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Potomac ALMANAC

WELLBEING
 PAGE 12

The Canoe Cruisers Association received 2019 ACA Green Paddle Award for Waterway Conservation for victory in lawsuit against the Trump Administration illegally restricting access to the Potomac River when the President is golfing at his Virginia golf course.

Canoe Cruisers Win Award for Defending Access to the River

ENVIRONMENT, PAGE 3



Come to Potomac Community Center's 30th Anniversary Celebration

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Who Will Occupy Poole's Store?

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NEWS



The Canoe Cruisers Association hosts an ongoing Sunday morning paddle from Violettes Lock around the GW Canal Loop and back to Violettes on the recently rewatered C&O Canal.

Victory for River Access Near Trump Golf Course Leads to Award

The Canoe Cruisers Association received 2019 ACA Green Paddle Award for Waterway Conservation.

The Canoe Cruisers Association was recognized as the 2019 ACA Green Paddle Award Winner for Waterway Conservation. The award cited the local group's legal victory compelling the U.S. Coast Guard to ensure that there is no prohibition of reliable, predictable and continuous access to the Potomac waterways around the privately-owned members-only Trump National Golf Club.

Only one such award is presented each year, for "an outstanding contribution to paddlesport by protecting America's waterways."

The Canoe Cruisers Association lawsuit win was a result of two-plus years of work including more than 600 supportive comments to the U.S. Coast Guard from CCA members and others who use that important stretch of the Potomac River.

In March, Democracy Forward announced victory in the lawsuit against the Trump Administration for illegally restricting access to the Potomac River when the President is golfing at his Virginia golf course.



John Sunda and his golden retriever, Sunny.

That course borders the Potomac River across from Riley's Lock, where Seneca Creek empties into the Potomac, a much-used section of the river for local paddlers.

"The Canoe Cruisers Association of Greater Washington DC and Democracy

Forward are claiming a major victory in their lawsuit against the U.S. Department of Homeland Security. Prompted by the groups' suit, the Coast Guard issued a new directive that revises the Potomac River security zone that it previously established in



Bill DeLanoy in a C-1

PHOTOS BY
BARBARA BROWN

order to accommodate President Trump's frequent outings at the Trump National Golf Club. Democracy Forward and the Canoe Cruisers Association filed suit in September [2018] charging that the Administration had unlawfully created a permanent security zone that blocked the public's legal right to access and enjoy the Potomac

SEE CANOE CRUISERS VICTORY,
PAGE 4

Potomac Community Center Celebrates 30 Years

The community is invited to celebrate Sunday, Oct. 6, 2-6 p.m.

BY PEGGY McEWAN
POTOMAC ALMANAC

What started as a plan to provide an activity center for teens has grown into one of Montgomery County's busiest community recreation centers and, after 30 years, the center is celebrating the anniversary this weekend.

Community members are invited to join the festivities from 2-6 p.m. Sunday, Oct. 6 at the center, 11315 Falls Road. Activities will include interactive demonstrations showcasing the many sports and recreational programs that PCC provides, plus hands on activities including a bounce house and other inflatables, obstacle course, touch-a-truck, petting zoo, carnival games, arts and crafts and live music.

Local bands including the American Original Fife & Drum Corps, the A Sharp Jazz Band and Soul Crackers will perform throughout the afternoon.

The event is free though food and commemorative tee shirts will be available for purchase.

Thirty years includes a lot of history and



ALMANAC FILE PHOTO

Friends Advisory Board of the Potomac Community Center added an adjunct student advisory group. Top row: Beth Coffman, Assistant Director of Potomac Community Center; Luke Sumberg; Peter Selikowitz, Director of Potomac Community Center; Adam Horowitz; Andrew Chan. Bottom row: Sydney Rodman; Macafie Bobo; Abbey Zheng, Julia Greenberg, Jordyn Reicin.

evolution at the Center.

Vicki Kane, manager of County-wide programs for the Department of Recreation, said the idea for a teen center surfaced around 1981 about the same time Lake Normandy Elementary School closed because of declining enrollment.

"We were working on the teen center concept [and learned] it was important for the community to have programs for seniors," Kane said. "It was started as one of the busiest centers and has maintained that reputation."

Kane said the center was one of the first to also house a day care center.

Early on, residents began Friends of the Potomac Community Center, an Advisory Board dedicated to supporting PCC programs that has maintained a voice and service at the center over the years. Some of the original members are still active.

A plaque, the PCC Family Tree, designed to provide an opportunity for community families to make a donation to support programs and activities at the Potomac center will be unveiled during the Sunday celebration.

"The PCC Giving Tree plaque will be a 48" wooden plaque with a tree trunk wood carving and provide 160 brass leaves that

can hold up to 3 lines with 20 characters per line. The minimum donation per leaf is \$50," according to a Friends of Potomac Community Center.

"It's just amazing," Pamela Yerg, president of PCC Friends Advisory Board, said in an earlier interview. "It's very community minded."

Since parking at the community center is limited; offsite parking will be available at Congregation Har Shalom, 11510 Falls Road. School buses/vans will be provided to transport participants between Har Shalom and Potomac Community Center beginning at 2 p.m.



PHOTO BY DEBBIE STEVENS

The Potomac Community Center has been the center of many community celebrations. Here, Heather Lee, Wing Lau, Jennifer (Cho) Partlow, and Cathy Chang perform The Ribbon Dance for the Lunar New Year at the Potomac Community Center on Sunday, Feb. 17, 2019.

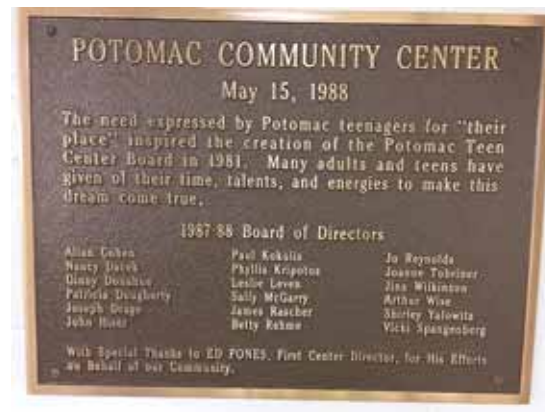


PHOTO BY PEGGY McEWAN

Dedication plaque inside front doors of Potomac Community Recreation Center. The center will hold a celebration in honor of 30 years serving the Potomac community on Sunday, Oct. 6. Some members have served on the board for 30 years.

Canoe Cruisers Victory

FROM PAGE 3

River when the President golfs. Yesterday, after more than a year of legal and public pressure from the Canoe Cruisers and others in the paddling and conservation community, the administration reversed course and issued an updated interim final rule that meets nearly all of the groups' demands," said Democracy forward in March. "The permanent security zone rule this new rule replaces was illegal for failing to account for the serious impact it had on the rights of those, like Canoe Cruisers, who frequently utilize the two-mile stretch of the

Potomac River in the vicinity of the Trump National Golf Club, and for failing to provide the public with notice or an opportunity to comment."

The lawsuit and victory were covered in the Washington Post, New York Times, AP, USA Today, Bloomberg, Stars and Stripes, Outside Magazine, Canoe & Kayak, and local papers in almost every state. It was also mentioned through news outlets in Canada, France, India, Singapore, Malaysia, and many other countries in multiple languages.

Green Paddle Award past year winners include very effective and well-respected

members of our national river community. Barbara Brown, president of Canoe Cruisers Association said, the group is honored to be among such an outstanding list of honorees.

The legal victory - and this ACA Award - would not have been possible without the support and participation of the Board, members, and wider Potomac River family including Team River Runner, and Calleva, Brown said. They are especially grateful to the nonprofit law organization Democracy Forward for representing them in court 'pro bono'.

In addition to ongoing efforts to protect

the Potomac and other local waterways, CCA members lead several river trips each week, conduct low-cost kayak and canoe classes, promote and provide river safety training, and coordinate regular river clean-ups and conservation events. It is also notable that CCA has hosted the annual Potomac Downriver Race since 1956, making it the nation's second longest, continuously run river race.

The award ceremony will occur on Saturday, October 5th at 6 PM at Shiplock Brewing Company in downtown Richmond, 115 S 15th St #100, Richmond, VA 23219.

See www.canoecruisers.org

HISTORY

Who Will Occupy Seneca Store?

Seneca Store renovation complete, County seeking tenant to preserve working store.

BY PEGGY McEWAN
POTOMAC ALMANAC

Jo Ann Poole Clements grew up in the Upton Darby House on Old River Road in Poolesville. Her parents, Billie and Raymond Poole, operated Poole's Store on the property, selling feed, grain and farming supplies to the local agricultural community and "general store" items to the community.

She also helped in the store her family ran.

She now works for Farm and Home Services that operates out of the warehouse on the same property -part of Seneca Landing Special Park - and would like the business to stay there. Farm and Home, she said, has submitted a bid to use the now renovated store, officially called Seneca Store.

"Hopefully we will get the lease and run it as the original country store. Hopefully," she said.

The Seneca Store, which most locals still call Poole's Store, is on Old River Road in Poolesville. The Montgomery County Department of Parks has rehabilitated the building and landscape perimeter so the building can be leased to a commercial tenant, according to a press release from Scott Whipple at Montgomery Parks.

When taking on the Seneca Store property, the Department of Park's project goals were to create a working store and a heritage tourism destination.

"[The store] is located in a County heritage area," Whipple said. "It is a designated historic site."

Now the building has "all new mechanical, electrical and plumbing systems, and a one-story 300-square-foot rear addition, to accommodate a staff-only restroom and food preparation area." The basement and attic were structurally reinforced but by code cannot be occupied," according to county parks department. "The project also includes installation of a septic system, water treatment equipment, perimeter sidewalks and six (6) parking spaces behind the store," according to Whipple.

"It looks nice in there," Clements said. "They redid the floors except for one portion so you can see the [original] floors. They redid the walls and the shelves. They restored the upstairs and it has central heat and air conditioning."

Seneca Store was built in 1901 by Upton Darby, who purchased the property. The last proprietors, according to Parks, the Poole family, "provided a convenient supply of feed and specialized goods and services to local equestrian, hunting, and farming communities in the Poolesville area and throughout the Agricultural Reserve for more than 40 years.

M-NCPPC Montgomery Parks acquired the Seneca Store and adjacent Upton Darby miller's house in 1976."

"Darby operated a mill there [before the



The Darby House behind Seneca Store is also planned for rehabilitation and future lease. The roofing has already been replaced.

PHOTOS BY
PEGGY McEWAN



Seneca Store, locally known as Poole's Store, has been rehabilitated and brought up to code by Montgomery Parks for use as "a working store and a heritage tourism destination."

store]," Whipple said. "There were several mills up and down the creek. Through this project we discovered the remains of a mill, we think where the store is. The state required archeology when disturbing the store, it turns out the store floor is on part of the mill floor."

There are now interpretive markers in front of the store and across the driveway towards the creek with historical information about the store, house and mill.

The store is currently closed to the public. Requests for proposal for leasing it were due Sept. 30.

The building is within the Seneca Landing Special Park, just over 20 acres plus on Old River Road, Poolesville, bordering Seneca Creek. It includes the Darby House, Seneca Store and a warehouse, which is being used.

The Maryland Historical Trust holds an easement on the building and regulates changes to the building and site. Thus, the project work has gone through their review and approval at the State Historic Preservation Office. The store is also listed in the Montgomery County Master Plan for Historic Preservation, so all alterations to the exterior and its historic "environmental setting" have been reviewed and approved by the Montgomery County Historic Preservation Commission.

Montgomery Parks is also working on the house renovation.

The house was built in 1855, Whipple said. So far, the roof has been replaced and, Whipple said, there has been, "a really extensive project to stabilize it."

When that project is complete the house also will be leased.

Clements has found memories of the house.

"I've been in the house, its an empty shell," she said. "It's still nice in there...real tall ceilings and a big wide staircase."



Historical markers were placed on the Seneca Store property to share the many uses of the property, going back to the Civil War.

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POTOMAC DAY



PHOTO BY ANDREA RAZAK

Potomac Day is early this year! Saturday, Oct. 12. Here, the mounted police lead off the parade a few years back.

Potomac Day, Saturday Oct. 12

Potomac Day provides a chance to gather with friends and neighbors, to watch children whiz down giant pumped-up slides, rock to local bands and learn about local organizations and businesses. Local restaurants provide tasty food, the classic car show sports gleaming autos of yesteryear, and everyone has the opportunity to celebrate the community they live in. The parade, long in participants traveling a short distance, begins at 10:30 a.m. (line up by 10) on Chapel Drive and River Road and travels along River Road to Falls Road.

More than 6,000 people turn out for Potomac Day on average.

Potomac Day is almost here; Saturday, Oct. 12.

Vendors can set up at 8:15, there will be more than 100.

The car show starts at 9:30.

The children's festival starts at 10.

The parade is at 10:30 with roads closing at 10 a.m.

The fun continues until 3 p.m. Remember, Potomac Day goes on rain or shine.

More photos on the next page.



So many ways to have fun on Potomac Day. Don't miss it. Saturday, Oct. 12.



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The view down River Road into Potomac Village on a previous Potomac Day. Potomac Day is Saturday, Oct. 12.

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Jill Phillips of Squeals on Wheels with one of her adorable and rare beasts.



It's always fun to spend time at the car show at Potomac Day. Potomac Day is Saturday, Oct. 12.

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People line up to see the Potomac Day Parade. Potomac Day is Saturday, Oct. 12.



Jennifer Matheson and Adam Greenberg of Potomac Pizza. Without Jennifer, there would be no Potomac Day. Don't miss it. Saturday, Oct. 12.

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Local Teens Make International Horse Show Work

PHOTOS COURTESY OF WIHS

Washington International Horse Show engages local teenagers to brainstorm, help with kids night, barn night and more.

The Washington International Horse Show, which will present its 61st event at Capital One Arena on Oct 22-27, announced that Erin Gill of Reston, has been selected as the 2019 Youth Ambassador. WIHS also welcomes 37 local teens attending schools in Virginia, Maryland, and DC to serve on the 2019 WIHS Junior Committee presented by Signature Academics.

“The WIHS Junior Committee & Youth Ambassador Program represents the heart of the show,” said WIHS President Vicki Lowell. “These motivated teens are passionate about horse sports, and that’s what brings them to us, but they’re also great students and actively involved in giving back to the local community. We appreciate their creativity and teamwork in helping make WIHS such an exciting and special event every year.”

The WIHS Youth Ambassador holds a leadership role as chair of the Junior Committee and represents the show’s youth perspective to the media. Gill wanted to be Youth Ambassador “because I really love the show, and I’ve loved being on the Junior Committee.” She said she wants to be the kind of Youth Ambassador she herself had over the past few years.

Working alongside WIHS staff, the Junior Committee members participate in show planning and brainstorming, “meeting every month up until the show to help with themes for Kids’ Day, Barn Night, and for merchandise,” says Gill.

Gill, who first joined in the Junior Committee in 2016, details the value this passionate and motivated group of equestrians brings to each year’s WIHS. “We contribute to the show happening. We run Kids’ Day, making sure that all the kids are going in the right direction,” she says. “We run all the booths for them: pony rides booth, the cupcake stand from Georgetown Cupcakes.”

The WIHS Junior Committee “is a lot of fun and a great way to meet new people,” says Gill. “People who are at horse shows can sometimes be a little intimidating,” she says, noting that many of the individuals there are going to be her competitors in the ring, “but the Junior Committee really brings us all together.”

“We’re a team, and we have to work together to achieve this common goal that is the horse show. It makes us all closer. We’re a really nice family.”

Gill’s love of horses began at a very young age. She first sat on a horse in Ireland when she was two years old, “and I haven’t turned back since,” she says. “I started riding at Stoneridge Farm in Great Falls, Va., when I was four. I rode and showed various horses and ponies until I was in the sixth grade.”

“Since then, I have been showing at both the local and A-circuit levels in the



Erin Gill is the Youth Ambassador for the 2019 Washington International Horse Show. She is 17, from Reston and attends South Lakes High School. The show is Oct 22-27, see www.wihs.com

Children’s Hunters, Junior Hunters, Thoroughbred Hunters, and various other divisions.”

Gill brings a thoughtful maturity of purpose and perspective to both her riding and scholastic lives. She is especially astute in detailing the rider’s responsibility to be in an appropriate mindset while riding. “You need to make yourself accountable for how you feel, because if you feel sad, your horse will pick up on it. And if you deny it, it’ll only get worse. It helps you to realize your emotions: ‘Well, maybe I am feeling this way,’ which is helpful in riding because then you can work towards fixing it, and making the relationship with your horse even better, so that you can perform better.”

This discipline “helps in a lot of other ways in daily life. With assignments in school, or with anything you want to do,” she says. “It’s practice, to put yourself in the right mindset for other things in your life.”

Supporting the Youth Ambassador and Junior Committee in their academic pursuits is Signature Academics. “We are delighted to return for the third year as sponsor of the WIHS Junior Committee,” said Wendy Salomon, Executive Director of Signature Academics, a provider of educational services for student athletes, including one-to-one fully accredited school in Wellington, Fla.

Since 2014, Salomon, an avid equestrian herself, and her Signature team have been teaching equestrian student-athletes year-round in Wellington, seasonally in Ocala, Fla., and at major national horse shows,



Abbie Olmsted, 14, of Potomac attends Winston Churchill High School and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see www.wihs.com



Kendall Schuler, 15, of Great Falls attends Connelly School of the Holy Child in Potomac, and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see www.wihs.com



Washington International Horse Show welcomes 37 local teens attending schools in Virginia, Maryland, and DC to serve on the 2019 WIHS Junior Committee presented by Signature Academics. WIHS is Oct 22-27, see www.wihs.com

including Washington. “We specialize in supporting equestrian student-athletes who place a high value on education,” says Salomon. “Our goal is to provide peace of

mind to students and families that academic achievement remains the number one priority, even in the face of non-stop training, traveling, and competition.”

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

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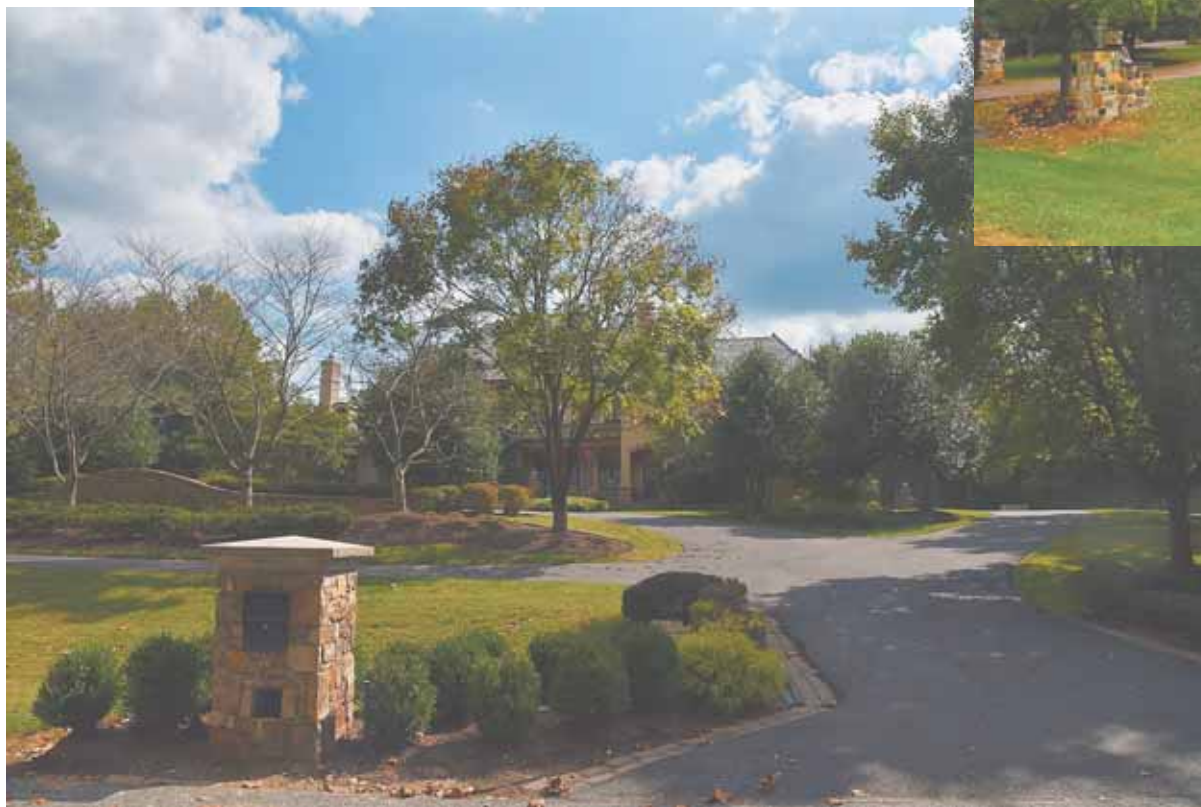


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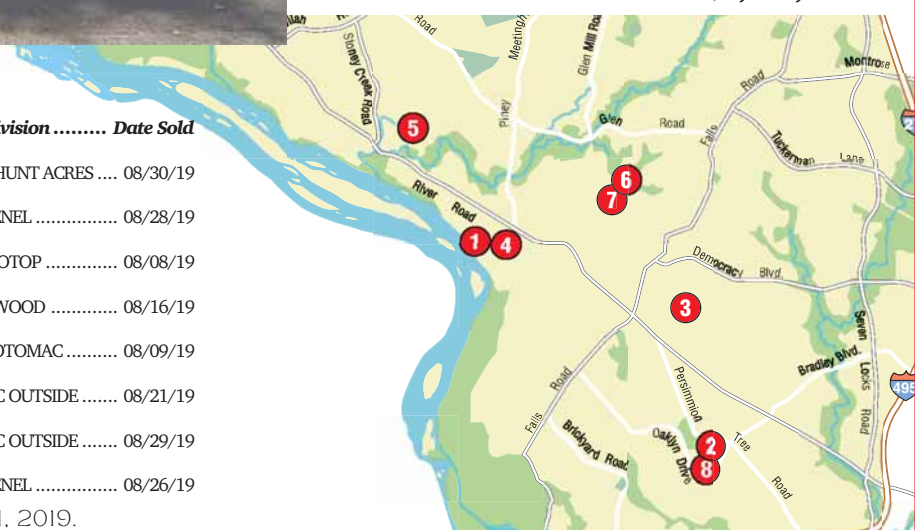


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4 10600 RIVERS BEND LN	5	6	2	POTOMAC	\$1,950,000	Detached	0.92	20854	MARWOOD	08/16/19
5 12204 LAKE POTOMAC TER	6	4	2	POTOMAC	\$1,898,000	Detached	2.20	20854	LAKE POTOMAC	08/09/19
6 11105 S GLEN RD	5	5	3	POTOMAC	\$1,850,000	Detached	2.37	20854	POTOMAC OUTSIDE	08/21/19
7 11001 SOUTH GLEN RD	6	8	1	POTOMAC	\$1,799,000	Detached	2.12	20854	POTOMAC OUTSIDE	08/29/19
8 8408 CRIMSON LEAF CT	4	4	1	POTOMAC	\$1,575,000	Detached	0.52	20854	AVENEL	08/26/19

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WELLBEING

PHOTOS COURTESY OF FLORENCE MURRIAN



During Breast Cancer Awareness Month, survivors like Florence Murrian and mental health professionals share insight on offering support.



Breast cancer survivors Florence Murrian gets together with friends to volunteer for a supplies drive.

Supporting Friends and Loved Ones with Breast Cancer

Choosing words and actions that don't cause additional pain or anxiety.

BY MARILYN CAMPBELL
THE CONNECTION

When Florence Murrian was diagnosed with stage two breast cancer last December, the treatment recommended by her oncologist was a lumpectomy and radiation. In an attempt to help, Murrian's sister urged her to seek multiple medical opinions and insisted she ask for a more aggressive treatment. Murrian, 54, felt overwhelmed by the barrage of advice.

"It was the friends who just listened to me as I sometimes rambled on and on that gave me comfort," she said. "There were times when I didn't want to talk about it or cry about it. I needed to feel normal and sometimes was in denial. What I didn't want is someone asking me why I wasn't acting a certain way."

When a close friend of loved one is diagnosed with breast cancer, the reaction can range from aggressive advice giving as in Murrian's case to excessive questioning to learning every detail. During October, Breast Cancer Awareness Month, some survivors and mental health professionals share insight on offering support.

"Sometimes I had conversations with friends that made me feel worse that I already felt," said Murrian who lives in Arlington. "I was so overwhelmed that I didn't want advice and I didn't want to have to cheer up my friends."

Conversations designed to convey concern can go awry. "I recommend avoiding invalidating comments

like, 'Everything happens for a reason.' or forecasting comments such as 'Everything will be fine,'" said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Though it is natural to be concerned and want specific details about a loved one's condition, sometimes the best words are no words at all, says Professor of Psychology at George Mason University. "There may be times to mostly listen and other times to joke around," said Short. "Plan to continue enjoyable activities together, but confirm whether your loved one wants to get together."

Avoid non-specific offers to help, says Short. "I recommend taking the perspective of your friend and loved one and imagining what she might like to hear," he said. "You should express empathy and support ... prepare small meals or snacks to share. Offer to help with household tasks, errands, or caring for family members or pets."

"Everyone's situation and diagnosis is different."

— Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College

For those who are unsure, considering your loved the best source of information about her needs is more effective than making assumptions, suggests Bagshaw. "I do recommend asking how you can be of support," said she said. "One can simply say, 'Just let me know how I can help.'"

"It is good to be encouraging, but realistic," added Short. "Follow cues from your friend or loved one on how to interact."

Listening, validating and inquiring about her overall wellbeing can be more comforting than offering opinions or sharing stories about other women who've been diagnosed with breast cancer. "Everyone's situation and diagnosis is different," said Bagshaw.

"Avoid advice and assumptions unless you are asked for your opinion," added Short. "Some examples [of things] to say are, 'I am sorry that this happened to you. I want you to know that I care about you. How are you doing? I want to help'"

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WEST MONTGOMERY COUNTY CITIZENS ASSOCIATION OCTOBER NEWSLETTER

NEXT MEETING: Wednesday, Oct. 9, 2019 – 7:15 p.m.

WMCCA Meeting at the Potomac Community Center

(If schools are closed because of inclement weather, the meeting will be cancelled.)

SPEAKER: Mike Longfellow, Senior Vice President of Construction & Development, Spectrum Retirement Communities

Spectrum, a Denver based corporation, is proposing a new senior living community at 9545 River Road, the current location of Plants and Petals, previously Behnke's. It would be a combination of independent living, assisted living, and memory care and requires approval as a Conditional Use. They have asked for the opportunity to provide us with their "vision for the property, answer our questions and seek our feedback."

As always, the public is welcome to attend.

A Place for Mom - and Dad - and Ultimately Us – But Where?

PRESIDENT'S LETTER
BY SUSANNE LEE

Many of us envision ourselves and our loved ones living independently in our beloved homes in the Potomac Subregion until age 105 followed by a sudden, painless demise hiking Billy Goat trail or snorkeling in the Coral Triangle. However, there may come a time when additional services or housing options are wanted or needed. There are currently a wide range available either within the Subregion or on the periphery. These include the Potomac Community Village model to help folks age in place, home based services, small group homes, accessory dwelling units, and larger institutional settings – independent senior living, assisted living, nursing homes, and memory care. The County's recent study of housing needs for seniors confirmed that most older adults in Potomac have lived in their homes for many years and want to stay there and age in place. Alternatively, they want to downsize and move closer in to a walkable area with amenities.

Recently, multiple large institutional providers have gone outside the areas where these institutions "are allowed by right" and targeted our lowest density areas (2 acre zoning) for their expansion. Already granted a conditional use and under construction are Brandywine (near Normandie

Farms) and Artis Senior Living (near The Quarry). Pending before the hearing examiner are Heritage Gardens (at 10701 South Glen Road near Norton Road) and Vesta Senior Living (next to Blockhouse Point on River Road) and presumably soon Spectrum.

The Potomac Subregion Master Plan directly addresses the need for senior housing and designates specific sites where it might be appropriate. Facilities have been rejected in the past because the Master Plan requires that "impacts on the surrounding neighborhood must be minimized. When significant impacts cannot be mitigated, projects should be located elsewhere..." (Pp. 36-38).

The Plan further requires that the more intense and commercial uses are to be concentrated on the periphery of the Subregion close to I-270 and the Beltway, preserving the remainder as a low density residential Green Wedge. The zoning ordinance requires that senior living facilities have access to public transportation and be near medical and other services.

The goal should be to support housing choices residents want while not adversely impacting the surrounding neighborhood and the important environmental features of the Subregion.

The Heritage Gardens proposal for the former 4th Presbyterian School site at 10701 South Glen Road fails entirely. Masquerading as an independent senior living facility (senior group living in a building) the proposal would destroy over 30 acres of open space, steep slopes, and stream buffer to construct 51 four bedroom townhouses each with individual fee simple ownership. The site has no public transport or other access to needed services and will exit directly on already busy South Glen Road just across from Norton Road. We applaud and will continue to support the efforts of the neighbors surrounding the site who have been working hard organizing opposition to the proposal.

Mark Your Calendars for Oct. 12, 2019
Visit our WMCCA Booth at POTOMAC DAY!

Stormwater Update

SUBMITTED BY KEN BAWER

According to Jason Samenow (Washington Post, Sept. 19), "Four months ago, Washington had notched its wettest 365 days in recorded history, accumulating over 71 inches of rain (and melted snow)." Now, however, "The U.S. government's drought monitor re-

leased Thursday classified much of the Washington region in its "abnormally dry" category, just one step away from drought." This could be the new normal, as climate change predictions for our area call for more wild weather swings with more intense storm events. This past July was especially troubling. The tremendous storms we had in the first half of July washed out a driveway and flooded a home on Kendale Road by Ken Branch, Belfast Road was washed out by Rockwood Creek

blocking access to an entire neighborhood, and cars on Coach Street were flooded up to their roofs – all in the Potomac area. Presumably, there were many other incidents of washouts and flooded basements.

Back in May, I helped lead a tour of the Watts Branch watershed in the Potomac area for about 38 people including County Executive Marc Elrich and Rockville Mayor Bridget Newton along with Department of Environmental Protection Director Adam Ortiz, Parks

Director Mike Riley, and members of their staffs. We were also joined by Councilmember Tom Hucker's Deputy Chief of Staff Andrea Nunez, and representatives from many environmental and other related organizations. Our objective was to show selected examples of various types of stormwater management challenges in a watershed that directly impacts municipal drinking water and the costs of water treatment.

SEE WMCCA, PAGE 15



Ingleside at King Farm introduces a *different* approach to serve those with neurocognitive impairments, including Alzheimer's and other dementias. This person-directed program goes far beyond just providing care—it opens up a new world of connections for family members and their loved ones.

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Ingleside at King Farm is a not-for-profit, CARF-accredited, SAGECare-certified, life plan community.

ENTERTAINMENT

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

ONGOING

Art Exhibit: Line of Sight. Through Oct. 5, Wednesday-Sunday, noon-6 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. In Line of Sight, ceramics and watercolors explore the interplay between nearness and distance, drawing out the impact of direction, and perspective on perception. Jennifer Coffin's ceramic pieces present the detail, texture, and immediacy of form experienced in entering a landscape. Rebecca Anderson's watercolors layer the effects of distance and proximity with the sense of atmosphere and space. Meet the artists Saturdays, 3 p.m. Visit www.waverlystreetgallery.com or call 301-951-9441.

Double Vision. Through Oct. 6, gallery hours at Photoworks at Glen Echo Park. Photoworks presents "Double Vision" a faculty/student exhibit showcasing the excellence of the classes at Photoworks. For this exhibit, each faculty member chose student work that best represented their class. There are 38 photographers represented. Visit glenechophotoworks.org/ for more.

Visual Poetry. Through Oct. 6, at the Popcorn Gallery at Glen Echo Park. Photoworks Gallery announces a new collaborative exhibit in the Popcorn Gallery that will feature work that challenged the photographers to ponder the poetry in their images and to assign words to the photos in the exhibit. Visit glenechophotoworks.org/ for more.

Maryland Renaissance Festival. Crownsville, Md. The Maryland Renaissance Festival celebrates its 43rd season with nine weekends of thrills, feasting, handmade crafts, entertainment and merriment. The 27-acre Village of Revel Grove comes to life each autumn with more than 200 professional performers on 10 stages in the forests and glades with over 140 artisans exhibiting crafts in their own renaissance shops, five taverns featuring cool libations, and 42 food and beverage emporiums. Tickets Through Oct. 20, \$12-\$27. Group and multi-day discounts available. Children under 7, free. www.marylandrenaissancefestival.com for more.

FRIDAY-SUNDAY/OCT. 4-6

Halloween Eye Spy Trains. Friday, 4-6 p.m.; Saturday-Sunday, 10 a.m.-6 p.m. Bring the kids to ride Halloween Eye Spy Trains and search for all the characters hidden along the tracks. Great for families of all ages, Montgomery Parks' Cabin John Miniature Train will take a ride through "Trainsylvania." Visit ow.ly/Ktjy50vSaTz for tickets.

SATURDAY/OCT. 5

Kensington Parkrun. 9-10:15 a.m. at Rock Creek Trail at Beach Drive and Cedar Lane. Kensington parkrun is a free, weekly, timed 5K run/walk on Rock Creek Trail and is part of the larger parkrun global community of more than 1300 events intended to build healthy and well-connected communities. All ages and abilities welcome. Register before first time. Visit parkrun.us/kensington or email kensingtonoffice@parkrun.com with questions.

Taste of Bethesda. 11 a.m.-4 p.m. at Bethesda's Woodmont Triangle. Numerous downtown Bethesda restaurants and five stages of entertainment, downtown Bethesda's



Ride the Cabin John Train

The miniature trains are replicas of the 1863 C.P. Huntington, a 4-2-4T steam locomotive purchased by the Southern Pacific Railroad and named in honor of Collis P. Huntington, President of the Southern Pacific Company. June – August, OPEN Saturdays & Sundays 10am-6pm, OPEN Daily (Tues-Fri) 10am-5pm, 10 a.m.-6 p.m. at Cabin John Train. An activity great for families, each child under 2 rides free with a paying adult (\$4). Tickets can be purchased online at ActiveMONTGOMERY.org or on site the day of. Visit ow.ly/geOC30oa52p for more.



Jaleo at Taste of Bethesda.

Taste of Bethesda

Downtown Bethesda's famous food and music festival celebrates 30 years of diverse and delectable cuisine offered by Bethesda's local restaurant community. 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. As downtown Bethesda continues to grow, several new restaurants will debut at Taste of Bethesda this year: Casa Oaxaca, Leo & Liv, Lotus Grill & Bar and Poke Dojo among others. Returning favorites such as Bethesda Curry Kitchen, Chef Tony's, Duck Duck Goose, Jaleo, Momo Chicken + Grill, Mussel Bar, Medium Rare, Tout de Sweet and many more will also be in attendance this year. Saturday, Oct. 5, 11 a.m.-4 p.m. at Bethesda's Woodmont Triangle. Admission to Taste of Bethesda 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. Visit www.bethesda.org/bethesda/taste-bethesda for more.

famous food and music festival celebrates 30 years of diverse and delectable cuisine offered by Bethesda's local restaurant community. Admission to Taste of Bethesda 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. Visit <https://www.bethesda.org/bethesda/taste-bethesda> for more.

3rd Annual MCPAW Party. 6 p.m. at the William F. Bolger Center, 9600 Newbridge Drive, Potomac. A rockin', upscale, 60s frat-style party benefiting lost, homeless, and abused

animals in Montgomery County. Live entertainment by Jr. Cline and the Recliners; BBQ, raw bar, tons of fresh veggies, sides, and more; live and silent auctions; vintage 60s cars. Dress is casual or with the Animal House theme, four-legged friends are welcome. All are welcome. \$132.50-\$185. Visit 3rdannualmcpawparty.eventbrite.com for tickets.

SATURDAY-SUNDAY/OCT. 5-6

2nd Annual Heritage Harvest. 10 a.m.-4 p.m. at locations throughout the Montgomery County Heritage

Area. Celebrate autumn and the harvest. Explore farms and farm markets, wineries and vineyards, a living history farm, lavender farm, artisan brewery, artists' studios, historic farm buildings, and more. Family activities including farm tours, markets, live music, crafts, adorable farm animals, wine tastings, and food for sale. Admission is free. Visit www.HeritageMontgomery.org/heritage-harvest/ or call 301-515-0753.

SUNDAY/OCT. 6

Tex Wyndham's Jazz Band. 2-5 p.m. at Rosensteel Knights of Columbus of Silver Spring, 9707 Rosensteel Ave., Silver Spring. Tex Wyndham's Red Lion Jazz Band is Delaware Valley's revivalist Dixieland band. Some food and beverages are available for lunch at comfortable tables. The room has plenty of space for dancing. \$25; \$20 PRJC; free for students. Email labeaver1@verizon.net or call 240-447-2054.

THURSDAY/OCT. 10

Conservation Landscapes and Rain Gardens Workshop. 4-7 p.m. at Brookside Gardens, 1800 Glenallan Ave., Wheaton. The Montgomery County RainScapes team will offer this popular workshop on how to have a landscape that not only absorbs stormwater but also uses native plants and is beautiful. Register at apm.activecommunities.com/montgomerycounty/Activity_Search/conservation-landscapes-and-rain-gardens/66594

FRIDAY-SUNDAY/OCT. 11-13

Halloween Eye Spy Trains. Friday, 4-6 p.m.; Saturday-Sunday, 10 a.m.-6 p.m. Bring the kids to ride Halloween Eye Spy Trains and search for all the characters hidden along the tracks. Great for families of all ages, Montgomery Parks' Cabin John Miniature Train will take a ride through "Trainsylvania." Visit ow.ly/Ktjy50vSaTz for tickets.

SATURDAY/OCT. 12

Potomac Day is early this year. Potomac Village, parade, children's festival, business fair, car show, food, more. See pages 7-9

Kensington Parkrun. 9-10:15 a.m. at Rock Creek Trail at Beach Drive and Cedar Lane. Kensington parkrun is a free, weekly, timed 5K run/walk on Rock Creek Trail and is part of the larger parkrun global community of more than 1300 events intended to build healthy and well-connected communities. All ages and abilities welcome. Register before first time. Visit parkrun.us/kensington or email kensingtonoffice@parkrun.com with questions.

SUNDAY/OCT. 13

Autumn Rocks Event. 10 a.m. At Historic Great Falls Tavern, 11710 Macarthur Blvd., Potomac. Join the Park for blacksmith operations, dulcimer music, guest speakers, ranger-guided walks and more. Call 301-767-3714.

An Evening with James

Keelaghan. 7 p.m. at Island Pride Oasis Restaurant, 617 S. Frederick Ave., Gaithersburg. Fusing his insatiable appetite for finding the next unique story line, Keelaghan also forges his pieces with brilliantly defined craftsmanship and a monogrammed artistic vision, making him one of the most distinctive and readily identifiable voices of not only the Canadian scene, but as a member of the international singer-songwriter community. Tickets are \$18 in advance at <https://www.focusmusic.org/event-3479058> and for members, \$20 at the door. Contact Jay Keating at jay@know1else.com or 301-221-9000.

TUESDAY/OCT. 15

Read to a Dog. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. 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. Call 240-777-0694.

Potomac Library Author Talk. 7 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Presenting the Life of Josiah Henson and plans for the Henson Historical Site. With Jamie Kuhns, author and Montgomery Parks' historian.

THURSDAY/OCT. 17

Diabetes, Dementia, Heart Disease and Cancer. 8:30-10:30 a.m. At Charles E. Smith Life Communities, 6121 Montrose Road, Rockville. As a follow-up to the Sara and Samuel J. Lessans Healthcare Symposium, this event focuses on the commonalities and complexities of treating diabetes, dementia, heart disease and cancer in an older population. Speakers include: Edward Healy, M.D., MBA, Chair of Cardiology, Suburban Hospital; Linda Dunbar, Vice President of Care Management and Population Health; Johns Hopkins Healthcare; and Monica Talcott, Social Worker and Clinical Liaison, Season's Hospice.

FRIDAY-SUNDAY/OCT. 18-20

Halloween Eye Spy Trains. Friday, 4-6 p.m.; Saturday-Sunday, 10 a.m.-6 p.m. Bring the kids to ride Halloween Eye Spy Trains and search for all the characters hidden along the tracks. Great for families of all ages, Montgomery Parks' Cabin John Miniature Train will take a ride through "Trainsylvania." Visit ow.ly/Ktjy50vSaTz for tickets.

BULLETIN BOARD

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

SATURDAY/OCT. 5

Better Angels Skills Workshop. 1-3:30 p.m. At Rockville Memorial Library, 21 Maryland Ave., Rockville. Many people avoid political conversations with family, friends, neighbors, or co-workers whose politics differ from their own. Montgomery County Public Libraries (MCPL) will provide a unique program to help residents feel comfortable talking across the political divide. Contact Clotilde Puértolas by email: Clotilde.puertolas@montgomerycountymd.gov or call 240-777-0140.

SUNDAY/OCT. 6

50+Expo. Noon-4 p.m. at the Silver Spring Civic Center in downtown Silver Spring. This annual event features speakers and exercise demonstrations, health screenings, flu shots, informative resources and entertainment for older adults and their families. The keynote speaker will be Dr. Matthew Mintz, a board-certified internist and Washingtonian Top Doctor, who will address the issue that has everyone abuzz: "Medical cannabis and CBD oil: What you need to know." Free. Visit www.theBeaconNewspapers.com/50-expos or call 301-949-9766.

SATURDAY/OCT. 12

Grief, Hope and Resilience in Nature Walk. 9 a.m. to noon. At Carderock Recreation Area, C&O Canal Towpath, Potomac. Explore how the natural world can be a place where we can take feelings of loss and grief, process them and hold them. In nature, we find spiritual wisdom, comfort and healing. Here, too, we find inspiration, resilience and resistance, and look for hope. Cost is \$20. Visit <https://www.eventbrite.com/e/grief-hope-resilience-in-nature-walk-tickets-67759742213>

WMCCA NEWSLETTER

FROM PAGE 13

As we saw, these challenges are found across jurisdictions and types of properties: public, private, commercial, residential, roads, schools, and parks. To address the problem of stormwater runoff, we will need to use a wide range of tools.

We are currently drafting stormwater control recommendations for the County government. You can do your part by controlling stormwater on your own property with rain gardens, replacing lawns with conservation landscaping, planting trees, and not piping roof runoff directly to the road. Some of these measures could qualify for RainScapes refunds (www.montgomerycountymd.gov/water/rainscapes) and Water Quality Protection Charge refunds (www.montgomerycountymd.gov/water/wqpc).

Trees Cut Down on Gary Road

SUBMITTED BY BARBARA HOOVER

Gary and Chapel Road neighbors have addressed several issues recently including the burned-out house on Chapel and the WSSC water main installation. The latest controversy involves the destruction of 31 trees on the end of Gary Road that exits onto South Glen Road. The owner of a double lot on the right-of-way decided to tear down the one existing house and build two separate houses. As we understand it, the County required that he widen the driveway to allow for traffic and emergency vehicles. As a result, 31 trees were identified for cutting. Unfortunately, there was no public notice and neighbors did not learn about this until just before when orange marks appeared on the trees. Many of them pursued a variety of ways to stop, slow, or decrease the cutting, but the permits had been issued and the trees were removed. We thank the neighbors for their efforts and look forward to working with them and the County to increase notice of and minimize roadside cutting.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues': possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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

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