

Potomac ALMANAC

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PHOTO BY PAUL BURKE

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"Fill your library with the things that make you happy," said Keira St. Claire of Anthony Wilder Design/Build.

HomeLifeStyle: Your Library

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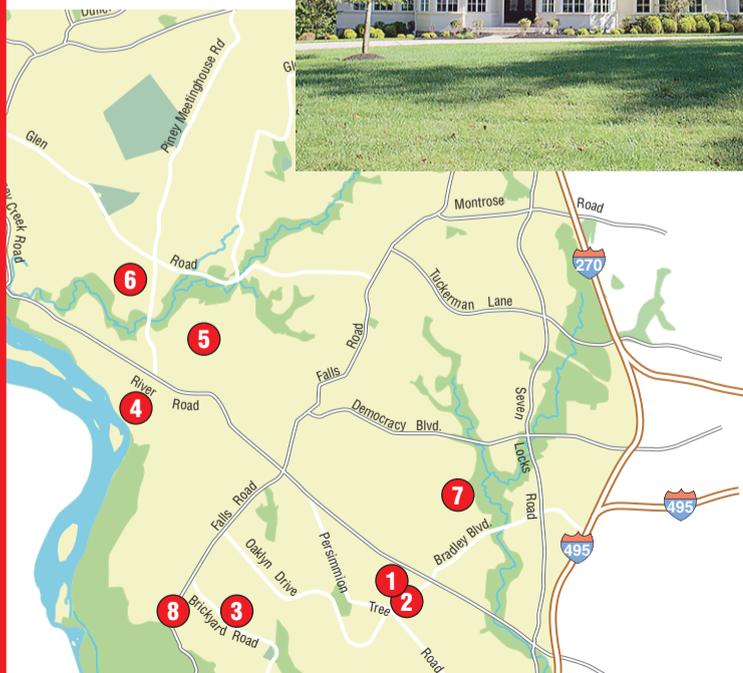
1 9005 Congressional Court — \$5,800,000



3 8560 Horseshoe Lane
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2 9001 Congressional Court — \$4,700,000



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

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Disparities in Arrests Lead to Questions about Police in MCPS

Black and Hispanic students twice as likely to be disciplined with suspension all the way back to elementary school.

BY KEN MOORE
THE ALMANAC

Black and Latino students are disproportionately affected by routine school discipline, suspensions, and by arrests in Montgomery County Public Schools. The data on arrests prompted many to ask whether it makes sense to remove SROs from the county's high schools.

But every high school principal in the county wants to keep their school resource officers, said principals Elizabeth Thomas, of Quince Orchard, and Edward Owusu, of Clarksburg High School.

Pat O'Neill, Board of Education representative for Potomac and Bethesda who has served on the Board for two decades, said every time a school shooting has occurred in the country, "the community has clamored for more police in our schools, thinking that SROs are intended as armed guards. They are not intended as armed guards, they are part of school safety planning," she said.

Student school board member Nick Asante was the first Board member to voice the possibility that SROs might not be the most effective way to help students, at a Board work session on Monday, Oct. 5, 2020.

"If SROs are there for community building and not necessarily for discipline, are they then the best community member to have at our school building?" he asked. "If so, why SROs?"

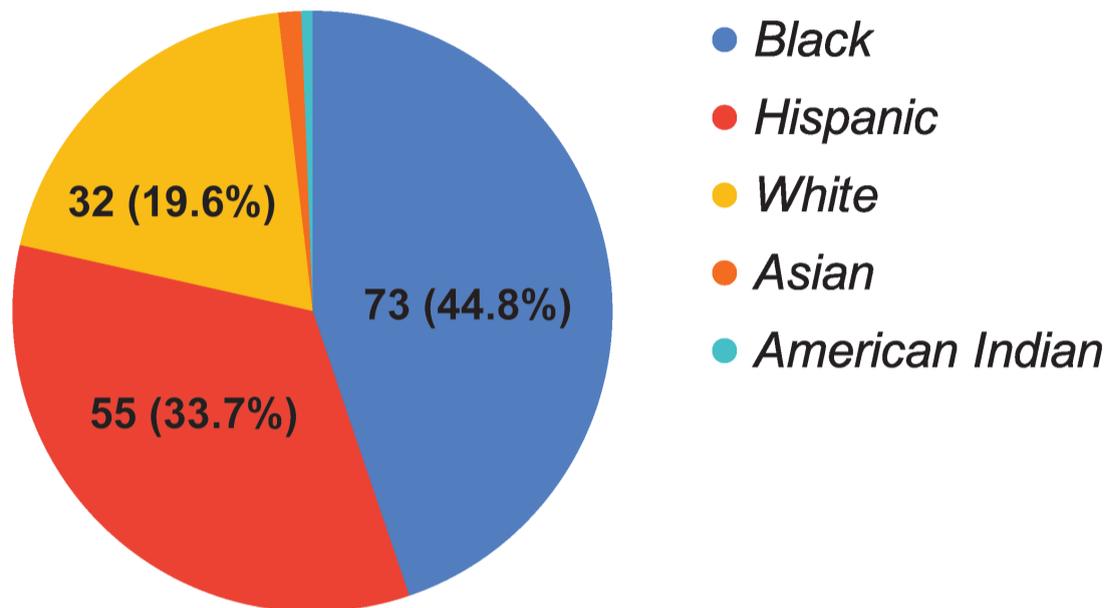
"The concerns were raised ever since the very very first SROs in our schools, which was funded by the City of Gaithersburg," said O'Neill. "A simple fight resulted in students being arrested."

Joseph Lowery, SRO at Quince Orchard, said he has developed rapport with and an understanding of the school community and overall community in his eight years there, and that he has discretion when it comes to intervention if issues don't rise to the level of felonies.

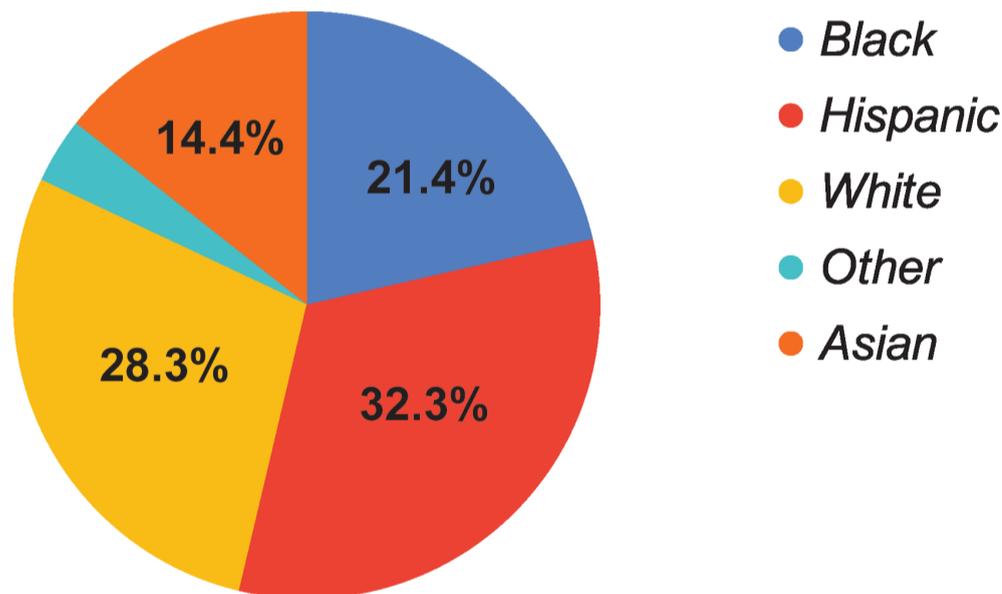
"The SROs are specifically trained, they know adolescent development," said Ed Clarke, MCPS Chief Safety Officer. "They understand the climate and culture of education as opposed to that regular beat officer."

But the police have always been called to school campuses even be-

163 Student Arrests in 2018-2019



2018-19 Student Demographics



SOURCE: WWW.MONTGOMERYCOUNTYMD.GOV/POL/BUREAUS/PATROL-SERVICES.HTML

SROs are deployed in public high schools for protection while also providing mentoring, mediation, and educational services to all stakeholders in the school system with the goal of preventing crimes before they occur.

fore SROs.

Last week, following up from a Board resolution in June, the school system gave data on the school's SRO program for the last three years as well as school discipline at all grades.

"Everything we've been talking about is directly related to arrests in schools, and it all starts way back somewhere much earlier at a much less severe level. And the goal should be no student is ever arrested for something that happens inside a school," said Dr. Jack Smith, superintendent of Mont-

gomery County Public Schools.

BLACK AND HISPANIC students are suspended twice as often as their white peers in elementary, middle and high schools. Special education students are suspended twice as much as all other students.

During the 2018-2019 school year, Black students were arrested 73 times and Hispanic students 55 times of the 163 student arrests that school year, compared to 32 White students, and 2 Asian students, according to MCPS data.

In the 2019-2020 school year, shortened by the pandemic, Black students and Hispanic students accounted for 62 (34 Black students and 28 Hispanic students) of the 71 arrests.

"We do have disproportionality when it comes to our students of color and our Hispanic students. That gives us concern and we have to work on that," said Clarke.

A WORKING GROUP, which includes principals, students and advocacy groups, will present a final report to the School Board in

"The goal should be no student is ever arrested for something that happens inside a school."

— Dr. Jack Smith,
MCPS Superintendent

January with "possible recommendations to the Board for future action," said Henry Johnson, MCPS chief of staff.

"We have a lot more work to do between now and January on this," said Smith. "but we wanted to give you what we do know, what's been reported to states, and what the flaws and struggles are."

"SROs were originally intended as part of community-oriented policing," O'Neill said. "They were funded by a justice department grant and expanded throughout the county. The funding for SROs does not live within the school budget."

"We've heard a good deal, a lot actually in our inbox email asking us to remove SROs from the schools but not a whole lot from anyone who supports keeping them there," said Board member Jeannette Dixon. She encouraged any member of the public who wants to keep the SROs in place to drop a line. She also asked what the high school principals wanted, and that's when Owusu said he polled all high school principals who gave him their unanimous support. Thomas nodded her head in agreement.

"Over the last couple of months, many people have corresponded with us and I think it gets to Nick's question, would the money be better spent for psychologists, social workers, more counselors, etc...," said O'Neill. "The money is not in our budget. I think that's an important point. But nevertheless we do need more social workers, more counselors, and psychologists in our buildings, and the community needs those services as well. Perhaps it could avoid some situations where law enforcement is involved."

Halloween Is Not Canceled

But large groups are; county offers guidelines for safe Halloween while residents make plans to celebrate.

By PEGGY MCEWAN
POTOMAC ALMANAC

Halloween, a witch's brew of fun and fantasy, will need a new recipe for this year. Covid-19 requires changes to the usual way of celebrating.

As Halloween approaches, Montgomery County officials are offering advice on how to minimize risks associated with the holiday. Parties, costume parades and trick or treating with friends do not allow people to minimize contact with non-household members so those are traditions to reconsider. Face masks and social distancing are other factors changing Halloween traditions.

County guidelines remind residents that it is important to plan early and identify safe practices to avoid the risk of spreading COVID-19.

Door-to-door trick-or-treating is not recommended by either Montgomery County or the Centers for Disease Control, nor is "trunk-or-treating," where children go from car to car instead of door to door.

What are goblins, ghosts, princesses and superheroes and their parents to do?

Potomac resident Lindsay Thompson said she was planning an Easter approach to Halloween.

"I'm going to hide candy in the yard and let the kids go out and find it," she said.

Sons Sawyer, 7, and Reid, 4, will be searching for those goodies in costume.

"I'm going to dress up as Batman," Reid said.

Sawyer has settled on a Pokémon costume.

Kristen Cleaver and her daughter Natalia of Chesapeake Beach, MD were in Potomac for lunch after hiking at Great Falls.

"I'm going to be dressed as a cute little ghost," Natalia, 4, said.

Cleaver said they would probably put Natalia in her wagon and pull her around the neighborhood



A man and his dog waiting for Halloween treats.



Witches get ready for their Halloween dance.

to look at Halloween decorations to celebrate Halloween.

Current Montgomery County Executive Order on covid-19 does not allow for events or activities of more than 50 people, so large Halloween gatherings, even if held outdoors, are not permitted. Carnivals, festivals, live entertainment, and haunted house attractions are not allowed unless granted a letter of approval.

To promote a safer environment for children and families, the county is recommending the alternative ways to celebrate Halloween this year:

Online parties/contests (e.g. costume or pumpkin carving);

Decorating homes, yards, and neighborhoods with Halloween-themed decorations;

Car parades such as drive-by events or contests where individuals dress up or decorate their vehicles and drive by "judges" that are appropriately physically distanced.

For other suggestions visit the County website: montgomery-countymd.gov.

"Regardless of how you choose to celebrate Halloween, it is important to:

correctly wear a cloth face covering ... avoid confined spaces. Actively stay away from indoor spaces that do not allow for easy distancing of at least six feet between you and others... wash or sanitize your hands often...clean frequently touched items regularly; and if you are sick, or you have



Ready to greet Halloween



A ghost floats in the wind.

been in contact with someone who is sick with covid-19 or has symptoms of covid-19, stay home and away from others," the county advises.

Montgomery County guidelines are closely aligned to those of the Centers for Disease Control.

Sami Snow, 13, said she planned to dress in costume – to be decided – and watch Halloween movies with one or two friends.

Her brother Jake, 11, wanted to be sure the family would have a pumpkin to carve.

"I just want the seeds," he said. "We'll roast them, and I like to eat them."

Sami and Jake's mother, Nina, admitted that Halloween would be different this year. She was nostalgic about parties she and her husband went to in past years.

The parties had a theme, she said.

"The pirate party was most fun," she said. "I went as a parrot."

Then she told about the kara-

oke party, where guests dressed as singers, and also the James Bond party.

"They are good memories," she said. "I hope we can do it again." Maybe next year.

In addition to the County suggestions, the CDC website adds:

- ❖ Do not use a costume mask (such as for Halloween) as a substitute for a cloth mask unless it is made of two or more layers of breathable fabric that covers your mouth and nose and doesn't leave gaps around your face.

- ❖ Do not wear a costume mask over a cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.

The website also offers suggestions for lower risk activities can be safe alternatives:

- ❖ Carving or decorating pumpkins with members of your household and displaying them

- ❖ Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends

- ❖ Decorating your house, apartment, or living space

- ❖ Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance

- ❖ Having a virtual Halloween costume contest

- ❖ Having a Halloween movie night with people you live with

- ❖ Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house.

Indigenous Peoples' Day

Montgomery County began recognizing Indigenous Peoples' Day annually on the second Monday of October, historically associated with Columbus Day. Monday, Oct. 12, 2020 marked the first Indigenous Peoples' Day officially recognized in the County.

The County joins the cities of Rockville and Takoma Park, Washington, D.C., Alexandria, Va., Prince George's County, numerous jurisdictions and seven states that recognize Indigenous Peoples' Day.

"This proclamation marks a long overdue change in how we celebrate the second Monday in October," said County Executive Marc Elrich. "As our County grapples with racial and social justice inequities, we need to recognize that too much of the story of this country has been misrepresented, and it is time to correct that story. This country was not 'discovered' by Christopher Columbus; it was already occupied by people with a rich collection of knowledge, stories and practices. Observing Indigenous Peoples' Day recognizes the original occupants of these lands, their cultures and the sacrifices they were forced to make."

Councilmember Nancy Navarro said: "This is an important moment in our County's journey. We join over 70 other jurisdictions in celebrating Indigenous Peoples' Day, in choosing to highlight the stories and cultures of our Native communities. We are taking another step forward in our journey to create a more

equitable system. While we can't change the past, we can incorporate previously silenced voices into our historical narrative."

Council President Sidney Katz said: "On Oct. 12, we officially commemorate the first Indigenous Peoples' Day across Montgomery County and recognize that Native people were the first inhabitants of the Americas. I want to thank Councilmember Nancy Navarro for bringing this issue to the Council and receiving unanimous support for a resolution making Indigenous Peoples' Day an official day to celebrate and honor Native American peoples and commemorate their histories and culture."

Numerous Native American tribes, recognized by the Maryland Commission on Indian Affairs, call Maryland home, including the Accohannock Indian Tribe; the Assateague Peoples Tribe; the Nause-Waiwash Band of Indians; the Piscataway Conoy Tribes; the Piscataway Conoy Confederacy and the Cedarville Band of Piscataway Indians; the Pocomoke Indian Nation; and the Youghiogheny River Band of Shawnee Indians.

In the past, Montgomery County Government remained open on Columbus Day, and it will continue that practice for Indigenous Peoples' Day. County Executive Elrich and the County Council will formally present the proclamation on Tuesday, Oct. 13, during the Council's regular meeting.

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/OCT. 15

Improbable Comedy. 8:30 p.m. via Zoom. Improbable Comedy: Stay at Home Edition brings live, stand-up comedy right to your home. This week features Sabeen Sadiq, James Creelman, Anthony Oakes and host Hedi Sandberg. Tickets are Pay What You Can. You must register on Eventbrite to get the Zoom link, which will be sent out 30 minutes before the show. More info and ticket/registration link at www.improbablecomedy.com

SATURDAY/OCT. 17

Rock Creek Gala. 1-6 p.m. At Carter Barron Amphitheater, 4850 Colorado Ave., NW, Washington, D.C. Rock Creek Conservancy will

host the annual Rock Creek Gala, turned Picnic in the Park in 2020, at Carter Barron Amphitheater. The socially-distant event celebrates Rock Creek, its parklands, and the people-powered restoration that the Conservancy leads throughout the year.

All are invited to participate in the Gala. Tickets are available at www.rockcreekgala.com until October 13, 2020.

All proceeds from the event will go to supporting that work and restoring Rock Creek and its parks. Visit the website: www.rockcreekconservancy.org/gala

FRIDAY/OCT. 23

Meet Jennifer Ryan. 11 a.m. to 12 p.m. Zoom Virtual Event sponsored by Friends of the Library Potomac Chapter. Jennifer Ryan will speak about her best selling books the Spies of Shilling Lane and The Chilbury Ladies Choir. The Spies of Shilling Lane her latest novel is

funny WWII story about a woman who resolves to find and then rescue her missing daughter. Visit the website <https://www.jenniferryan-author.com>. Join in Zoom: <https://zoom.us/j/91018889970> Or Dial In: 301 715 8592; Meeting ID: 910 1888 9970

THURSDAY/OCT. 29

The Charles E. Smith Life Communities will host a Zoom presentation on Thursday, Oct. 29 at 7:30 p.m. with Pati Jinich, host of the PBS television series "Pati's Mexican Table" now going on its ninth season. Born and raised in Mexico City, Jinich is the resident chef at the Mexican Cultural Institute in Washington, D.C., and author of two cookbooks, "Pati's Mexican Table: The Secrets of Real Mexican Home Cooking" and "Mexican Today: New and Rediscovered Recipes for the Contemporary Kitchen." Register at <https://www.smithlifecommunities.org/>

~~Free and open to all~~
Potomac Community Village
 Join via Live Zoom

The Journey-The Camino de Santiago
 By *Kathleen M. McGuinness*,
 a Washingtonian senior who made this 500 miles pilgrims' journey on foot alone a year after breaking her back.

Wed, October 14, 1:00pm –2:00pm
 Register at 20854HelpDesk@gmail.com

You can read any of this week's 15 papers digital editions here:
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Home Library Design

Designers offer ideas for spaces with style and comfort.

BY MARILYN CAMPBELL
THE ALMANAC

Once thought of as space for academics to smoke cigars and sip whiskey, the era of covid-19 has transformed home libraries into now cozy places of refuge. Those who've grown tired of Netflix and election coverage might find solace in curling up with a book. From a reading nook with a small chaise to a grand room with a fireplace and soaring ceilings, five local designers offer inspiration for creating a home library.

**Tracy Morris,
Tracy Morris Design**

Whether ornate or minimalist, design ideas for accommodating one's personal taste abound, says Tracy Morris, Tracy Morris Design in McLean. "When it comes to home libraries, the customization options are endless," she said. "Some of my favorite things to include in libraries are art light sconces that illuminate the books, a built-in bar, closed storage, a built-in reading nook or even a secret bookcase door."

A literary retreat need not lack elegance, says Morris. "When it comes to creating a space that feels relaxing, while still put together, it's always best to keep it simple," she said. "Use soft pillows and throws, textured fabrics on upholstery, and be sure to include a soft rug."

Even for those with a vast collection of tomes, Morris believes in leaving a few open spaces on the shelves to display accessories, like picture frames or bookends. "Completely filled shelves can be overwhelming," she said. "Balancing it with other accessories will make it look stylish, yet relaxed. I like to break up the shelves by including some books turned horizontally with a decorative object resting on top." One of Morris' most memorable home libraries was at once stately and serene. "We opted for a completely wood-filled space with rich leathers," she said. "Since the space was filled with darker wood tones, we used large windows for added brightness. We also had the mullions of the windows faux painted to match the wood for a seamless look."

Doubling as a home office, the space includes a fireplace focal point. "We used swivel chairs that can pivot towards the fireplace in the room or towards the desk, plus putting an ottoman in between provides a soft place to kick up your feet," she said.



A fireplace, leather chairs and large windows combine to make this wood-filled home library by Tracy Morris both stately and comfortable.



Large windows add additional lighting to this wood paneled library and home office by Rebecca Penno.

**Lindsay Boudreaux,
Shotgun Double**

Stained wood, painted wood, metal, glass and leather are some of the materials of which book cases can be made, says designer Lindsay Boudreaux of Shotgun Double in Alexandria, Va. The number and types of books can determine the construction and design. "One home office we designed required an entire room, floor to ceiling, of open shelving to house the client's book collection," she said.

While design can create aesthetic appeal, proper lighting offers functionality. "It is so important to have many types of light, like ambient light from windows and overhead fixtures, task lighting at the desk, and reading chairs, and control of that light with everything on dimmers as much as possible," said Boudreaux.

Boudreaux believes that dimma-

ble LED lights work best in home libraries. "They more closely mimic soft daylight and help to create a soothing atmosphere for work or relaxation," she said. "Add a few plants and a great piece of artwork, and you've got a welcoming room that you will enjoy showing up to work in."

**Rebecca Penno,
Penno Interiors in McLean,**

Determining homeowners reading style and the way the room's overall purpose, is the way that Rebecca Penno, Penno Interiors in McLean, Va. approaches each home library design. "Some home libraries function as a work space, others as more of a den," she said. "This is always a struggle with homeowners when styling their built-ins. "Many homeowners have a true book collection that they do not want to let go of. Other home-



A desk and floor-to-ceiling bookcases allow this space by Keira St. Claire to function as both a library and home office.



A starburst chandelier adds light to this basement space by Barri Branker of Beyond the Box Interiors.

owners have books with no attachment. If possible, we always eliminate all paperback books."

An expansive library with multiple functions, says Penno included a desk, fireplace and television. She designed the room to serve as library, home office and a space to relax. "In order for the homeowner to be able to use all three of these focal points, we used comfortable lounge chairs on a swivel base to provide flexibility," she said. "The starting point was the oak paneling. It provided a masculine backdrop with the deep wood tones and strong grain. From there, we layered patterns of all brown tones paired with brass accents."

Keira St. Claire of Anthony Wilder Design/Build

Setting the desired tone and atmosphere is required for creating a relaxing space without compr-

ing elegance, says Keira St. Claire of Anthony Wilder Design/Build in Potomac, Md. "Comfort and style can and should go hand in hand and is very personal to each of us," she said. "What makes you feel relaxed? When you're thinking of your happiest places, where are you? The beach? The mountains? A European city? The spa? Think of ways to incorporate elements from those places into your decor."

Accessories not only determine the way a room looks, but also the way it feels. "Fill your library with the things that make you happy," said St. Claire. "A balance of collectables, photographs and books or magazines, a record collection, or wall-to-wall books. Surround yourself with whatever you love. This will ensure that this space is calming and inspiring and makes you feel good to be in."

Designing a peaceful oasis for reading can be done simply. "A good way to create a cozy, relaxing atmosphere without skimping on style is layering lots of varying textures and patterns," said St. Claire. "For instance, lots of pillows in your chair, blankets to wrap yourself in with a warm cup of tea, or a sun-filled room with fresh flowers and an iced lemonade." While a room with a fireplace, soaring ceiling and pedigreed antiques is unaffordable for many, a tasteful and well-designed room is not. "If you don't have the budget or don't want to invest in something as permanent as built-ins ... there are many stylish bookshelves available in any style you can imagine."

Barri Branker of Beyond the Box Interiors

A diminutive basement space can offer solace and beauty, says designer Barri Branker of Beyond the Box Interiors in Alexandria referring to an unconventional home library she created recently.

"The room is tiny and would not be one that would be used regularly, we opted against built-in shelving and sourced beautiful open airy wrought iron bookshelves," she said. "We provided drama and texture with the stunning sculptural wall lights." Dark and cramped might come to mind when one thinks of room in a basement, Branker says that this home library is quite the opposite. "The space receives light with a modern starburst chandelier adding functional reading light and cheery brightness," she said. "The art and accessories create a boutique hotel feel. Rather than trying to shove a typical seating arrangement in the room, we used a large tete-a-tete chaise."



PHOTOS CONTRIBUTED

Exercising Inside as Weather Cools and Light Wanes

By PEGGY MCEWAN

Fall brings with it the promise of change, falling leaves, shorter days, and cooler weather.

But in these pandemic days, when change includes social distancing, home schooling and, mostly, inside activities, parents are searching for ways to get their children some exercise, outside or inside.

Kicks Karate, with a center in Potomac and nine other locations in Montgomery and Frederick counties, understands the need.

"You have to do something, kids need to exert themselves," Lana Bussard, wife of Kicks Karate founder John Bussard and president of the company, said.

The company shut down in March when Governor Larry Hogan closed all nonessential businesses in Maryland. By mid-April they began offering Zoom classes.

"It was tricky teaching kids on Zoom," Lana Bussard said.

By June they were allowed to resume in person classes.

"But people didn't come," Lana Bussard said. "So, we started outdoor classes too.



People gradually came back."

Lana Bussard said that she thinks the current enrollment at Kicks is about 60 percent of what it was in March before the shutdown. Of the 14 locations operating in March, 10 have reopened. "We just didn't open the other four," Lana Bussard said. "There was a natural attrition of students and staff.

Employees at Kicks are careful about following the guidelines for social distancing and face masks. "Most of our studios have two rooms," Lana Bussard said. "We only book one and if more people [than expected] show up for a class we open the second room," to

allow more space between people. Students are let in one by one, she said. They get a temperature check and are told to wash their hands, then they can enter the class.

Everyone wears face masks. "Honestly, the kids are champions," Lana Bussard said. "The kids all wear their masks and leave them on. They never complain."

Kicks Karate was founded in 1994 by Master John Bussard (8th Degree Black Belt). Its mission is to help people of all ages develop important life skills, including self-confidence, self-discipline, self-defense, fitness, mental focus, emotional awareness, and more, according to the Kicks Karate website. Classes are available for children as young as three years old and continue through teens into adult years.

"The majority of our adults are parents of our students," Lana Bussard said

To learn more about fall and winter classes at Kicks Karate visit their website www.kickskarate.com. Newcomers or those who think they would like to try karate can sign up for a free class.



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"And Awaay We Go!"



By KENNETH B. LOURIE

As Jackie Gleason would say as he segued from his monologue into the sketch comedy that followed on his Saturday night entertainment hour on CBS. So too does my entertainment - or lack thereof, continue. Six weeks or so after my treatment for thyroid cancer (three pills a day) began, per doctor's orders, we have put a halt to the proceedings. Due to increasing values in my bi-weekly lab work (monitored exactly for this purpose), specifically my kidney and liver functions, I am standing down and standing by. We will retest this coming Thursday and then wait for further instructions (smaller dose, intermittent dose, no dose?). In addition, some of the side effects that I am experiencing (fatigue, shortness of breath, a little depression/a little malaise) also encouraged my oncologist to pause the treatment. Hopefully, it's the pause that refreshes as Bud Collins the long time tennis commentator for NBC once said to describe female tennis star, Amanda Paz.

The lab work is the first line of defense and indicator, along with side effects as to what might be going on inside. A scan would be useful as well but due to the radiation exposure, the doctors try to keep its use to an absolute minimum. And since I'm not scheduled to be scanned for another month (every two months), my status is best determined by how I feel and what the lab work shows. In the interim, I will ride the roller coaster of emotions and fear and try to enjoy the reduction in the side effects (which I can do. I'm good that way). I just have to hope that the values in my next lab work go back down or I may very well go off the rails and onto some other ride that might not be so manageable.

All that remains is 'all that remains.' Nothing in my life/carer routine is likely to change much. Again, what I have I've been told is that what I have incurable: stage IV papillary thyroid cancer, the kind that doesn't respond to radio iodine therapy, so every minute of every day will be spent hoping, praying, wondering and waiting to see if the end is near or thankfully not near at all, like a mirage, almost. Just another day in my cancer conundrum. As Tom Branson said on an episode during the final season of Downtown Abbey about something completely unrelated: "What a palaver!" But that's really what being a cancer patient is all about: Confusion, lack of clarity, few guarantees and changes in your attitude along with your latitude if Jimmy Buffet were writing this column. If my wife were, it would be about going with the flow. However, since I'm writing it, it's about changes, constant change; sometimes more of the same, something completely different. and being prepared, always, to go up and down and all around and everything in between. It's highs, it's lows and its all-overs, too. It may not sound like a great way to make a living, but I can assure you, it sure beats the alternative.

As my mother used to say: "enjoy poor health," especially since isn't seem likely I'll be changing horses anytime soon. But I can do it, I'm a Red Sox fan. I've lived with disappointment and determination my whole life - and thankfully, I've lived to see some World Championships, too. The goal is to try and keep moving forward and remain positive. Like my old friend Ray use to say: "my attitude is my blood type: B+." What's another blip on the cancer radar? I've been on it so long now, Feb., 2009 that it would be abnormal not to appear. And since the experts have been telling me that it's unlikely I won't be off the grid until it's too there's either a new grid or a new drug, I am happy to take a break in the short term if it helps in the long term. Because the goal is to finish, not to falter.

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