Intense rains lead to high Potomac River levels at Great Falls. The water will reach nearly 10 feet at 10 p.m. Tuesday night as measured at Little Falls. This photo, taken on Monday, March 1, at 5 p.m., shows the river crescendoing at 7 feet.
Nadia Hashimi is a good storyteller. In her first three novels she tells of life in Afghanistan as people live according to ancient traditions, affecting life in ways American readers can hardly imagine.

With the publication this week of her fourth novel, “Sparks Like Stars,” she moves her storytelling from that society entering the 20th century to a time of revolution that results in taking the country back to the ancient ways.

“My goal,” she said, “Is always to show as much as possible the spectrum of Afghanistan history.”

In this novel she said she wanted to reflect the 1970s when Afghanistan experienced “a time of remarkable promise.”

U.S. State Department employees considered it a place of sophistication and safety, a time Hashimi drew from research into State Department notes.

“It was a different time,” she said, thinking of the American stereotype of Afghan culture. Hashimi’s parents lived in Kabul during that time and, she said, they think of it as “the best of times.”

All that changed in 1978 which is when “Sparks Like Stars” begins.

From the book jacket: “Kabul, 1978: The daughter of a prominent family, Sitara Zamani lives a life in Afghanistan’s thriving cosmopolitan capital. The 1970s are a time of remarkable promise. ... But ten-year-old Sitara’s world is shattered when communists stage a coup, assassinating the president and Sitara’s entire family. Only she survives.”

The book follows Sitara as she finds safety from the rebels and is smuggled to the United States.

She becomes a surgeon and falls in love with a man with whom she cannot share her story, no matter how often she determines she will. After 30 years of living with a false identity, her world and memories reach a turning point that propels her to return to Kabul to learn about the fate of her family and her own identity.

Her time in Afghanistan frees her from the haunting memories of that night in 1978, allows her to come to peace with the death of her family, and live again as the young girl of promise her parents nurtured.”

NADIA HASHIMI, whose parents came to the United States in the 1970s, was born in New York. She attended Brandeis University and SUNY Downstate College of Medicine.

She is a pediatrician, married to a neurosurgeon. They are the parents of four children.

Hashimi said she used to write when her children were in school but has found it hard to find writing time this year. Still, she managed to finish “Sparks Like Stars.”

“My husband suggested I write,” she said.

“He knew I loved books, he felt like I had something I wanted to tell.”

That was after 9-11 when many Americans developed a stereotype of Afghanistan as a backward country, an enemy of the United States.

“I hoped to change American knowledge of Afghan culture,” she said.

She is working on that goal with four novels and two children’s books published since 2001, all sharing insight into Afghan life. “Sparks Like Stars” is available at local bookstores and online.
**Solar Permitted in Reserve, Carefully**

**Areas with the soils needed for growing food are protected.**

By Ken Moore, Potomac Almanac

Hans Riemer voted against his own bill to permit industrial solar in the Agricultural Reserve. But other councilmembers told him what they believe the headline should read.

“I believe when we are all done here the headline will be Montgomery allows solar in the Ag Reserve, which is huge,” said Nancy Navarro (District 4).

“I do think the headline will be today that we’ve opened up solar in the ag reserve,” said Will Jawando (at-large).

“That should be the lede in this story,” said Craig Rice (District 2).

Riemer objected that the council made changes to his original bill; in the end, the council protected the two classes of soil most needed for farming and made any solar project a conditional use. The Planning Department conducts intake review on Conditional Use cases to verify completeness.

Once applications are deemed acceptable, they are sent to the Office of Zoning and Administrative Hearings (OZAH), which ultimately approves or denies the Conditional Use.

“What we proposed is to power 50,000 homes with this clean energy and really that would be the cornerstone of our climate change agenda here in Montgomery County,” said Riemer (at-large). “I think everyone knows where I stand.”

The 1980 County Council protected 93,000 acres of land from development and developers, saying it should be protected forever. The decision was a climate-change masterpiece lauded across the country for its vision.

“It is very expensive to build rooftop solar and parking lot solar and as a result of that cost compared to the anticipated revenue there is just not a lot of it happening,” said Riemer.

“It is just not profitable, not profitable enough,” he said.

**THE FINAL VOTE** was 7-2, with Riemer and Tom Hucker dissenting.

“We unanimously declared a climate change emergency and when you have an emergency, you take action, you take action rapidly,” said Hucker.

Evan Glass didn’t support the changes, but voted for the final bill.

“I am deciding that I am going to vote for this, because I’ve been elected to get things done and not to take protest votes,” said Glass (at-large).

“It’s not what a climate emergency demands of us,” he said. “My vote today is to start that process officially but we have a long way to go.”

“While it may mean that there are not as many projects that can move forward I do believe it opens the door for some projects to move forward,” said Sidney Katz (District 3).

The Council mandated that the Planning Board examine how the projects work by 2023, so it can make changes, adaptations, improvements, additions, or protect the Reserve more.

In that time, the market and its rapid technological advances will determine the validity of Riemer’s objections and if solar projects can or can’t move forward in other parts of the county, concerns raised by Riemer, Hucker and Glass.

Potomac’s councilmember, Andrew Friedson, spent a lot of time during the process explaining the importance of the Agricultural Reserve and why he fought to protect the “integrity of the Reserve.”

Advocates have as well.

Gabe Albornoz (at-large) said he’s learned “so much” about both solar and the Agricultural Reserve and “have come to even better appreciate the steps that the county took 40 years ago to establish the Agricultural Reserve, which at the time, and even today, was one of the most profound climate actions decisions as a body as a jurisdiction could have made.”

“That one third of our land cannot be developed except for agricultural use is profound, something that needs to be recognized and celebrated for generations to come,” said Albornoz.

Unfortunately, the process pitted people who would understand the importance of both causes against each other.

“None of us would disagree with the urgency and concern of climate change and the fact that it is an existential threat facing our country and our world. There’s no question about that,” said Albornoz.

“I appreciate all the correspondence and communication and I know this issue has generated a lot of emotion and I’ve certainly felt it on a number of occasions,” he said. “I’ve been called a climate denier in the last few weeks and I’ve been told I’m radically opposed to solar, both of which are completely false and couldn’t be farther from the truth.”

---

Crescendo Levels

Potomac River Levels at Great Falls will reach peak at just short of level, 10 feet, at 10 p.m. Tuesday night. Photos taken here on Monday, March 1, at 5 p.m., show the river crescendoing at 7 feet.

**Source: National Weather Service Advanced Hydrologic Forecast**

---

**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.

**NOW THRU MARCH 20**

Holy Child’s Gala Car Raffle. Beep, beep - win a Jeep! Enter to win a 2021 Jeep Wrangler Islander (valued at $41,000) provided by Safford Automotive Group OR $30,000 cash. Only 1,961 tickets will be sold by Connelly School of the Holy Child and the lucky winner will be drawn during the Holy Child Gala on March 20. Purchase 1 ticket for $100 or 3 tickets for $250. All proceeds benefit Connelly School of the Holy Child on Bradley Blvd. in Potomac. Purchase your ticket today. Visit: www.holychild.org/carraffle

**WOMEN’S BOOK CLUB**

Second Chance Addiction Care of Potomac is launching a Women’s Book Club for women who may thinking about getting help, the currently struggling with addiction or them to obtain peer support and gain the strength to begin the recovery process. To join, email: bookclub@secondchancecare.com. The first 5 women to join will receive...
Next Meeting
Wednesday, March 10, 2021
at 7:30 p.m. via Zoom
https://us02web.zoom.us/j/84121029826?pwd=duXg-x-
53WEINWq52YaJFfshS5UT09
or call in with 301-715-8592
(Meeting ID = 841 2102 9826, Passcode: 190467)
A recording of this meeting, and hotlinks within the Newsletter, will be available on our website: www.
WMCCA.org

SPEAKER: Caroline Taylor, Execu-
tive Director of the Montgomery
County Citizens Association

“The mission of the Montgomery Coun-
trystride Alliance is to promote sound
economic, land-use and transpor-
tation policies and programs that
preserve the natural environment,
open spaces, and rural lands in Mont-
gomery County’s Agricultural Reser-
ve for the benefit of all Wash-
ington Metropolitan area residents.”
Caroline will provide us with an up-
date on issues in the Ag Reserve.

“Waiting for Godot
(and a Vaccine)”
submitted by President Ken Bawer
President@WMCCA.org

I am ready for Spring. I am ready
for the pandemic to be over. I am
ready to return to normal activities.
And I am waiting for a vaccine. For-
tunately, we are headed in the right
direction: the days are getting lon-
ger, and the vaccines are rolling out.
Johnson & Johnson, whose vaccine
has just been approved by the FDA
for emergency use, projects to have
20 million doses ready in March
and 100 million by June. None of these
can come fast enough, but at least there is light at the end of the tunnel and
these will all certainly arrive be-
fore Godot.

WMCCA recently signed onto two let-
ters that commented on the County’s
draft Climate Action Plan. One, by the
MoCo CAP Coalition, provided an in-depth critique of the entire
130-page document. The other, from
the Montgomery Coalition to Pre-
vent Stream Destruction, provided
comments relating to “stream resto-
rations”.

There are six Water & Sewer Service Category Change Requests that we continue to follow in our
area. Some of these property owners
requested conversions from septic systems to public sewer service even though they don’t qualify by law.
Plus, two new requests were made as of 2/21/2021. The Planning Board
approved the Forest Conserva-
tion Plan Amendment for Congres-
sional Country Club. We opposed the
plan since it will allow the cutting of
previously protected trees and will
allow armor-plating of their stream
with boulders instead of controlling
its waterway at its source.

Finally, we met with and pro-
vided suggestions to the County Depart-
ment of Environmental Protection
(DEP) regarding new septic legis-
lation they will be proposing to
require septic tank pumping every
five years.

Spectrum Retirement
Communities, LLC
submitted by Susanne Lee
On Feb. 25, 2021 the Montgomery
County Office of Zoning and A-
Hearings approved Spectrum's application and granted
conditional use approval to allow the
construction and operation of a resi-
dential care facility for individuals
62 years and older at 9545 River Road
 cũently Potomac Petals and Plants,
formerly Behnke’s garden center.
The facility is approved for 100 units
with up to 130 beds (assisted living
and memory care units). Eighty-five
parking spaces must be provided and
up to 43 employees may be on site at
any one time. Although not included
as a condition in the decision, in its
revived application Spectrum agreed
to reduce the building height from
three to two stories. Spectrum now
joins the other two new residential
care facilities approved by OZAH;
Brandywine (140 assisted living
and memory care units) 10800 Potomac
Tennis Lane next to ManorCare and
Arden Courts; and Artis Senior Liv-
ing (72 memory care units) 8301
River Road near Sunrise at Fox Hill.
It will be interesting to see how
marketable the Spectrum units will
be given the number of such units
already available on the market.
In construction in Potomac and nearby, the
documented desire of seniors to age
in place, and the issues surrounding
congregate living facilities that have
been tragically underscored during
the pandemic.

Synthetic Turf Disposal
submitted by Carol Van Dam Falk
WMCCA submitted testimony
last week and testified before the
Maryland Environment and Trans-
portation Committee via zoom on
Wednesday, Feb. 24 in favor of
HB8057, which would require man-
ufacturers and owners of synthetic
surf and turf infill to file with the
Maryland Department of the Envi-
ronment, disclosing the owner and
location of the field and infill. This
facial-laden or plastic carpets are either
being incinerated, repurposed, or
dumped “in ravines, deserts, woods,
and empty lots” according to a Fair
Warning investigative report, and
dumping often happens in lower-in-
come communities. That is a big
problem, not only here in Maryland,
but nationwide. The direct impact
on aquatic life has also been docu-
mented in many sources.

Since no regulations currently exist governing the disposal or re-
cycling of these materials, synthetic
turf companies have been known
to make exaggerated claims about
reusing, recycling, and disposal of
their product at the end of their lifes-
psans, as they have done with officials
and County Public Schools at “informa-
tion meetings.”

If the Synthetic Turf Council rec-
ommends end-of-life changes of cus-
tody certification, and it does, why
wouldn’t Maryland lawmakers sup-
sport such legislation?

We are hoping Maryland lawmak-
ers agree with us. We will update
you on whether HB 857 is favorably
reported out of committee.

Rushing Beltway Expansion
Won’t Solve Congestion
submitted by Carol Van Dam Falk

Even though the final environmen-
tal impact statement is not expected
until the Fall, on Jan. 27, 2021 Mary-
lan lawmakers already announced
they are plowing ahead with plans
to expand I-495 and I-270, add-
ing 80 million dollars to the project, and
while not accept      used-synthetic
turf waste due to the weight and vol-
voluminous fact here is that no one is
warning investigative report, and
more regrettably, it is that no one has
exists governing the disposal or re-
which would cross Seven Locks Road
and encroach on the historic Moses Hall
and Cemetery off Seven Locks Road.

“Alternative 9” will add four High
Occupancy Toll (HOT) lanes: two
in each direction: to I-495 between
the American Legion Bridge and
the I-270 spur to the Beltway between
the Beltway and Interstate 70 in Frederick.

In mid-February, MDOT select-
ed Accelerate Maryland Partners, a
consortium led by Transurban, to do
“predevelopment” work on its $11
billion-plus 495/1-270 road widen-
ing project. As John Stout, the U.S.
PIRG transportation advocate wrote
in a Washington Post Feb. 2 opinion
piece, “The science is clear: High-
way expansion doesn’t solve traffic
congestion. Wider roads mean more
drivers. Expanding our highways traps
us in our cars, increases harmful
polution, and does nothing to
our environment. Among the wasteful
highway boondoggles still moving
forward amid the coronavirus pan-
ademic, rushing the Beltway won’t
solve any of that.”

The expansion is opposed by the
Maryland-National Capital Park
and Planning Commission, environ-
mental activists, the U.S. Navy, and
County residents who say the expan-
ion will threaten hundreds of acres
of natural parkland and streams and
destroy numerous homes.
that will open are: Bauer Drive; Damascus; Nancy H. Dacek North Potomac; Jane E. Lawton; Plum Grove; Potomac; Princess and White Oak.

Residents must have a Fit N Play Pass to reserve a fitness room or gym activities. A six-month Fit N Play pass is available to County residents, 18 years and older, for $55. Passes are free for youth, 17 and younger.

VIETNAM VETERANS DAY
MARCH 29
The Montgomery County Commission on Veterans Affairs is honoring dozens of Montgomery County Vietnam War and Vietnam Era veterans with detailed tributes displayed on a special website created by the commission. The tribute honors the veterans leading up to National Vietnam War Veterans Day, which is observed every year on March 29. The special day recognizes U.S. Armed Forces and Uniformed Services personnel with active duty service between Nov. 1, 1955 and May 15, 1975, regardless of location of service.

The Montgomery Commission on Veterans Affairs website includes photos, military histories and later personal updates of Vietnam veterans who are either originally from the County or who lived in Montgomery after their service. The site can be viewed at www.montgomerycountymd.gov/vietnamvets.

Anyone who would like to share their story or the story of a friend or family member for the website tribute can e-mail Carly.Clem@montgomerycountymd.gov and provide the following information: servicemember or veteran’s name, your name (if submitting on behalf of a servicemember or veteran) and your relationship to the individual, branch of service and rank, years of service.

Brief narrative of their service. Live in or once lived in Montgomery County. If you attended high school here, name school from where you graduated. Photo(s) (preferably one during service time and one present day).

MCPS REPLACING 326 DIESEL SCHOOL BUSES WITH ELECTRIC SCHOOL BUSES
As part of its commitment to sustainability, MCPS is replacing 326 diesel school buses with electric school buses over the next four years.

On Tuesday, Feb. 23, the Montgomery County Board of Education approved a $1,312,500 four-year contract between MCPS and HET MCPS, LLC, a wholly owned subsidiary created by Massachusetts-based Highland Electric Transportation, Inc., for the purpose of this project.

The vendor will invest in the upfront costs of purchasing the electric school buses with the plan to recoup that investment over time through decreasing vehicle prices, less expensive fuel and maintenance savings. The cost to MCPS includes use of the bus, all charging infrastructure, charge management, electricity and maintenance reimbursement. The total lifetime contract cost for the 326 electric buses, which will eventually replace the current fleet, is $168,684,990. MCPS expects to cover the cost of the contract over time with funds that otherwise would have been spent purchasing and operating diesel school buses.

Bernstein is pleased to announce that Joseph M. Brodecki has again been recognized as a Washingtonian Top Financial Advisor.

Joe Brodecki cares for clients the same way he looks after family. Before he invests one dollar he listens carefully and takes the time to understand what matters most to you. Joe co-founded Bernstein’s DC office after a successful career as a nonprofit executive including leading fundraising that raised $200 million to create the US Holocaust Memorial Museum.

Joe specializes in high net worth individuals/families and nonprofit organizations as an integral member of his client’s trusted advisory team of attorneys, accountants and consultants. Multiple times this advisor has successfully nominated Joe as a “Top Financial Advisor” including recognition in January 2021 Washingtonian magazine.

Bernstein Private Wealth Management
130 Connecticut Avenue, NW, 11th Floor, Washington, DC 20005
Joseph.Brodecki@bernstein.com | 202.261.6730 M: 801.520.8587 / bernstein.com

SPECIALIZATION
Multi-generation families, life transitions, cross-border investors, nonprofits, associations, endowments, foundations; Minimum: $5 million
DESIGNATIONS, AFFILIATIONS, AND AWARDS
In December, 2020, 78 Potomac homes sold between $4,200,000-$425,000.

<table>
<thead>
<tr>
<th>Address</th>
<th>BR FB HB</th>
<th>Postal City</th>
<th>Sold Price</th>
<th>Type</th>
<th>Lot AC</th>
<th>Postal Code</th>
<th>Subdivision</th>
<th>Date Sold</th>
</tr>
</thead>
<tbody>
<tr>
<td>12517 PALATINE CT</td>
<td>4...4...1</td>
<td>POTOMAC</td>
<td>$1,310,000</td>
<td>Detached</td>
<td>2.00</td>
<td>20854</td>
<td>PALATINE</td>
<td>12/28/20</td>
</tr>
<tr>
<td>10801 SPRING KNOLL DR</td>
<td>4...3...0</td>
<td>POTOMAC</td>
<td>$1,300,000</td>
<td>Detached</td>
<td>2.00</td>
<td>20854 POTOMAC OUTSIDE</td>
<td>12/01/20</td>
<td></td>
</tr>
<tr>
<td>11646 PARTRIDGE RUN LN</td>
<td>3...4...0</td>
<td>POTOMAC</td>
<td>$1,250,000</td>
<td>Detached</td>
<td>2.15</td>
<td>20854 DARNESTOWN OUTSIDE</td>
<td>12/23/20</td>
<td></td>
</tr>
<tr>
<td>11200 TARA RD</td>
<td>6...4...2</td>
<td>POTOMAC</td>
<td>$1,200,000</td>
<td>Detached</td>
<td>2.00</td>
<td>20854 POTOMAC VIEW ESTS</td>
<td>12/29/20</td>
<td></td>
</tr>
<tr>
<td>10123 KENDALE RD</td>
<td>3...2...2</td>
<td>POTOMAC</td>
<td>$1,180,000</td>
<td>Detached</td>
<td>2.00</td>
<td>20854 MCAULEY PARK</td>
<td>12/04/20</td>
<td></td>
</tr>
<tr>
<td>9453 TURNBERRY DR</td>
<td>3...3...1</td>
<td>POTOMAC</td>
<td>$1,160,000</td>
<td>Townhouse</td>
<td>0.07</td>
<td>20854 AVENEL</td>
<td>12/21/20</td>
<td></td>
</tr>
<tr>
<td>12500 PARK POTOMAC AVENEL</td>
<td>2...2...1</td>
<td>POTOMAC</td>
<td>$1,150,000</td>
<td>Apartment</td>
<td>2.00</td>
<td>20854 PARK POTOMAC</td>
<td>12/16/20</td>
<td></td>
</tr>
<tr>
<td>12500 PARK POTOMAC AVENEL</td>
<td>2...2...1</td>
<td>POTOMAC</td>
<td>$1,123,000</td>
<td>Apartment</td>
<td>2.00</td>
<td>20854 PARK POTOMAC</td>
<td>12/09/20</td>
<td></td>
</tr>
</tbody>
</table>

Copyright 2020 Mark eStats for ShowingTime. Source: Bright MLS as of December 31, 2020
A Schedule Can Anchor Your Day
How creating a daily routine can ease anxiety during times of uncertainty.

By Marilyn Campbell
The Almanac

Er days were overwhelmingly stressful. Hollie Platt, a Bethesda mother of two, was preparing to sell her home and searching for a new one, homeschooing all while running her full time math tutoring business. She often ran late to appointments or missed them entirely. A friend suggested that she create a daily routine for herself that included blocking off specific time each day to complete tasks.

“Even morning, I pull up my daily calendar and yoga flow before I ‘walk, making and eating breakfast, and walking my dog Leo,” she said. “Covid has been hard for everyone, but I hear a lot of people saying now that they are scheduling a specific time for daily activities to force them into a routine.”

Platt is not alone in her strategy. Creating a routine — even for those who consider themselves to be whimsical and balk at the idea of strict scheduling — can benefit from setting aside a specific time to complete at least one or two activities each day.

“Creating a daily routine is fundamental in developing a healthy relationship with one’s own needs,” said Jennifer Ha, Ph.D., Visiting Professor of Counseling at Marymount University. “Without this regular and intentional mindful attention, your mood and overall mental health can deteriorate, sometimes without one even realizing it.”

Part of protecting mental health is having a sense of stability. “As human beings we thrive with a degree of predictability and certainty,” added Di-ana Fuchs, Ph.D., a retired clinical psychologist based in Springfield. “We need to know that we have some control over our lives and what’s going on around us, especially when we have major world pandemic that makes us feel as if the fabric of society is being unraveled.

In fact, studies show that undertaking some activities on a schedule helps to reduce stress during negative life events, including one study found in the Occupational Therapy Journal of Research. “Daily routine gives us a sense of predictability, decreases anxiety related to uncertainty and provides a comfort

By KENNETH B. LOURIE

Well, those last two weeks were kind of fun (comparatively speaking), to the dozen or so previous weeks. ‘Fun’, when you’re a cancer patient experiencing side effects from treatment, is a moderation, absence even of said effects. My recent two-week break from taking my thyroid cancer medication was due to those side effects. Mentioned in a previous column, I was having balance and dizziness issues. In short, I couldn’t walk or drive — for that matter, in a straight line. After consulting with my oncologist who referred to the oncology pharmacist who’s been monitoring/adjusting my medication dosage, I was agreed that I should cease and desist until my symptoms subsided. As of this past Thursday, my symptoms had mostly disappeared so I have resumed my treatment, albeit at a lower dose.

This will be the second reduction in my dose since we’ve been trying to find the sweet spot where the tumors are stable and the side effects are manageable.

Actually, these last two weeks of being side-effect-free was more than just a break in the action. It was a revelation of sorts. The infirmity/muscle weakness I was having was not due to the older age I have become. It was the medication. During this past fortnight, I began to feel like myself again. I could get in and out of chairs without pacing myself. I could roll over in bed and pull up the covers without a fuss. And of course, I could walk and drive a straight line. It was wonderful. When one is in the midst of a cancer diagnosis/existence, any indication that your bodily functions are performing “within normal parameters,” to quote Lt. Conn. Data from “Star Trek: Next Generation” is somewhere between reassuring and life affirming.

Generally speaking, we all know that cancer doesn’t make its diagnoses big and strong. Realistically speaking, you’re happier with normal. Conversely, when “normal” isn’t how you feel, it’s hard to ponder that death/disability is not fast-approaching. Moreover, it’s especially a slippery slope when one has been given a “terminal” diagnosis originally and more recently had that diagnosis modified to include a second type of cancer: papillary thyroid cancer stage IV, to go along with my pre-existing non small lung cancer, also stage IV. One has to fight emotional-ly to keep from getting lost going down that rabbit hole. Any good news/can unexpected positive reaction with your disease, like if your mind and body returning to pre-cancer normalcy is about as good as it gets. So even though I’m back on the medical track, I feel empowered, upbeat, hopeful even. To that end/continuation of life, I am not going to worry yet that the reduced dose will allow my tumors to grow. I’m just not going to go there. What would be the point? I’ll find out soon enough, a few days after my next CT scan in mid-March. Until then, I am going to bask in my semi return to glory.

Speaking of ‘glory’, as a cancer patient, one has to grasp and hold on to anything of emotional, physical, psychological or spiritual value. In addition, what information you receive which is not particularly positive, in that it’s premature/unproven/not corroborated by science, has to be compartmentalized. As with Jerry Seinfeld, you have to put it in the vault and almost throw away the key. Allowing negative possibilities or unpalatable options to take root in your brain really does a disservice to your potential surviv-al. Ever since I was diagnosed with a “terminal” form of cancer, I’ve tried not to put the cart before the horse, if you know what I mean.

The diagnosis was bad enough on its own. I didn’t need to make it worse by piling on. If and when my life becomes more challenging, more cancer centric than it is now, I’ll deal with it. I don’t need to bring it on any sooner than is absolutely necessary. I’ve had 12 years I wasn’t expecting since receiving an initial “11 month to two year” prognosis. Twelve years later, I don’t see any reason to change my approach.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.
ALWAYS FREE DELIVERY!

. CURBSIDE PICK UP .

. CONTACT-FREE DELIVERY .