

# Potomac ALMANAC

REAL ESTATE SALES, PAGE 2 ❖ KENNY LOURIE, PAGE 7

PHOTO BY KEN MOORE/THE ALMANAC

Constant vigilance: WMCCA learned the Department of Transportation was considering installing two traffic lights at the one lane bridges in the Glen.

## Vigilance to Protect The Heart Of Potomac

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Potomac Day  
Is Coming

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Halloween Ideas

WELLBEING, PAGE 7

OCTOBER 6-12, 2021

ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)

# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## July, 2021 Sales, \$1,900,000~\$1,525,000

IN JULY, 2021, 92 POTOMAC HOMES SOLD BETWEEN \$2,562,500-\$550,000.



**5** 11513 Dahlia Terrace — \$1,610,000



**2** 12212 Drews Court — \$1,850,000



**7** 10847 Nantucket Terrace — \$1,540,000

**1** 8801 Brickyard Road — \$1,900,000



**8** 10430 Masters Terrace — \$1,525,000

**4** 6805 Canal Bridge Court — \$1,610,000



Address.....	BR	FB	HB	Postal City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
<b>1</b> 8801 BRICKYARD RD .....	6...	7...	2	POTOMAC	.\$1,900,000	... Detached..	2.34.....	20854..	POTOMAC RANCH	07/19/21
<b>2</b> 12212 DREWS CT .....	6...	4...	1	POTOMAC	.\$1,850,000	... Detached..	2.63.....	20854.....	BEALLMOUNT	07/30/21
<b>3</b> 10631 WILLOWBROOK DR. 7...	5...	5...	2	POTOMAC	.\$1,850,000	... Detached..	0.52.....	20854...	KENTSDALE ESTS...	07/28/21
<b>4</b> 6805 CANAL BRIDGE CT ....	7...	5...	1	POTOMAC	.\$1,610,000	... Detached..	0.47.....	20854..	MACARTHUR PARK	07/23/21
<b>5</b> 11513 DAHLIA TER.....	4...	4...	1	POTOMAC	.\$1,610,000	... Detached..	0.58.....	20854	MERRY GO ROUND FARM	07/27/21
<b>6</b> 9608 CONESTOGA WAY .....	4...	4...	1	POTOMAC	.\$1,560,000	... Detached..	0.47.....	20854..	MASS AVE HIGHLANDS	07/01/21
<b>7</b> 10847 NANTUCKET TER ....	5...	6...	1	POTOMAC	.\$1,540,000	... Detached..	0.99.....	20854...	KENTSDALE ESTS...	07/02/21
<b>8</b> 10430 MASTERS TER .....	6...	4...	1	POTOMAC	.\$1,525,000	... Detached..	0.34.....	20854.....	RIVER FALLS	07/30/21

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[HTTP://WWW.CONNECTIONNEWSPAPERS.COM/NEWS/2021/JUL/16/POTOMAC-HOME-SALES-JUNE-2021/](http://www.connectionnewspapers.com/news/2021/JUL/16/POTOMAC-HOME-SALES-JUNE-2021/)



# Two Traffic Lights in the Glen?

**SPEAKERS:** District 16 Delegates: Sara Love and Marc Korman

We welcome our District 16 delegation to update us on their work in the Maryland General Assembly. Their efforts to improve the lives of citizens in their District and throughout Maryland are always important. Please join the meeting and bring your interests and questions.

## Emerging from the COVID Pandemic

President's Letter by Carol Van Dam Falk  
It's been a long, slow, frightening odyssey of twists and turns as we emerge from the COVID-19 pandemic. The coronavirus has affected everyone's lives, whether they know someone dear to them who has been infected or not. The summer surge of U.S. cases has started to decline thank goodness, but the virus still poses a threat in places where large chunks of the population lack immunity. WMCCA will continue to host its General Meetings with key speakers via Zoom meetings for the next several months and provide a link for members to join us in thoughtful discussions.

This month, we have invited delegates Sara Love and Marc Korman of District 16 to give us an update on what is happening at the state and local levels with COVID-19, other health care issues, the environment, development and infrastructure, and other legislation they have been involved with in Annapolis. Del. Sara Love was first elected to the Maryland House of Delegates in 2018. She is a lawyer, a social justice advocate, and a single mom. Sara is passionate about women's reproductive rights, civil rights and civil liberties according to her website. Del. Marc Korman was first elected in 2014. He has dedicated his time in the state legislature to ensuring economic growth in Maryland and believes that if the economy is strong, the state can achieve goals like protecting the environment, according to his website.

It has been our tradition to hear from District 15 delegates in the Spring when the delegates update us on legislative achievements and battles, but we thought it would also be good to hear about the work of District 16 delegates, since they represent a significant portion of the Potomac subregion. We encourage you to ask questions following their brief presentations.

Due to COVID-19 and especially the rapid spread of the Delta variant across the country including parts of Maryland, the WMCCA board has decided not to partake in the annual Potomac Day parade and celebration on 10/23/2021.

Although we were not meeting over the summer, the WMCCA Board stayed in touch and on top of issues affecting our area. When we learned that MDOT was looking into the possibility of installing traffic lights in the Glen on rustic roads, WMCCA made phone calls and sent letters to [www.CONNECTIONNEWSPAPERS.COM](http://www.CONNECTIONNEWSPAPERS.COM)



PHOTO BY KEN MOORE/THE ALMANAC

**Constant vigilance: WMCCA learned the Department of Transportation was considering installing two traffic lights at the one lane bridges in the Glen.**

## The Glen has long been considered the heart of Potomac.

locally elected representatives and MDOT requesting more information and expressing our opposition to the proposal. As Ginny Barnes describes in greater detail in this newsletter, MDOT is no longer considering installing traffic lights in the Glen.

We encourage you to stay involved with WMCCA, attend the General Meetings, bring to our attention any development plans or other changes that affect your neighborhood, and stay safe.

### Proposed Traffic Lights at the One-Lane Bridges in the Glen

SUBMITTED BY GINNY BARNES  
On 9/3/21, an onsite meeting with Montgomery County Department of Transportation (DOT), Rustic Roads Advisory Committee (RRAC) members, and neighbors living in the Glen was held to discuss safety issues.

While there was no public notice, WMCCA had learned DOT was considering installing two traffic lights at the one lane bridges.

The Glen has long been considered the heart of Potomac as it embodies many environmental and historical elements of the Subregion: a former grain mill site, extensive wetlands, a narrow wildlife corridor surrounded by steep wooded slopes at the confluence of two streams critical to the public drinking water

### JOIN US FOR A VIRTUAL MEETING

Wednesday, Oct. 13, 2021 at 7:30 p.m. via ZOOM  
<https://us02web.zoom.us/j/82332128947?pwd=WmJmenZDU3UxL1hINENXZDRtNnFjUT09>  
or call in 301-715-8592 (Meeting ID: 823 3212 8947, Passcode: 378152)  
Find your local number: <https://us02web.zoom.us/j/82332128947?pwd=WmJmenZDU3UxL1hINENXZDRtNnFjUT09>  
A recording of this meeting, and hotlinks within the Newsletter, will be available on our website: [www.WMCCA.org](http://www.WMCCA.org)

supply. Here Glen, South Glen, and Glen Mill roads meet. All are part of the County Rustic Roads Program. RRAC members noted that crash reports do not support a need for lights and have decreased in recent years. Neighbors were more concerned with the condition of road surfaces. By meeting end, DOT agreed to patching and/or repaving roads leading into and out of the Glen. There is CIP money allotted for this road work, which could start in late Fall 2021 or early Spring 2022.

They also agreed to better signage: relocating one Stop sign and installing a back-to-back Stop sign at the approach from Glen Mill Road, as well as installing stop bars at all Stop signs.

### MoCo Council Votes for 'Short' Cell Towers in Neighborhoods

SUBMITTED BY THEODORA SCARATO

Despite strong community opposition, over the summer the Montgomery County Council passed a new zoning amendment - ZTA 19-07- which allows "short" cell towers 30 feet from houses without routine notice and public hearings. The streetlight or utility pole in front of your home can now be replaced by a taller pole topped with cellular antennas and an unlimited amount of equipment boxes (up to 12 cubic feet). WMCCA, along with several cities, homeowner and community groups sent letters to the Council

opposing this ZTA. Twelve MoCo climate groups asked the Council for climate, racial equity, and social justice impact statements but the Council refused.

A county wide coalition is advocating for changes. <https://action-network.org/letters/stop-zta-19-07/>

Just weeks after the MoCo vote, a federal court ruled on a case regarding cell tower radiation safety standards in favor of environmental health groups and a Montgomery County resident. The U.S Court of Appeals for DC Circuit ruled in EHT et al v FCC that the FCC's decision not to update its 1996 standards was "arbitrary and capricious" and did not address children's vulnerability, long term health impacts, and impacts to the environment.

Hundreds of new neighborhood cell antenna applications are expected this fall. If you want to know when companies apply to locate one near your home, sign up for email notifications:

<https://www.montgomerycountymd.gov/cable/Towers/home.html>

### Sewer Category Change Requests

Submitted by Ken Bawer  
The owners of the Travilah Oak Shopping Center and the old white house diagonally across from each other at the intersection of Travilah Road and Glen Road have each asked for a public sewer line extension to their properties. The County Council's T&E Committee voted for a deferral (rather than a denial as recommended by the County Executive and the Planning Board). The property owners of an unimproved lot at 13417 Valley Drive in Glen Hills also asked for a sewer category change to allow connection to the public sewer system. In this case, the T&E Committee did the right thing by voting 3-0 to recommend a denial.

REMINDER: IT'S TIME TO RENEW YOUR MEMBERSHIP FOR 2021-2022! Please renew or become a new member of WMCCA. Go to our website [www.wmcca.org](http://www.wmcca.org) to download a membership form or join using PayPal: Individual: \$25 / Family: \$50. We also welcome donations to our Legal Fund.

President – Carol Van Dam Falk: [President@WMCCA.org](mailto:President@WMCCA.org)  
Website: [WMCCA.org](http://WMCCA.org) – Peter Poggi, Newsletter Editor – Nancy Madden

## ENTERTAINMENT

### Ongoing Entertainment

LOCK DEMONSTRATIONS. 11 a.m., 1 p.m. and 2 p.m. (30 minutes long). Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Join park staff as they operate Lock 20 and demonstrate how it works. Lock 20 is next to the Visitors Center at the park.

BETHESDA CENTRAL FARM MARKET, Sundays, Open year

round,  
9 a.m.-1:30 p.m., March-December. (9:30am-1:30pm, January-February, closed Thanksgiving weekend) in the lot of Bethesda Elementary School. One of the largest farmers markets in the region, with more than 100 vendors and artisan food producers year-round. The market features table seating, music, local Maryland winery and farm brewery tastings, kids club activities, chef demos, and more. <https://bethesda.centralfarmmarkets.com/>

INDOOR SWIM HOURS. Shriver Aquatic Center, 5900 Executive Blvd, 240-777-8070 See. <https://www.montgomerycountymd.gov/rec/Resources/Files/aquatics/KSAC.pdf>

ICE SKATING. Cabin John Ice Rink, 10610 Westlake Drive. Cabin John Ice Rink has numerous public skate sessions every day of the week. See [cabinjohnice.org](http://cabinjohnice.org) for details.

SEE CALENDAR, PAGE 5

# Potomac Day Is Oct. 23, 10 a.m. to 3 p.m.



ALMANAC FILE PHOTO BY ANDREA RAZAK

Mounted police lead the parade.



Squeals on Wheels comes with their many adorable creatures.

**M**ark your calendars for Oct. 23, 2021 because Potomac Day is back with the traditional parade, car show, business fair, and more. Potomac Day provides a chance to gather with friends and neighbors outdoors and at a safe distance, 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.

Call Jennifer at the Potomac Chamber of Commerce at 301-299-2170.



Families line up at the crossroads to see the parade come by.

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# ENTERTAINMENT

FROM PAGE 3

## POTOMAC COMMUNITY CENTER.

11315 Falls Road. The Potomac Community Center has reopened. Table tennis, volleyball, badminton, basketball, pickleball, open gym and more <https://www.montgomerycountymd.gov/rec/Resources/Files/potomac-2021schedule.pdf> for details and hours.

## POTOMAC VILLAGE FARMERS MARKET.

Thursdays, 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road. Potomac Village Farmers Market operates all Thursdays, May through November.

## PARK RANGERS AVAILABLE.

10 a.m. to 3 p.m. on Thursdays, Fridays, Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Park rangers are available to provide maps and information. See <https://www.nps.gov/choh/index.htm>

## PUBLIC ART.

Bethesda is filled with public art. Browse a portion of the collection of public art on <https://www.bethesda.org/bethesda/public-art> for descriptions of projects and locations. Includes "Tunnel Vision," produced by the Bethesda Arts & Entertainment District, which showcases the work of 12 selected artists inside the Metro Tunnel that runs under Wisconsin Avenue.

## BETHESDA STREETERY.

11 a.m. to 10 p.m. Tuesday-Sunday. To create additional seating outdoors, the Bethesda Streeterly is set-up as open seating with all tables placed at least six feet apart and a limit of four people permitted per table. Restaurant patrons are invited to dine within this open-air area after picking up food and beverages

from local Bethesda restaurants. Tables will be cleaned after each use.

- ❖ Norfolk Avenue, between St. Elmo Avenue and Cordell Avenue
  - ❖ Norfolk Avenue, between Cordell Avenue and Del Ray Avenue
  - ❖ Woodmont Avenue, between Elm Street and Bethesda Avenue
  - ❖ Veterans Park, corner of Norfolk and Woodmont Avenues
- See <https://www.bethesda.org/bethesda/bethesda-streeterly>

## LOCUST GROVE NATURE CENTER,

7777 Democracy Blvd. Outdoor exhibits, natural features, and trails are open every day from dawn to dusk. In the Upper Meadow, look for Monarch butterflies, caterpillars and eggs on the milkweed in summer. Check out the dogbane for iridescent dogbane beetles. Listen for wrens and bluebirds near the bluebird nest boxes. Watch for box turtles crossing the path in the early morning. <https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/locust-grove-nature-center/> for planned activities.

## JOSIAH HENSON MUSEUM AND PARK.

Park is open from sunrise to sunset. Museum hours are Friday to Sunday, 10 a.m. to 4 p.m. 11410 Old Georgetown Road. The life and challenges of Reverend Josiah Henson, enslavement in Maryland, and the ongoing struggles of racial equality and justice on the former plantation property of Isaac Riley where Henson was enslaved. Henson, whose 1849 autobiography, *The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada*, inspired Harriet Beecher Stowe's novel, *Uncle Tom's Cabin*. \$5 adults, \$4 youth, \$4 seniors. See <https://www.montgomeryparks.org/parks-and-trails/josiah-henson-park/>

organization whose volunteers refurbish the bikes. The bicycles are then distributed through, MCDOT's Bike Match Project, Rockville's Terrific Kids program and via other charitable organizations that distribute bikes during the holidays. Bikes for the World is partnering with Rockville Bike Hub to work on the bikes that are beyond Rockville Bike Hub's ability to repair.

Residents, who do not have a bike to donate, can still support the program with checks to the Rockville Bike Hub. All donated funds will be used to purchase parts to repair the bikes.

## SATURDAY/OCT. 9

FocusMusic Concert. 7:30 p.m. Summerfolk Festival with James Keelaghan. Virtual show. Called Canada's finest singer-songwriter by one of the most respected and lauded music journalists of the last 50 years, James Keelaghan is an artist who has proven to be a man for all seasons. Cost is \$15. Tickets available at [www.focusmusic.org](http://www.focusmusic.org) Info: Rob Hinkal at [rob@focusmusic.org](mailto:rob@focusmusic.org) or [www.focusmusic.org](http://www.focusmusic.org)

## LIBRARIES OFFERS

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Montgomery County Public Libraries

SEE BULLETIN, PAGE 6

**We Bring the Zoo to You!**

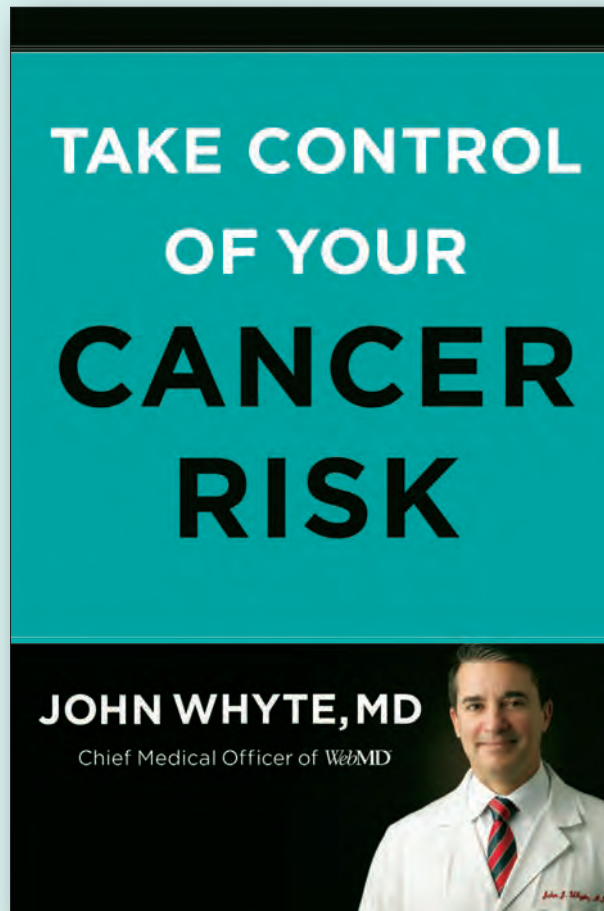
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# Dr. Whyte's New Book Released October 5, 2021



This book shares straightforward information and equips you with strategies to help you on a journey to better health, including:

- Assessing your cancer risk
- Knowing which screenings you need, and when
- Learning the role food, exercise, and sleep play
- Understanding the relationship between stress and cancer

You have the power to reduce your cancer risk--and this book will show you just how easy it is.

**Order this and Dr. Whyte's other books on Amazon.com**

## BULLETIN BOARD

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

## BIKE DRIVE ON OCT. 8

A bicycle donation event sponsored by the Montgomery County Department of Transportation on Friday, Oct. 8, will provide bicycles for kids and adults in need. Bikes will be collected from 7 a.m.-2 p.m., outside of the Council Office Building parking garage at the corner of East Jefferson Street and Monroe Street in Rockville.

Donated child and adult bikes will be accepted. The drive will not accept bike parts or bike helmets.

For Community Service Month five years ago, MCDOT set up a drive to collect bicycles from people who were no longer using them or who did not want to make minor repairs. The bikes are refurbished and equitably distributed to applicants within Montgomery County. The first year of the event led to 100 bicycles being donated. In 2018, 120 bicycles were donated. At the third annual event in 2019, the number of donated bikes increased to 176. No donation event was held in 2020 due to the COVID-19 health crisis.

The donated bikes will go to the Rockville Bike Hub, a nonprofit

# SIGN UP TODAY

For more info contact Jennifer@potomacpizza.com or 301-299-2170

**POTOMAC DAY**

**MUSIC FOOD VENDORS CAR SHOW**  
**SAT OCT 23 10-3pm**  
 Potomac Chamber of Commerce

## BULLETIN BOARD

FROM PAGE 5

is offering online workshops and one-on-one sessions geared toward assisting job seekers and entrepreneurs throughout October. All workshops are free and offered virtually.

An internet connection and a device (such as a smartphone, tablet or computer) are required for participation.

Throughout October – Every Monday: 9:30-11:30 a.m. H.I.R.E. (Helping Individuals Reach Employment) Sessions

Sign up to meet virtually/confidentially one-on-one with a career counselor for advice and assistance with your job search. Register: Monday, Oct. 11: <https://mcpl.libnet.info/event/5606565>

Monday, Oct. 18: <https://mcpl.libnet.info/event/5606593>

Monday, Oct. 25: <https://mcpl.libnet.info/event/5606599>

Monday, Oct. 18: 1-3 p.m. Job Search Strategies (in a Pandemic)

Learn about best practices for conducting a job search in the current (pandemic) job market. Register: <https://mcpl.libnet.info/event/5614643>

Tuesday, Oct. 19: 10 – 11:30 a.m.

Introduction to Entrepreneurship  
 Are you just starting your entrepreneurial journey? This workshop will cover the fundamentals of building a business and help you determine if you're ready to become a small business owner. Brought to you in partnership with the Maryland Women's Business Center. Register: <https://mcpl.libnet.info/event/5616426>

Tuesday/Thursday, Oct. 19 and 21: 5:45-7:45 p.m. LinkedIn Boot Camp (Part I / Part II)

This popular two-session/two-day workshop focuses on both the mechanics and strategy of using LinkedIn as a tool to conduct a successful job search. Register: <https://mcpl.libnet.info/event/5136250>

Wednesday, Oct. 20: 10:30 a.m. - 12:30 p.m. How to Apply for Jobs with Montgomery County Government

Find out everything you need to know about applying for jobs with Montgomery County Government. Register: <https://mcpl.libnet.info/event/5193344>

Thursday, Oct. 21: 4-5 p.m. Job Searching in the Digital Age

Learn how to use social media and tools such as LinkedIn in your job search. You'll also earn about new opportunities for freelance work and how you can supplement your income in innovative ways. This program is in partnership with Senior Planet, <https://seniorplanet.org/>. Join the program via this Zoom link: <https://us06web.zoom.us/j/81979360844> or dial in at 301 715 8592; Meeting ID: 819 7936 0844

Wednesday, Oct. 27: 1-3 p.m. How to Prepare for your Virtual Job Interview

Learn how to differentiate yourself from other candidates, be Zoom ready, package your experience, tell your story, be ready for challenging questions and feel more confident in your next interview. Register: <https://mcpl.libnet.info/event/5614664>

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Potomac Community Village

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to learn more or to volunteer:

[info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org)

240-221-1370

## THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

It's time to add your flower to the fight.



JOIN US AT [ALZ.ORG/WALK](http://ALZ.ORG/WALK)



Additional Walks available. Find one near you at [alz.org/walk](http://alz.org/walk)

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- Indoors and outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a long time.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# Is It Safe To Trick-or-Treat This Year?

Some COVID-19 mandates have been lifted, some precautions are still urged.

BY MARILYN CAMPBELL  
THE ALMANAC



CONNECTION FILE PHOTO BY SHIRLEY RUHE FROM 2020

**One way to avoid close contact for Halloween trick or treating: Arlington homeowner sends candy or a stuffed animal down one of the two Halloween chutes he built out of leftover heating pipe for Halloween last year.**

Trick-or-treating.pdf.

Like Morgan's daughter, there are young children who are frightened by Halloween masks that can offer a layer of protection, says Glenda Hernandez Tittle, PhD. education professor at Montgomery College. "If children are afraid of Halloween, it is important to acknowledge those feelings," she said. "Consider selecting fun and interesting costumes for children. Make the connections that Halloween is about pretending and costumes allow us to do that on this day."

Of all the Halloween traditions, trick-or-treating is one of the riskiest because it often means large groups of children crowded around a neighbor's front door grabbing for candy.

"Even though we all love candy, it's not worth putting yourself or others at risk," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services. "Masks, distancing, handwashing, testing, and vaccinations are all important layers of protection when it comes to COVID safety."

Though COVID might be at the forefront of conversations about Halloween safety, Larrick advises the public not to forget other safety measures. "Drive and bike slowly and take precautions at intersections," he said. "There will be many more people of all ages walking around on Halloween than your typical weekday evening, so be sure to take extra care."

"Wear reflective clothing, have a flashlight ... don't pet dogs you don't know [and] don't eat foods that are not wrapped," added Caldwell.

After Angela Morgan's father died from COVID-19 earlier this year, she was devastated, and she was moved to change her mind about safety precautions. Before her father died, she was annoyed by mask mandates and refused to get a COVID-19 vaccine. As Halloween approaches, Morgan says she has concerns about taking her daughters, ages three and seven, trick-or-treating.

"Halloween is very popular in my neighborhood," said the Bethesda mother. There are hundreds of kids and their parents out and about, almost every house is decorated and the owners give out loads of candy. It will be impossible to avoid crowds and I probably won't be able to stop my seven-year-old from running up with her friends to every house that's giving out candy. My three-year-old is frightened by Halloween costume masks, so I don't know how I'm going to handle that."

Marked by costumes, trick-or-treating and visiting with friends and neighbors, Halloween is one of the sweetest and most popular holidays of the year. With COVID-19 cases and the Delta variant spreading, navigating this time-honored holiday tradition will be complicated for some parents, especially those with children who are under 12, too young for a COVID-19 vaccination.

"Although trick-or-treating occurs outside where the risk of COVID-19 transmission is less, if kids go in groups, there is likely not to be social distancing and there will be contact with people in a lot of different households handing out candy," said Lucy H. Caldwell, director, communications, Fairfax County Health Department. "While some COVID-19 measures are no longer mandatory, it's still important to take precautions to prevent COVID-19 as disease transmission is still happening in our community at a high level. Wearing a mask would be a good thing to do. The CDC has the Halloween Activity Checklist for Parents." <https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/>

## POTOMAC ALMANAC

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

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## News I Don't Want to Use



By KENNETH B. LOURIE

But I doubt very much I'll be able to bury the lead. The lead being the start date for the lenvima, the thyroid cancer medication I've been "pilling" once a day since Sept. 3rd, 2020, and more/most importantly, the end date. The end date being the presumptive time frame, two to three years from start to perhaps my finish. The finish being the date in the future when the medication I've been taking for a little over one year eventually stops working, according to medical opinions. And why is this medication's effective life so relevant? Because at this time, it's the best/only alternative to treat my stage IV papillary thyroid cancer. What happens after I can only guess because my oncologist rarely discusses scenarios. It's likely somewhere between a wait and see and why worry - about a set of circumstances years off and a definite maybe at that. Plus cancer research continues.

However, as much as I've benefited from lung cancer research that extended my life so long when I was taking tarceva, avastin and alimta - in that order, "miracle drugs" as my oncologist called them; the underlying reality may have been that I didn't have stage IV non small cell lung cancer at all, but rather slow growing papillary thyroid cancer. A cancer that was neither helped nor hindered during the years I was treated for lung cancer. Unfortunately, I was hindered.

Hindered in that after years of receiving heavy-duty chemotherapy - perhaps for the wrong cancer, I've suffered kidney damage which is irreparable. Specifically, my kidneys are functioning at approximately 50-percent efficiency. Though this deficiency doesn't seem to manifest itself in everyday activities/life, it does affect what cancer medications I can take and even some non-prescription drugs available. As an example, I can't take nsais (ibuprofen/advil) and when I lie down for my quarterly scans, I cannot be given "contrast," an injection given to sharpen the details of the scan. The reason being that I can't take anything that is filtered through the kidney for risk of making a bad situation worse. A situation that perhaps has occurred unnecessarily because of years of receiving lung cancer chemotherapy when I should have been receiving thyroid cancer medication. And as a result of this infusion of toxic chemotherapy into my body, it has affected the treatment of my thyroid cancer.

When my thyroid cancer first appeared as a growth above my adams apple, subsequent biopsies confirmed that it was in fact thyroid cancer, not a "clone" of my lung cancer. These biopsies lead to a thyroidectomy which surgically removed both my thyroid and parathyroid. But since the uncontained tumor had grown under my collarbone for approximately nine months since it first appeared, the surgeon - after seven hours of trying, was unable to get all the cancer. No real problem. There was another procedure scheduled to eradicate the remaining cancer. It required that I receive an injection of nuclear isotopes and an overnight stay in the hospital.

A procedure, that is generally successful for a cancer that is called "the friendly cancer" because of its curability, was unsuccessful. Why? Because I was only given one third the required dose of the isotope because - the isotopes are filtered through the kidney and my pre-existing kidney damage from the nine-plus years of lung cancer treatment impacted the use of the proper dose. The result? I now have incurable stage IV papillary thyroid cancer and am taking a medication that likely stops working in the next year or two with at present no new options in the medical pipeline. Moreover, the combination of factors that lead to my present situation is not exactly a regular occurrence which would lead to a clinical trial of similarly-affected patients. I'm not entirely on my own, but I'm not on too many others either.

(There's nothing funny in this column because there's nothing funny about my situation.)

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

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