

# Potomac ALMANAC

## Work to Improve River's Health Is Getting Harder

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## USNS Bethesda Expeditionary Medical Ship

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REAL ESTATE, PAGE 2 ♦ KENNY LOURIE, PAGE 7

PHOTO CONTRIBUTED

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# Potomac REAL ESTATE

PHOTOS FROM BRIGHT MLS

## April, 2023 Top Sales

IN APRIL, 2023, 36 POTOMAC HOMES SOLD BETWEEN \$2,300,000-\$415,000.



**1** 11409 Palatine Drive — \$2,300,000



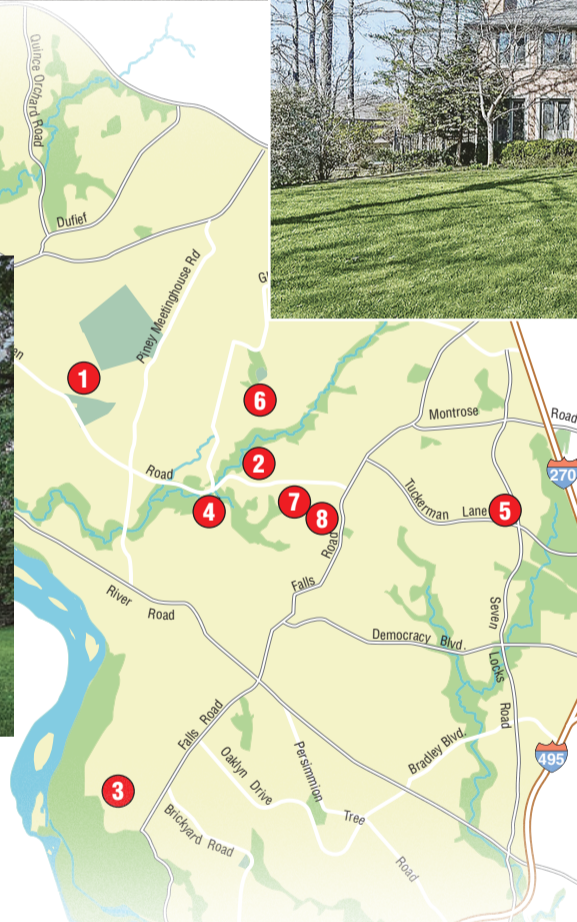
**6** 12515 Grey Fox Lane — \$1,700,000



**2** 11820 Beekman Place — \$2,175,000



**4** 11512 Glen Road — \$1,950,000



**5** 11406 Patriot Lane — \$1,820,000



**3** 8701 Belmont Road — \$1,975,000

Address.....	BR.	FB.	HB.	Postal City...	Sold Price...	Type .....	Lot AC.	Postal Code .....	Subdivision.....	Date Sold
<b>1</b> 11409 PALATINE DR.....	4	4	2	POTOMAC	\$2,300,000	Detached.....	2.00	20854	PALATINE	04/14/23
<b>2</b> 11820 BEEKMAN PL .....	4	5	1	POTOMAC	\$2,175,000	Detached.....	0.93	20854	GLEN MILL VILLAGE	04/28/23
<b>3</b> 8701 BELMART RD .....	4	2	2	POTOMAC	\$1,975,000	Detached.....	2.34	20854	GREAT FALLS ESTATES	04/12/23
<b>4</b> 11512 GLEN RD.....	5	4	1	POTOMAC	\$1,950,000	Detached.....	2.01	20854	DARNESTOWN OUTSIDE	04/04/23
<b>5</b> 11406 PATRIOT LN .....	4	4	1	POTOMAC	\$1,820,000	Detached.....	0.17	20854	POTOMAC CREST	04/14/23
<b>6</b> 12515 GREY FOX LN.....	5	4	1	POTOMAC	\$1,700,000	Detached.....	0.43	20854	GLEN MEADOWS	04/05/23
<b>7</b> 9800 GLYNESHIRE WAY .....	5	4	1	POTOMAC	\$1,639,888	Detached.....	0.31	20854	CLAGETT FARM	04/21/23
<b>8</b> 11404 RIDGE MIST TER.....	5	4	1	POTOMAC	\$1,600,000	Detached.....	0.26	20854	CLAGETT FARM	04/24/23
<b>9</b> 9800 HALL RD.....	5	4	1	POTOMAC	\$1,600,000	Detached.....	0.35	20854	POTOMAC VILLAGE	04/18/23

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## Grading the Potomac River

Stormwater runoff pollution remains a major threat.

**F**ive million people depend on the Potomac River for their drinking water, so you have to wonder, is a grade of B good enough?

Potomac Conservancy scores the Potomac River's health a grade of B, an improvement from a B-minus three years ago, and D in 2011.

The Potomac River is in the middle of a comeback and is much cleaner than it used to be. There's been great progress to clean up the "Nation's River," but pollution remains a problem.

From the report, <https://potomac.org/>

The Potomac Conservancy's Report Card assesses over 20 ecosystem indicator measures for pollution, fish, habitat, land, and recreation.

Top pollutants (nitrogen, phosphorus, and sediment) are on track to meet 2025 federal reduction goals, making the Potomac River a success story of the broader Chesapeake Bay restoration initiative. The Potomac's comeback is a testament to decades of hard work to reduce pollution and restore local water quality.

"The Potomac River is one of the Chesapeake Bay region's most precious natural resources," said Potomac Conservancy President Hedrick Belin, adding, "As the source of the water we drink, an economic driver of local fisheries, and home to natural wonders, the Potomac is critically important to our communities and public health. We must do everything we can to continue to reduce pollution and restore the health of our forests and streams."

### POSITIVE TRENDS

❖ Industrial and farming pollution are declining. All top pollutants (nitrogen, phosphorus, and sediment) are on track to meet 2025 federal pollution reduction goals.

❖ Bald eagles, shad, and local wildlife are rebounding. The Potomac River is one of the only Chesapeake Bay tributaries where shad have successfully recovered.

❖ More shoreline (human) visitors, anglers, and water recreationists are enjoying the Potomac. Sports fishing licenses qua-

drupled during the pandemic.

### TOP THREATS

❖ Polluted urban runoff is the only growing source of pollution to the Potomac River and it threatens decades of restoration progress. Runoff pollutes local waterways with fertilizers, street oils, trash, sediment, and diluted sewage.

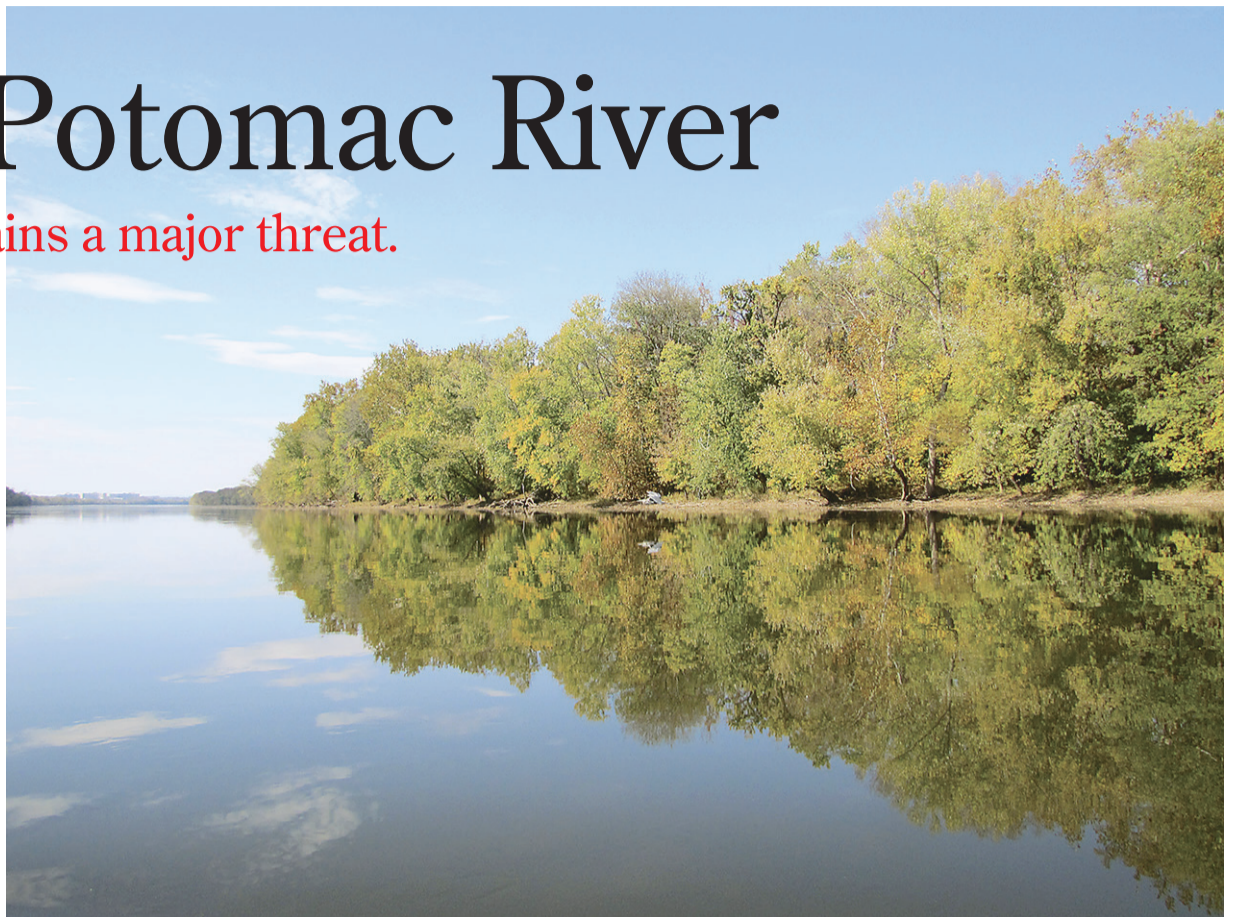
❖ Rapid deforestation in the region is weakening nature's defenses against polluted runoff. Among the 20+ ecosystem indicators, streamside forests received one of the worst grades scoring a D+. This signals the region is not meeting its forest protection goals.

❖ The climate crisis is straining the local ecosystem from intensifying storms, more intense droughts, rising river levels, and warming stream temperatures. Flash flooding and threats to indigenous trees and vegetation are making it harder to combat polluted runoff.

The report calls on decision-makers and the community to invest in land-use solutions that reduce polluted runoff and make the ecosystem more resilient to climate change.

"As with all rivers, the Potomac River is only as healthy as the lands that surround it. We can't bulldoze our way out of our water and climate crises," said Belin adding, "We must leave behind a 20th-century mindset where we pave over forests and deal with the consequences later. It's time for leaders to embrace bold, nature-based solutions for the protection of our rivers, drinking water sources, and public health."

SEE POTOMAC RIVER, PAGE 6



The Potomac River provides drinking water for 5 million people.



Continuing loss of tree canopy and forest in the watershed are among continuing concerns for the health of the Potomac River. "Rapid deforestation in the region is weakening nature's defenses against polluted runoff," Potomac Conservancy's report says.



Panorama of the Potomac River just below the Woodrow Wilson Bridge.

# Navy's First-in-Class Expeditionary Medical Ship Named after National Naval Medical Center Bethesda

Secretary of the Navy Carlos Del Toro announced USNS Bethesda (EMS 1) as the name for the lead ship in the new Expeditionary Medical Ship (EMS(X)) class of ships during his mental health awareness month video. EMS(X) will now be referred to as the Bethesda Class Expeditionary Medical Ship.

Thanks to Del. Marc Korman, whose social media posts are always good for mental health, for the tip. <https://www.facebook.com/Marc.Korman.Campaign> and twitter @mkorman.

Here is the release from the Navy:

The naming is to honor and immortalize the history and community of healthcare professionals that make up Naval Support Activity Bethesda, who have saved and rehabilitated the lives of service members, veterans, civilians, their families, and even Presidents of the United States.

"For most in the armed services, the name 'Bethesda' is connected to the world-class medical center for healing that has served a countless number of service members since 1942," Del Toro said. "The real strength of our Navy and Marine Corps are our people, and if they are willing to sacrifice all for service, they deserve the best medical care available. This ship will honor the medical staff, who compassionately dedicate their time and expertise to take care of our service members. Bearing the name Bethesda will continue the legacy of life saving and medical innovation."

## HISTORY

Former Assistant Secretary of the Navy (1913-1920) President Franklin Delano Roosevelt envisioned a Navy Medical Center and in 1937 Congress appropriated funds for construction of a new Naval Medical Center, with ground breaking on the site



USNS Bethesda (EMS 1) is the name for the lead ship in the new Expeditionary Medical Ship (EMS(X)) class of ships.

**"For most in the armed services, the name 'Bethesda' is connected to the world-class medical center for healing that has served a countless number of service members since 1942."**

— Secretary of the Navy Carlos Del Toro

June 29, 1939, bringing to life what became the National Naval Medical Center (NNMC) and National Institutes of Health to Bethesda. Today, Naval Support Activity Bethesda is home to tenant commands such as Naval Medical Leader and Professional Development Command, Naval Medical Research Center, Navy Medical Support Command, Navy Medicine Readiness and Training Command, and the Navy Dosimetry Center.

In 2011, due to the 2005 Base Realignment and Closure decision, Bethesda National Naval Medical Center and Walter Reed Army Medical Center consolidated into the current Walter Reed National Military Medical Center, located on the grounds of the former National Military Medical Center, Bethesda.

Secretary Del Toro has also invited the 63rd Governor of Maryland Wes Moore's spouse, Dawn Moore to be the ship's sponsor.

Mrs. Moore has ties to the military as a former military spouse and is also an advocate for Marylanders living with a disability.

"This first-in-class ship will be state-of-the-art and the Navy's first medical ship in 35 years," said Del Toro. "This ship, designed with more expeditious and direct access to diagnostic, specialty and hospital care, will allow for increased capabilities and health care. Just as the hospital at NSA Bethesda has served as a beacon of hope to those who entered its doorways, USNS Bethesda (EMS 1) will serve as a beacon to those in need around the world."

The Bethesda-class expeditionary medical ships are designed as a dedicated medical ship that optimizes hospital-level medical care in support of distributed maritime operations. The Bethesda-class expeditionary medical ships will feature a shallow draft enabling greater reach and allowing direct access to shallow austere ports, while also providing a flight deck that accommodates military helicopters. This design provides a full range of medical capabilities including triage/critical care, three operating rooms, medical laboratory, radiological capability, blood bank, dental, mental health, OB/GYN and primary care, rapid stabilization and follow-on evacuation of multiple casualties and combat search and rescue including recovery at sea. The primary mission of the EMS as a high-speed forward deployed medical ship is to provide rapid responsive sea-based and near-shore hospital level critical care, humanitarian assistance, disaster relief, non-combatant evacuation operations and special operations. The EMS is designed to respond and provide care at a more rapid pace than their predecessors, USNS Mercy and USNS Comfort, sailing at speeds of at least 30 knots with a range of 5,500 nautical miles at 24 knots.

## 'Friends' Group to Raise Funds to Bridge Gap for Outdoor Fitness Park at Potomac Community Center

During the just concluded session of the Maryland General Assembly, Del. Linda Foley (D-15) and Sen. Brian Feldman (D-15) secured \$200,000 for the Potomac Community Center Fitness Facility, an innovative outdoor facility designed for a wide range of needs with specific equipment for seniors and people with mobility challenges.

The Friends of the Potomac Community Center, who will engage in fundraising for \$25,000 or more still needed.

According to the proposal, input from Seniors and members of the High School Student Advisory Board suggested and emphasized the need for an outdoor fitness and health facility.

In addition to providing a safe space to exercise, especially during the pandemic or even flu season, the outdoor facilities would also provide access to fitness opportunities when the community center is closed in off hours.

"We're so excited," said Allan Cohen of the Friends of the Potomac Community Center, expressing thanks to Foley and Feldman for their support. "We really feel this outdoor fitness park will be a model for the county." There has been a lot of interest from groups around the county, Cohen said.

Youth, teens, parents, and grandparents will be able to exercise together to enhance mental and physical well-being.

The Friends of the Potomac Community Center in partnership

with the Montgomery County Recreation Department selected a 4400 square foot unused open space to build the 1950 square foot Outdoor Fitness Park plus a 2400 square foot open exercise/aerobic area. This is above the community center playing fields, and next to two storage buildings and picnic table/patio which the friends group provided years ago. The site is handicap accessible and shovel ready.

There are hundreds of children playing on the fields weekly while parents are waiting and watching — another group that could use the fitness park.

More than 100,000 patrons visited the PCC last year for activities/programs. The proposal estimates more than 17,000 current and new



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patrons will use the Outdoor Fitness Park.

To make a tax-deductible contribution, send checks payable to Friends of the Potomac Community Center to Friends of the Potomac

Community Center to Potomac Community Recreation Center, 11315 Falls Road, Potomac, MD 20854 Or donate through GoFundMe <https://gofund.me/ed94e781>

# NEWS

Jennifer Beaudoin  
Moffitt, Kensington,  
MD, Glass

Kensington, MD glass artist Jennifer Beaudoin Moffitt began her artistic career in cold-fusion glass jewelry-making, creating exquisite, iridescent works of wearable art. During the pandemic, she started experimenting with glass oil candle making, with masterful results. Featured in Condé Nast Traveler, her Beaudoin Glass creations are now collected around the world.



## Alexandria Old Town Springtime Art Festival Returns

JOHN CARLYLE SQUARE  
MAY 20 - 21

This weekend, May 20 -21, marks the return of the Alexandria Old Town Springtime Art Festival. The outdoor fine art affair takes place in John Carlyle Square on May 20 - 21 from 10 a.m. to 5 p.m. both days.

Featuring a juried selection of artwork from local and national fine artists, visitors to the free, outdoor event will see thousands of handmade, exquisite pieces of art across every medium, including life-sized sculpture, paintings, jewelry, pottery, textiles and more. The popular springtime event mirrors the caliber of works found during the September Alexandria Old Town Art Festival, which has been consistently voted by Sunshine Artists Magazine as one of the top-ranked art festivals in the nation.

WHAT: 3rd Annual Alexandria Old Town Springtime Art Festival

WHEN: Saturday, May 20 and Sunday, May 21 from 10 am to 5 pm

WHERE: Old Town Alexandria in John Carlyle Square, Navigational: 300 John Carlyle Street, Alexandria, VA 22314

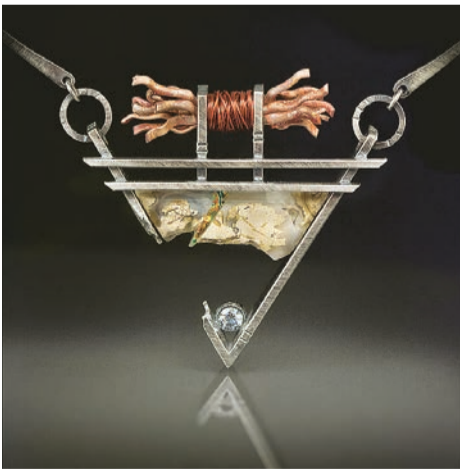
Free and open to the public  
[www.ArtFestival.com](http://www.ArtFestival.com)



Tara Good, Washington, DC, Painter  
Washington, D.C. painter Tara Good captures local landscapes on canvas through a combination of acrylic and molding paste to add depth and texture to each piece. Every D.C.-focused work – from large-scale paintings to small, gouache framed art – contains her signature impressionistic perspective.



Sculpture by  
Maduka Uduh



Original jewelry of every style, shape, design and medium will be on display during the Alexandria Old Town Springtime Art Festival.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



Sidney Carter, painter

### 3rd Annual Art Festival

# ALEXANDRIA OLD TOWN

An Outdoor Springtime Art Festival on John Carlyle Square

**MAY 20-21**  
Sat / Sun 10am-5pm

**300 JOHN CARLYLE STREET**  
Alexandria, VA

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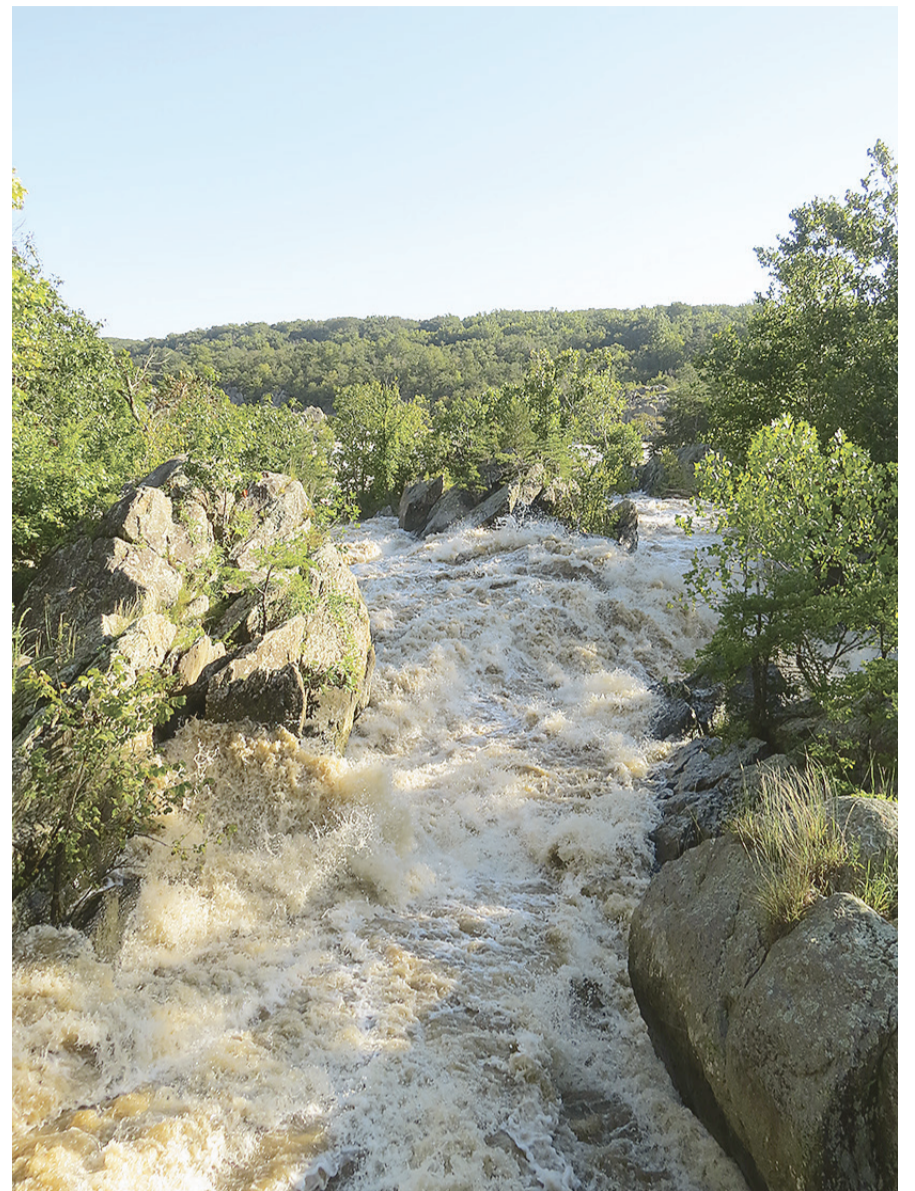
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# GRADING THE POTOMAC RIVER



Climate change brings more storms and more highly polluted stormwater runoff into the Potomac River.



Potomac Conservancy, in evaluating the health of the Potomac River, gave it a grade of “B,” up from a B-minus three years ago and a D in 2011.

## Stormwater Runoff Pollution Remains a Major Threat

FROM PAGE 3

### About the Potomac River:

- ❖ The drinking water source for five million residents in the greater Washington, DC metro area.
- ❖ The second largest tributary to the Chesapeake Bay. Its waters flow over 400 miles and its watershed spans four states (MD, PA, VA, WV) and the District of Columbia.
- ❖ Home to over 1,400 native plants and animals, and 200 globally rare species.
- ❖ Flows over 380 miles through West Virginia, Pennsylvania, Virginia, Maryland, and Washington, DC.
- ❖ Supports a local population of bottlenose dolphins; one of the only witnessed wild dolphin births in the world occurred in the Potomac River in 2019.

The Potomac River Report Card presents and assesses data on five significant river health indicators: pollution, fish, habitat, land, and people. Data sets for some indicators take time to become publicly available, so we have aggregated and assessed data through 2020.

Using an established baseline and set of benchmarks, the Conservancy measures restoration progress and assigns the Potomac River a grade. The overall grade has been weighted to account for non-quantifiable, inaccessible, or outdated data on water quality threats. These threats include, but are not limited to, harmful algal blooms, warming waters, endocrine-disrupting compounds, PCBs, aquatic diseases, and others.

Due to public health concerns, it is currently illegal to swim in the Potomac River and eat its fish in and around Washington, DC. Studies are being conducted to assess whether lifting DC’s swimming ban could be possible in the next two to three years. If that happens, however, the river would still be off-limits during and after wet weather because stormwater runoff causes pollution to spike to dangerous levels.

Pollutants that are harming local waters include:

Toxins and excess nutrients from fertilizers, pesticides, & street oils; silt and sediment, e-coli from sewage and animal waste, other bacteria, algae blooms. Industrial pollution, wastewater effluent, and agricultural runoff are common sources of pollution that are in steady decline.

Polluted urban runoff is the only growing source of pollution to the Potomac River. Polluted runoff occurs when excess rainwater flows across paved and hardened surfaces and carries street oils, lawn fertilizers, trash, and even diluted sewage directly into local streams.

Restoring swimmable and fishable waters to the Potomac River is an ongoing fight — and one that is getting harder.

Rapid deforestation in the region is happening at an alarming rate and directly contributing to increasing polluted runoff.



Canada geese along the Potomac River.

Worse still, efforts at maintaining and replacing streamside trees received a D+ in this report signaling the region’s failure to meet its planting goals.

The climate crisis is intensifying storms and lengthening droughts in our region — extreme conditions that weaken nature’s de-

fenses and increase polluted runoff. Rising river levels, hotter stream temperatures, and changing seasons are putting further strains on the local ecosystem.

**FOR MORE INFORMATION** visit [potomac-reportcard.org](http://potomac-reportcard.org)

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.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.

## THURSDAY/MAY 18

Dirk & Amelia Powell. 7:30 p.m. At St. Mark Presbyterian Church, 10701 Old Georgetown Rd., Rockville. IMT & The Americana Stage Present Dirk & Amelia Powell. Dirk and Amelia Powell are a father/daughter duo from Southwest Louisiana. Dirk is known as a musician's musician in roots music circles and the likes of Steve Earle and Eric Clapton share a nickname for him — "Maestro". Visit [www.imtfolk.org](http://www.imtfolk.org)

## 'CONTEMPORARY CONVERSATIONS SERIES' WILL FOCUS ON URBAN FARMING ON MAY 19

Karen Washington, an urban community gardener and food justice advocate, and Jabari S. Walker, the first-ever sustainability and energy coordinator at Bowie State University, will be the featured speakers from 5:30-7:15 p.m. on Friday, May 19, in the next Montgomery County Public Libraries (MCPL) "Contemporary Conversations Series." Washington and Walker will talk about urban farming, sustainability and the environment at the free event at the Connie Morella Library in Bethesda.

The Connie Morella Library is located at 7400 Arlington Rd. in Bethesda. The event also will be viewable via live streaming. Registration is required to attend the event in person or to view it online. For information on how to register, visit <https://mcpl.libnet.info/event/8373978>.

## SATURDAY/MAY 20

**NAMI Walks Spring United Day of Hope.** May is Mental Health Awareness Month and many Americans need resources, services and support for themselves or a loved one to manage a challenging mental illness. The Montgomery County affiliate of the National Alliance on Mental Illness, known as NAMI Montgomery County or NAMI MC, invites the community to join them at NAMI Walks Spring United Day of Hope on Saturday, May 20 at RIO Lakefront in Gaithersburg, Maryland. This fun, community-building event generates funds for NAMI's top-rated programs and raises awareness about mental illness to reduce stigma and strengthen community support. To join NAMI Walks, visit [www.namiwalks.org/montgomerycountymd](http://www.namiwalks.org/montgomerycountymd).

## SATURDAY/MAY 20

**GreekFest 2023.** 11 a.m. At 7701 Bradley Blvd., Bethesda. Event by the Greek Orthodox Church of Saint George, Bethesda. Join in the food, fellowship and dancing.

## SATURDAY/MAY 20

**Gaithersburg Book Festival** is an annual all-day

celebration of books, writers and literary excellence. One of the premier literary events in the Washington, D.C., metropolitan area, the 2023 Festival is scheduled for Saturday, May 20, at Bohrer Park at Summit Hall Farm (506 S. Frederick Ave.) in Gaithersburg, Md., from 10 a.m. to 6 p.m.

## CELEBRATION OF 'PUBLIC WORKS WEEK' ON MAY 20

The Montgomery County Department of Transportation (MCDOT) will kick off "Public Works Week" on Saturday, May 20, with Truck Day at the MCDOT Depot and Salt Barn in Gaithersburg. Truck Day is a free, family-friendly event that invites members of the community to touch, climb and explore the many first-response, construction and transportation vehicles that make the county run.

TRUCK DAY will take place from 10 a.m.-3 p.m. on May 20 at the MCDOT Truck Depot and Salt Barn, which is located at 17000 Crabbs Branch Way in Gaithersburg.

Truck Day will offer the opportunity for a hands-on experience with MCDOT vehicles including a bucket truck, tractor, semi-truck and bus. The event also will feature first responder vehicles and a fire engine, with the chance to meet the essential workers who operate them. MCDOT Highway Services will be available to answer questions and share how their vehicles work and the role their vehicles serve.

As part of the event, MCDOT will showcase entries in the annual "Paint the Plow" contest. Middle schools from across the County participate in the competition to name and decorate a snowplow to recognize the roles of essential workers.

## SUNDAY/MAY 21

**Public Safety Day.** 11 a.m. to 6 p.m. At Montgomery County Fairgrounds. Join the Montgomery County Police Department, and allied agencies, including @mcfrs for this free event, on Sunday, May 21, 2023, from 11 a.m. - 6 p.m. at the Montgomery County Fairgrounds.

## ONGOING

**Members Wanted.** The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the area. Visit [www.potomacnewcomers.com](http://www.potomacnewcomers.com)

# POTOMAC ALMANAC

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in Writing, Photography, Editing,  
Graphics and Design

# A Break in the Action



By KENNETH B. LOURIE

When all is scheduled and done, it will have been four months between my last scan in early March and my next regularly scheduled scan in early July. As of today's date, April 26, 2023, I am approximately seven weeks past that early March scan and 10 weeks or so from the next scan. I am, to invoke a formerly familiar "CB" phrase, "in the rocking chair, good buddy." Meaning that I am enjoying being in the middle. Other than taking my 50-plus daily pills and getting my obligatory every-four-week lab work, I am on easy street: minimal cancer-related activities or responsibilities. For a cancer patient undergoing treatment and being scanned regularly, this kind of stress-free interval is as good as it gets. (Though I certainly realize that being told by your oncologist that you're in remission would be ideal, I live in the real world of managing expectations. Being told you have a "terminal" illness will do that to you. Moreover, having your cancer diagnosis change from lung cancer to thyroid cancer - after surviving nine years of treatment will likewise make you steady-on and cautiously optimistic. Still a cancer diagnosis looms large and is unpredictable. And each scan presents a patient with reminders of how tenuous one's grip on life can be. Minimizing this anxiety and/or rationalizing any cancer demands to allow you to try and live a semi normal life - without being totally preoccupied with your disease/life expectancy is the true prescription for success. No guarantees of course but as the doctor in Miles City advising Augustus McCray said in the third night of "Lonesome Dove" as to whether Gus would allow "sawbones" (as he called him) to cut off his remaining leg: "I assure you, sir, the alternative is grim.")

Aside from the 10 days my wife, Dina and I spent in Ne-gril, Jamaica in 1978, this interval is yet another honeymoon - of sorts: an escape/diversion from the everyday which for a cancer patient undergoing treatment might be more like every minute. Nevertheless, it's not as if I'm totally preoccupied with my health status (as in every second), but one is never far, emotionally, from the underlying, all-encompassing circumstances of your life: having an incurable form of papillary thyroid cancer for which the life-sustaining medication I take every day has a three-year-ish shelf life/effectiveness. And my three years-ish are up in the fall. What happens then? God only knows, literally. (I know from experience not to ask/discuss scenarios with my oncologist and endocrinologist. It's generally wait and see. I imagine, they know the options. Sharing them with me now however seems premature. They don't like to get too far ahead of the patient vis-à-vis options/what's next? I've asked and this is the answer I've received most often.)

Fortunately, that three-year timeline is not hard and fast. It's a median-type measure. Some shorter, some longer. And most importantly, every patient is unique and the miscellaneous interactions between your medicine and your body/tumors is not cast in stone either. Everyone is different, and the doctors don't really know if your differences are enough to win the day and survive past your window which supposedly is closing. This reality permeates my subconscious - and consciousness as well. And even though I've been told and understand all of this, somehow, I've got to ignore it, and somehow delude myself into thinking I'm more than a statistic and the fall of '23 has no more meaning to me than any it other than it's around my birthday, wedding anniversary, my brother's birthday, and my parent's birthdays and their respective dates of death and even the time of my Bar Mitzvah all those years ago. Adding my cancer-medicine-affected timeline to this rather impressive list of significant events in the fall seems a bit too much to bear. As such, I will choose not to. (Though I realize that ignoring any of this won't really solve the problem/inevitableness of it, I likewise don't see how focusing on a negative - me dying, can have a positive impact on me living. And I refuse to be a victim of my own circumstances.)

And right now, being/living in the middle of an extended interval between scans when I'm not stressing nor waiting for results, enables me to damn the torpedoes and live (try to anyway) full speed ahead. I will not be dragged down - nor bogged down either. I will enjoy any port in this unexpected storm (no cancer history in my immediate family as well as being a lifelong non-smoker) and let the scan results and the presumptive ineffectiveness of my cancer medication fall where they may. As I've often said, if and when anything bad happens, it will be bad enough when it does happen so that I'd rather not put the cart before the horse and make it bad now. I'd just as soon ride off into the sunset after something bad happens, not before. I don't see any advantage to getting to the front of the line. Until that line becomes obvious to me, I'm happy to bide my time, mind my own business and try (quoting Richard Pryor) to "keep some sunshine on your face."

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

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