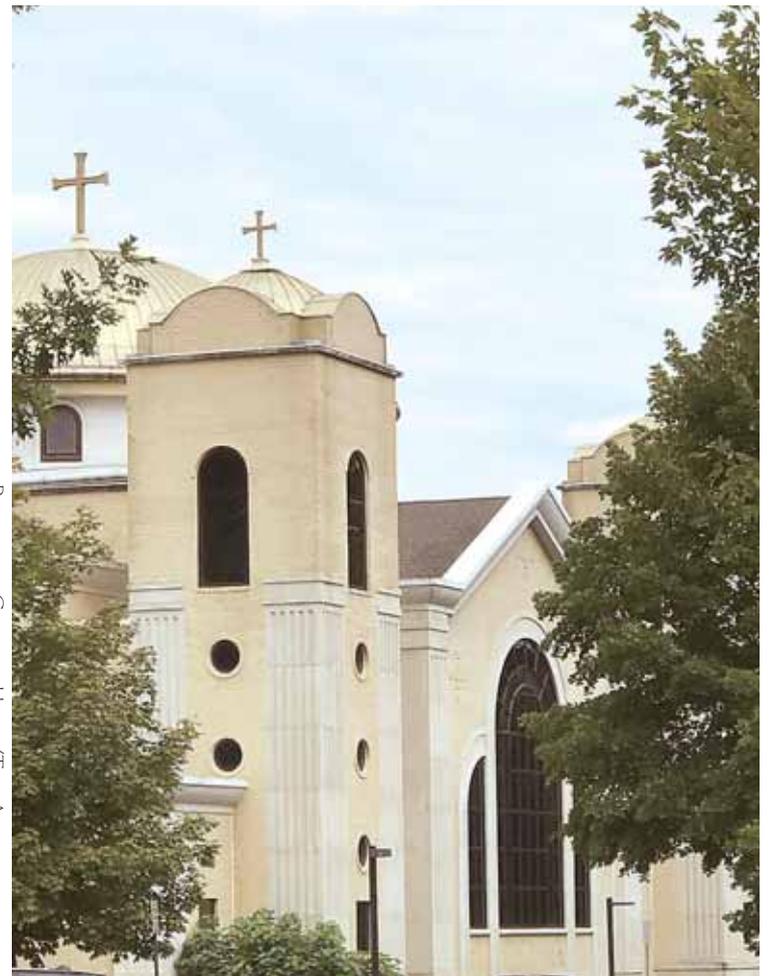
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PHOTOS BY COLLEEN HEALY/THE ALMANAC

Mediterranean Festival

From left: Mary Ghanem, Mary Misleh, Denise Bolus, Wendy Taweel, Kh. Rezzane Toumi and Amanda Ayvaz sell baked goods such as date cookies, custard triangles, birds nest pastries, brownies and cupcakes at the annual bazaar.



Saints Peter and Paul Antiochian Orthodox Christian held its 35th annual Mediterranean Festival Sept. 21-23.



Food and jewelry vendors at the bazaar.



George Giannakos sells olive oils from Greece at the bazaar .



Zaina Khabbaz sells jewelry and clothing at the bazaar.

BULLETIN BOARD

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

THURSDAY/SEPT. 27

“Ask the Expert for Seniors.” 5-7 p.m. at Dawson’s Market, 225 North Washington St., Rockville Town Center. An interactive evening covering: Estate and elder law issues, home modifications for aging in place, daily money manager, home health care services, pharmacy services, safety and security tips, and organizing for life. Guest speaker is Trish Evans, village facilitator, City of Rockville. RSVP to 301-213-6327 or email experts4seniors@gmail.com.

TUESDAY/OCT. 2

Public Hearing. 1:30 p.m. in the Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. Expedited Bill 29-18, Bond Authorization, would increase the County’s bond authorization by \$155,900,000 in certain public facility categories and reduce bond authorization in certain public facility categories by \$14,193,000 because the Department of Finance has determined the authorization is no longer needed. Those interested in testifying at the public hearing can sign up online at www.montgomerycountymd.gov/council/phsignup.html or by calling 240-777-7803. The deadline to sign up is Oct. 1 at 5 p.m. Call 240-777-7910 to obtain copies of the bill or go

to apps.montgomerycountymd.gov/ccllms/bill_List.aspx.

WEDNESDAY/OCT. 3

Medicare Seminar. 3-4:30 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Attendees will learn what plans may be needed at what time, what coverage Medicare provides for hospital and nursing facility care, how to avoid mistakes and optimize benefits and get answers to the many questions seniors may have as they approach the Oct. 15-Dec. 7 enrollment period. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org.

SATURDAY/OCT. 6

Blessing of the Animals. 4 p.m. at St. James’ Episcopal Church, 11815 Seven Locks Road, Potomac. Bring your furred, finned, or feathered friend to the annual St. Francis Day Blessing of the Animals. The service of blessing will take place on the front steps of the church, weather permitting, or the main room undercroft in case of inclement weather. Donations of old towels and blankets for the comfort of local animals in shelters are welcome. Visit www.stjamespotomac.org for more.

TUESDAY/OCT. 9

Public Forum. 7:30 p.m. in the Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave.,

Rockville. The Montgomery County Council is seeking public comment on the Community Grants Program. All stakeholders are encouraged to share their experience with the Community Grants program and make recommendations on program changes. Nonprofit organizations, Grants Advisory Group members, County staff and other grant-making departments, and outside agencies are invited to participate. Those interested in testifying at the public forum can sign up on online at www.montgomerycountymd.gov/council/phsignup.html or by calling 240-777-7803. The deadline to sign up is Tuesday, October 9 at 10 a.m. Visit the Council Grants website at www.montgomerycountymd.gov/COUNCIL/grants/council_grants.html.

POTOMAC ALMANAC

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A kayaker on the Potomac River at Seneca. In the background is Trump National Golf Club, Great Falls, Va. The Coast Guard closes the river when President Trump or "high ranking United States officials" are using the club.



U.S. Coast Guard boats patrol the Potomac River at Seneca Lake in front of Trump National Golf Club in Great Falls, Va. Recreational boaters are not allowed on the section of the Potomac that fronts the club when the president or other government officials are playing the golf course.

PHOTOS BY BARBARA BROWN

River Closure Yields Lawsuit **Boaters decide to sue over restricted access.**

BY PEGGY MCEWAN
THE ALMANAC

Democracy Forward, a nonprofit legal organization that scrutinizes Executive Branch activity across policy areas, announced Sept. 20 that it has filed a lawsuit on behalf of the Canoe Cruisers Association of Washington D.C. against the U.S. Department of Homeland Security for "unlawfully restricting access to a key portion of the Potomac River without providing the public with the required notice or opportunity for input, effectively blocking the public's legal right to access the river during President Trump's frequent golf trips," according to a press release.

Canoe Cruisers is a nonprofit organization that promotes canoeing and kayaking in the Potomac River Watershed and engages in educational and conservation efforts to celebrate and protect the Potomac and its tributaries.

"It is unconscionable that public access to this important stretch of the Potomac, which serves as a training ground for generations of paddlers, is cast into doubt so the President can play golf at his whim," Canoe Cruisers Association Chairman Barbara Brown said in the press release. "The Administration needs to listen to the hundreds of river users who opposed this rule and establish with certainty a reasonable outcome that maintains access to this treasured natural resource while addressing the legitimate security considerations for the President."

Brown said three weeks ago Canoe Cruisers was having a swift water rescue class with about 25 students when the Coast Guard, which patrols the river when Trump or other "high ranking government officials" are playing at Trump National Golf Club in Great Falls, Va., tried to force the group over the riffles on the river. The water was really high she said, it would not have been safe to take the group over the riffles, so they convinced the Coast Guard to allow them to go down the George Washington Canal and take out at Pennyfield Lock.

"We are not interested in the river in front of the golf course," Brown said.

The Democracy Forward press release noted that, "when traveling for leisure, past Presidents have generally imposed only temporary

and limited restrictions, and these security measures have been individually and publicly documented in the Federal Register. Under the Trump Administration, however, DHS has broken with this practice, instead issuing a rule creating a "permanent security zone" that cuts off the public's legal right to use a two-mile stretch of the Potomac River abutting the Trump National Golf Club. The rule has created uncertainty surrounding public use of a popular section of the river while the President is golfing.

Potomac Riverkeeper (a non profit organization dedicated to protecting the Potomac River and its tributaries) supports Canoe Cruisers' action challenging the Coast Guard's decision to prohibit the public from recreating on a very popular stretch of the Potomac without following the procedures required by law," said Dean Naujoks, Potomac Riverkeeper. "The Coast Guard can both ensure that the President's security needs are fully met and uphold the inherent rights of the public to access and recreate on the Potomac, the Nation's River."

Inside Glenstone Museum

FROM PAGE 4
Road.

Glenstone originally opened in 2006 with one building, a 30,000 square-foot gallery designed by Charles Gwathmey of Gwathmey Siegel & Associates Architects. Since it opened, it has held both group and single artist exhibitions. The gallery is still a part of Glenstone, currently hosting an exhibition by Louise Bourgeois.

The current Glenstone has been 15 years in the making according to Mitchell Rales who said Friday it is "our gift to the world."

"I love art, I love architecture, I love nature," he said. "We could see people coming [to the original gallery] and their thanks inspired me."

The Rales looked for professionals who would collaborate with their vision and selected architect Thomas Phifer of Thomas Phifer and Partners to design the 204,000-square-foot building, the Pavilions, and

landscape architects Peter Walker and Adam Greenspan of PWP Landscape Architecture, to perfect the naturalistic landscape "knitting the project into one seamless whole."

Throughout the grounds are several outdoor sculptures, a welcoming Arrival Hall, and paths designed to allow guests to unwind as they approach the Pavilions.

"We hope things will happen to people's minds that they don't even know will happen," Greenspan said.

Glenstone will be open Thursdays through Sundays from 10 a.m. to 5 p.m. Reservations are suggested at www.glenstone.org as the number of daily visitors will be limited to allow guests to enjoy an unhurried, uncrowded time in the galleries and grounds.

"We encourage a very meaningful experience with art," Emily Wei Rales said. "we don't want you to feel rushed while you are here."

Author Launches Self-Help Book

“Talk Yourself into Success”

BY SUSAN BELFORD
THE ALMANAC

Certified Life and Business coach Susan Commander Samakow, PCC, CPCC has experienced the satisfaction of helping clients transition through difficult situations and seeing them make confident decisions and growth in their lives.

Through her coaching, clients learn to apply her specific formula for success and consequently build more resilience, become more positive and increase their mindfulness.

In her new book “Talk Yourself into Success,” Samakow uses personal stories as well as neuroscience in lay terms and practical strategies to drive home her formula for making changes and living a more fulfilled life. She will be launching this practical self-help guide on Thursday, Sept. 27 at 7 p.m. at Barnes and Noble, 12089 Rockville Pike, Rockville.



Samakow

Samakow has been an entrepreneur for 30 years. She provides individual, team and group coaching, corporate workshops, keynote addresses, seminars and leadership training. She formerly served as the president of the DC Chapter of the International Coach Federation and has appeared on WUSA9 TV, WNBC TV and in local newspapers and radio programs. Additionally, she writes a bi-weekly column for a digital forum (Comm Digi News.)

The Potomac resident is also a wife and mother of two daughters.

Her passion is teaching others “how to make impactful differences in their lives by implementing her effective strategies and easy-to-use techniques for positive self-talk, confidence and resilience.”

Samakow said, “I work with people going through all kinds of major transitions in their lives — separation, divorce, changing jobs, moving, retiring, time management, relationship issues and more. Many of my clients suggested that I put my coaching strategies into a book. Eight months ago I just got an urge to write it.”

In writing her book, she learned a lot more about the latest brain research and how she can help when people are stressed and go into a “fight or flight” mode.

“In the book I lay out how your thinking style affects how you react to difficult situations.

In other words, I help my clients to think about difficulty as a stepping stone, rather than a stumbling block,” she said. “A person with low resilience will stay down and use it as an excuse not to act; however, a person who has resilience will create a new



pattern and thrive.

I help people create a new pattern. No matter your age, sex or income, it’s what you are saying to yourself that really matters. If you self-impose limits, that’s where you will stay. It’s a formula of positive self-

talk plus resilience will equal a successful life.”

She wrote, “Our self-talk began at an early age, literally as soon as we began thinking. As children we are greatly influenced by the adults in our lives, parent, teachers and religious figures. And although some of the things that were said to us were not meant to be criticisms, they might have negatively impacted us. They are things like ...

you are not good enough, fast enough, smart enough, thin enough. Over time individuals internalized these comments and take them to mean ‘I’m not enough.’ As kids we took on what was said to us as if it were fact or the only truth or set in stone. Without realizing it, many of us took this mindset into adulthood.

“We have one hundred positive thoughts and one negative thought and guess what? We focus on the one negative. We play it over and over like a tape. I say, change the tape! Stop reinforcing the negative. How? By rewiring the brain, by creating new neural pathways.”

The book continues with strategies to consider options, replace and reframe negative self-talk with positive self-talk, build more resilience, create a vision and to ultimately “lead the life you want to lead.”

A review by Greg Wheaton, USPTA Professional, said, “Reading ‘Talk Yourself into Success’ opened my eyes to the possibility of changing old ingrained habits. With Susan’s tools and guidelines you can break negative cycles and lead a more productive and healthy life.”

Samakow’s book is available at Amazon.com for \$14.95 as both a paperback or a Kindle version.

It will also be available for purchase and signing at Barnes and Noble on Thursday, Sept. 27.

For more information about Samakow’s Life and Business Coaching services, go to www.selftalkcoach.com, call her at 301-706-7226 or email her at susan@selftalkcoach.com.

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Woe I'll Never Be



By KENNETH B. LOURIE

Not on hold with the Oncology department today. Not elbowing Twinkle or Biscuit off my writing tablet as I sit and write this week’s column. And not going hungry from the previous Friday’s infusion (a week plus has passed so the worst side effect of the treatment has passed).

In general, aside from waiting for my upcoming CT scan on Sept. 26, I am glad that soon I can get on with my life.

You’ll note I didn’t say fate. That word has too negative a connotation. And my nature, as you regular readers know, is a positive/glass half full kind of person. So, as I approach this next milestone, I view it not so much as a millstone but more so as just another rock that hopefully leaves me not in a very hard place.

The pre-existing cancer diagnosis is already hard enough. But after living with it for so long and enduring as many rounds of chemotherapy, side effects, lab work, diagnostic scans, 24-hour urine collection and all the associated anxiety surrounding a “terminal” diagnosis as I have, one, at least this one, has learned to live with the miscellaneous demands.

It’s not to imply that doing so is easy, but not doing so is so much more difficult. To that end, which ultimately won’t be my end, assimilating the good, bad and the incredibly worrisome into some sort of mental spreadsheet seems the only logical pursuit.

Either you learn to take it in stride or you’ll die not trying.

And since dying, so far as we know anyhow, is so much less appealing than living, I’m striving to balance my equilibrium and never get too high or too low no matter the news. (Yes. I’m a Libra so balance is very much a part of my process.)

That’s not to say that there aren’t incredible pressures and challenges that us cancer patients have to manage, it’s more that to say that laughing in the face of death is not a sign of weakness but more so a sign of enlightened strength.

Part of that strength is respecting the process with which cancer patients are all too familiar and moreover, and most importantly, understanding and respecting what we don’t have control over. There’s an element of letting go which enhances one’s quality of life and minimizes obstacles as well.

Doing what you can and not fretting about what you can’t, in addition to keeping an open mind, combines to smooth out the rough edges and to focus on the path ahead. The ‘path ahead’ being the goal.

I remember that exact philosophy being expressed by my oncologist at the original Team Lourie meeting back in late February 2009. When it was suggested that my mother’s smoking of Chesterfield King cigarettes in my youth or my dalliances in college in the ‘70s might be relevant/have had an impact on my lung cancer diagnosis, my oncologist would have none of it.

Retrieving fragments of history and/or assigning blame for less-than-ideal behavior was irrelevant to him. His concern was not the past, it was the present/future. We were to be looking/planning ahead and treating forward.

And so here I sit, very much having been treated forward.

At present, I am my oncologist’s prize cow, a stage IV, non-small cell lung cancer survivor, alive and reasonably well nine years and nearly seven months into an initial “13 month to two year” prognosis. After hearing that grim prognosis, I never would have imagined that in August 2018, I’d still be alive.

But here I am. Not a victim of my own circumstances.

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



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