

Potomac ALMANAC

From left, Cassidy Jagger holding Boomeroo, a 7-year-old female Kangaroo, and Tracy Johnson Potomac library employee, holding an 8-month-old female Wallaby named Clara, and Cindy Gil also a library employee.

Live Kangaroo Hops into Potomac Library

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'Enhanced Juice' in Annapolis

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Mules, Music and More by the C&O

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‘Enhanced Juice’ in Annapolis

Despite ‘gut-wrenching’ federal cuts on environment, Maryland passes initiatives.

BY KEN MOORE
THE ALMANAC

Five oyster sanctuaries, zero emission school busses, a \$15 minimum wage, 170 solar companies, four veto overrides, and, of course, debate over widening major highways.

“The lower part of district is against 270 and 495 widening and tolls. The northern part of the district wants the expansion,” said Del. David Fraser-Hidalgo.

“There are a quarter million cars on I-270 every day,” he said.

“It’s a big district, it’s a diverse district,” said Senator Brian Feldman.

He told West Montgomery County Citizens Association members to stay vigilant.

“Environmentally [a new bridge] is a disaster,” said Feldman. “We represent the agricultural reserve. On the state level, there’s not going to be a push if there isn’t support for it.”

But the question of widening the major highways that pass through Potomac and Montgomery County to add toll lanes is less settled.



PHOTO BY KEN MOORE/THE ALMANAC

Sen. Brian Feldman (hand up), with delegates Lily Qi David Fraser-Hidalgo and Kathleen Dumais. Dumais is now the House Majority Leader.

DISTRICT 15’s DELEGATION to the General Assembly updates West Montgomery County Citizens Association after the General Assembly session each year.

“This is an event we always enjoy,” said House Majority Leader Kathleen Dumais, on Wednesday, May 8 at the Potomac Community Center. More than 40 people attended.

Legislators considered some 2,500 bills, Feldman said, a significant workload.

“That’s all done in 90 days; every bill gets a hearing, if you sign up, you get to testify.”

Dumais became Majority Leader this year. “I was honored to receive that role, and my role shifted. I was told, ‘I need you to be two inches deep in everything.’”

LACK OF LEADERSHIP at the Federal level impacts the state level, the four members of the delegation said.

“It’s gut wrenching to have the EPA programs that would help the Chesapeake Bay gutted by this [Trump] administration.”
— Del. David Fraser-Hidalgo

“It’s up to the states to take the lead in climate change action because of federal inaction,” Feldman said.

“It’s gut wrenching to have the EPA programs that would help the Chesapeake Bay gutted by this administration,” said Fraser-

Hidalgo.

This session, Maryland protected five sanctuaries where oysters cannot be harvested. Oyster populations, which help filter the Bay, are at an all-time low; “the population is just two percent of historic levels,” according to Dumais. “We are at a tipping point and bold action is necessary to save this keystone species for the Chesapeake Bay.”

“It was absolutely the right thing to do,” she said.

Maryland has also banned styrofoam carry-out containers, said Lily Qi, Maryland’s first Chinese-born member of the Maryland General Assembly. The Bill will go into effect on July 1, 2020, making

Maryland one of two states to do so.

Fraser-Hidalgo started a push for zero-emission school busses, and his bill became a grant program to assist school boards and bus contractors with the purchase of zero-emission school busses and necessary infrastructure.

Fraser-Hidalgo said autonomous vehicles are coming, parking lots will soon be outdated, and predicts in the next 15-20 years that “fewer vehicles will be on the road” because of an “unprecedented time in transportation technology innovation.”

“Completely different ways of moving people are coming,” he said.

Some attendees pressed lawmakers on why more wasn’t done on climate change and reducing emissions.

“It takes time to educate people on cli
SEE LEGISLATIVE REPORT. PAGE 9

Apply to Serve on WMCCAB

County Executive Marc Elrich is seeking applicants to fill nine vacancies on the Western Montgomery County Citizens Advisory Board for three business representatives and six resident representatives. Four incumbents are eligible to apply for reappointment.

The 19-member Board represents the residential and business communities of Bethesda, Cabin John, Chevy Chase, Friendship Heights, Garrett Park, Glen Echo, North Bethesda, Potomac and Rockville. The Board advises the Direc-

tor of the Bethesda-Chevy Chase Regional Services Center, the County Executive, and the County Council on community needs and priorities such as transportation, human services, environmental, public safety, and other issues of local importance.

Members serve three-year terms without compensation but are eligible for reimbursement for travel and dependent care for meetings attended. Board meetings are held the third Monday of the month and begin at 7 p.m. Committee meetings may be held in the morning or evening depending on the issues to be discussed. Members are

expected to contribute approximately six hours each month, and to attend both board and committee meetings.

Applicants of diverse backgrounds, professions, gender, geography, disability and ethnicity are encouraged to apply – especially residents and businesses in the Rockville Pike Corridor. The ideal candidate will possess a keen understanding of their local community assets and needs; knowledge of community, development, and business trends; and a passion for building a better community.

Members of County boards, committees

and commissions may not serve on more than one such group at a time. Members must complete training on the Maryland Open Meetings Act and basic parliamentary procedure. The County Executive’s appointments are subject to confirmation by the County Council. Applications of those selected for appointment are made public as part of the confirmation process. The deadline for application is June 10, 2019. To apply please click “Apply” below to complete the online form and provide a cover letter and resume (in one document).

COMMUNITY

Live Kangaroo Hops into Potomac Library

Friends of the Library Potomac Chapter sponsors unusual animal encounter.

Children turned out at Potomac Library to meet a live kangaroo and a wallaby visiting from Roos2U, sponsored by the Friends of the Library, Potomac Chapter.

Children had a chance to learn about what kangaroos eat and where and how they live, and to pet the kangaroo.

There were two animals at the event, 7-year-old female Kangaroo named Boomeroo and an 8-month-old female Wallaby named Clara.



PHOTOS BY STEPHANIE STEVENS

From left, Cassidy Jagger holding Boomeroo, a 7 year old female Kangaroo, and Tracy Johnson Potomac library employee, holding an 8 month old female Wallaby named Clara.

Walking MoCo's 250 Miles of Trails

Walking to help EveryMind end the silence around mental health.

BY PEGGY MCEWAN
THE ALMANAC

Lauren Strawbridge walked the trails of Cabin John Regional Park Sunday.

Not an unusual thing to do on a warm Sunday morning, but Strawbridge was walking for a purpose: to help break through the silence associated with mental illness.

Strawbridge, of Boyds, has been walking the park trails of Montgomery County during the month of May, Mental Health Awareness Month.

Her goal is to walk most of the 250 miles of Montgomery Parks' hiking trails this month as part of a partnership between EveryMind, formerly the Montgomery County Mental Health Association, and

Montgomery Parks. She also hopes to raise money for EveryMind and the Montgomery County Crisis Hotline.

This is Strawbridge's second May walking for mental health issues.

Last year she walked most of the length of the C&O Canal, 184.5 miles.

"Some of it was closed for repair so I couldn't do it all," she said.

Last year, she said, she hoped to raise \$1,000 during her canal walk. She raised over \$2,300.

"This year I aimed for \$2,400 and I am almost at my goal," she said.

The walk this year has morphed, she said. Last year it was mostly solo, a time for reflection.

"This year I decided to keep it close to home to call attention to the Crisis Hotline," she said. "We are underfunded and overused."

Strawbridge, 30, is a board member of EveryMind, so she knows the need. She also has bipolar disorder which has been managed for five years and has used the Crisis Hotline, she said, so she understands that need too.



Lauren Strawbridge, left, and Krishma Sheth consult an online trail map at Fairland Recreation Park in Burtonsville May 22.

But that goal, too, has somewhat morphed.

"Now my goal is to form lasting relationships with the people who meet up with [me] as I walk," she

said. "If the subject of mental health comes up, let's explore that."

Other EveryMind board members and staff as well as Montgom-

ery Park employees have walked along with Strawbridge.

Last week she walked at Fairland Recreation Park in Burtonsville. Joining her was Karishma Sheth, chief program officer at EveryMind.

The walk included conversation about the importance of removing the "invisibility" from mental illness.

The "S-Word" of mental health is Silence, they said.

"The more people who share their stories, it gives others [permission] to talk about mental illness," Sheth said.

Sunday at Cabin John Regional Park there was a larger group. Strawbridge's husband, Matt Strawbridge was there with their dog Mila; Ann Mazur, CEO of EveryMind and her dog, Baloo, joined the group as did EveryMind board member Emily Rosado, her son, Gavin Ros, 13, and their dog Nina.

With only a few days left in May, Strawbridge is sometimes walking two or three trails a day.

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WWW.CONNECTIONNEWSPAPERS.COM

COMMUNITY

Walking

FROM PAGE 4

"It feels good," Strawbridge said. Matt Strawbridge agrees. "The outdoors can help people struggling with anxiety and stress," he said. To learn more about hiking on Montgomery parks trails visit www.MontgomeryParks.org. To donate to Strawbridge's fundraiser, visit runsignup.com/writeboldly.

Lauren Strawbridge, right, is joined by her husband, Matt, and EveryMind staff at Cabin John Regional Park Sunday. From left are Ann Mazur, CEO; Gavin Roz, Emily Rosado, board member; Matt and Lauren Strawbridge.

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/MAY 30

Service Academy Information Night. 6-8 p.m. at Gaithersburg High School, 101 Education Blvd., Gaithersburg. Interested students and their parents will have the opportunity to speak directly with representatives and graduates from each of the U.S. Service Academies. These representatives will be answer questions about life at the Academies, the application process, and the career opportunities that come



PHOTO BY PEGGY McEWAN

afterwards. Free and open to the public. Email Trone.Academy@mail.house.gov or call 301-926-0300. Register at www.eventbrite.com/e/montgomery-county-service-academy-information-night-tickets-61522551608.

MONDAY/JUNE 3

Swearing-In Ceremony and Open House. 2-4 p.m. at the Board of Elections, 18753 N. Frederick Ave., Suite 105, Gaithersburg. The Montgomery County Board of Elections will host a public Swearing-In Ceremony and Open House for new and returning Board Members. The Ceremonial Oath of Office will take place at 2:30 p.m. Refreshments and facility tours will

SEE BULLETIN, PAGE 8

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OPINION

Mules, Music and More

Three days of Spring Festival at Great Falls Tavern with many traditional events and activities.

BY PEGGY McEWAN
THE ALMANAC

Visitors to Great Falls Park this past weekend were treated to the Chesapeake and Ohio Canal National Historical Park's first Spring in the Park, planned to be repeated annually.

Saturday's events, Mules, Music and More, featured Dolly, one of the mules that pull the Charles F. Mercer canal boat. Dolly was just back from her winter at Mount Vernon in Virginia, ready to greet visitors, especially the children who couldn't keep from petting her and asking Ranger Mark Myers questions about Dolly and the other mules who will summer at Great Falls.

"She came to meet her adoring public," Myers said.

Emily Warren, 8, and her sister Caroline, 5, of Washington, D.C. were at the park for a hike with their parents. Dolly took a good bit of their planned hiking time.

It was Caroline's first time to see a mule – the offspring of a horse and a donkey.

"At first I thought it was a horse," she said. "I figured out it was a mule."

Emily had her own thoughts about Dolly and other mules.

"Mules are docile creatures," she said. "They might not be obedient, but they are very smart and friendly."

Saturday would have been the first day for the Mercer to set off through Lock 20, in front of the Tavern and up the canal while riders learned about life on canal boats that used the canal between Georgetown, in DC to Cumberland, 184.5 miles west.

Unfortunately, the Mercer will not be sharing floating history lessons until late this summer. Work on locks below the Tavern was delayed by the federal government shutdown, and the weather, and the canal does not have water.

"You can't float the boat unless you have water," said Elizabeth Harrison, whose husband Donald is president of Friends of Historic Great Falls Tavern. The Friends are the group that donated money to have the Mercer, a replica canal packet boat, built on 2006, Elizabeth Harrison said.

Adding to the festive atmosphere outside the Tavern was music by the Northern Virginia Mountain Players.

Three dulcimer players backed up by two banjo players played music and answered questions about their instruments. They had two dulcimers that visitors could try to play along with the "professionals."

Also included on Saturday, were tents from Leave no Trace, The C&O Canal Trust and an initiative called BARK, spelling out rules park visitors need to know when visiting with their dogs.

Sunday was another day of learning at the park.

Visitors were greeted by the sounds of an



Terry Bender, member of the National Capital Chapter of Music Box Society plays his Raffin Street Organ in front of the Tavern at Great Falls Park Sunday.

organ grinder, Terry Bender, playing music on a Raffin Street Organ from Germany.

Bender and others, playing at different sites around the Tavern, are all members of the National Capital Chapter of the Music Box Society.

"It's happy music," Bender's wife Jan, said.

Bender's organ had a stuffed monkey attached, as did all the others on display.

"Monkeys [and other animals] were used in the old days because organists were mostly beggars," Jan Bender said. "Monkeys would attract attention and hold the cup [for listeners to drop money in]."



Exchange student Baqis Maharsiwi, from Indonesia, tries making music on a crank organ during a visit to Great Falls Park Sunday.



Members of the Northern Virginia Mountain Players perform during the Great Falls Park Spring in the Park Festival Saturday.

Cheryl and Richard Hack, of Annapolis, demonstrated a crank organ and let passersby try for themselves.

Exchange students Balqis Maharsiwi, 18, from Indonesia, and Anna Furic, 15, from France, tried.

"At first, I was [turning the crank] too slow but found the perfect speed and I liked it," Furic said.

Monday, the Festival wound down with a typical day at the Park, the tavern was open with displays and games for visitors and Park volunteers available to answer questions or point hikers to the different trails around the Tavern.

Pete Petersen, Supervisory Park Ranger at C&O Canal National Historical Park, said the Spring Festival was planned by the Park staff to group many traditional events together for visitors to enjoy.

PHOTOS BY PEGGY McEWAN



Emily Warren, left, and her sister Caroline visit with Dolly, one of the mules that pull the Charles F. Mercer canal boat along The C&O Canal.

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EDUCATION

Potomac Elementary Students Look to the Future

Career Day offers 21 choices, including Chocolatier.

BY PEGGY McEWAN
THE ALMANAC

Students at Potomac Elementary School had the opportunity to learn about 21 different possibilities during the school's Career Day, Thursday, May 23.

No one child could go to all 21 presentations, there just wasn't enough time, but third through fifth graders could choose three sessions in the morning while kindergarten, first and second graders had two choices in the afternoon.

Third grader Austin Ma chose to hear local author Aimee Agresti talk about being a published writer. He wants to be a graphic novelist. Actually, he said, he is already working on one or two books.

"My friend's a good drawer so we can work together," he said.

One title, "The Devil Made Out of Blood," is planned to be part of a series but they don't know what the series will be called yet, he said.

Austin planned to round out his morning hearing about being a dentist and learning about being an Army Security professional.

Emergency Room Doctor Golru Ghaffari, who works at Suburban Hospital, had a series of slides to show the students some of the work she does.

Ghaffari showed pictures of EKGs, broken bones, the "bullseye" from a tick bite, even the skin of a person struck by lightning. She ended her slide presentation warning the students that the next picture might be "gross," but it was a picture with a lesson she wanted the students to learn.

It showed the mouth and teeth of a young man who, while vaping, had his e-cigarette explode. These



Fifth grader Ethan Lui uses an otoscope to check classmate Ethan Schnall's ear during Career Day at Potomac Elementary School.

explosions are rare but dangerous, according to the Food and Drug Administration. She also had some doctor instruments for the students to hold and use.

Shaan Khanna, a fifth grader, said a lesson learned from the talk was do not vape.

Thomas Wu, a fourth grader, said he attended Dr. Ghaffari's talk because his father is a doctor.

"I thought he would be proud if I became one one day," he said.

How about ending your morning with learning about being a chocolatier?

"Never underestimate the power of chocolate," read on of the small card given out by Gaithersburg Chocolatier Sarah Dwyer.

Dwyer encouraged the students to follow their passion in searching for the right career. Before she started her hand-crafted chocolate

company Chouquette in 2010, she spent 18 years in banking and retail and studied at Le Cordon Bleu Pastry School. All the while, she said, dreaming of chocolate and creating chocolates to share with family and friends in her spare time.

And she had samples!

Tulsi Gupta tasted a chocolate with caramel which, the fourth grader said was "really good."

She said she would like to be a chocolatier. She said she learned, "It's not just [about] making chocolate. You have to have other skills like accounting."

The Career Day was good one with lots careers students could choose from according to their interests Potomac Elementary School principal Catherine Allie said.

"It fuels their dreams," she said.



Students line up to choose a sample chocolate after learning how it is made from chocolatier Sarah Dwyer at Potomac Elementary School Career Day Thursday.



Chocolatier Sarah Dwyer discusses the business of making chocolates with Potomac Elementary School students at Career Day Thursday.

BULLETIN BOARD

FROM PAGE 5

follow. RSVP at www.777vote.org or 240-777-8549 by Tuesday, May 28.

THURSDAY/JUNE 6

Employment Law Update and Information Workshop. 9 a.m.-2:30 p.m. at Silver Spring Civic Building, One Veterans Place, Silver Spring. Montgomery County's Office of Human Rights and Commission for Women will co-host an employment law and information seminar with

sessions on age discrimination, bullying and sexual harassment in the workplace, minimum wage requirements, pay equity issues and state and federal law updates. A complimentary lunch will be served. Register at www.montgomerycountymd.gov/humanrights/, or by contacting Beverly Marshall by email at Beverly.marshall@montgomerycountymd.gov or telephone at 240-777-8479.

MONDAY/JUNE 10

Separation and Divorce: What Do I Need To Know? 7-8:30 p.m. at East County Community Recreation Center, 3310 Gateshead Manor Way, Silver Spring. Local attorneys walk through the "ins" and "outs" of going through a separation and divorce in Maryland. Learn about: methods of dispute resolution, when and where to file, types of divorce and grounds, financial statements, alimony, property and equitable distribution, role of the attorney, and domestic violence/orders of protection. \$5.

Register at www.eventbrite.com/e/separation-and-divorce-what-do-i-need-to-know-tickets-54310289538.

Application Deadline. County Executive Marc Elrich is seeking applicants to fill nine vacancies on the Western Montgomery County Citizens Advisory Board. The 19-member Board represents the residential and business communities of Bethesda, Cabin John, Chevy Chase, Friendship Heights, Garrett Park, Glen Echo, North Bethesda, Potomac and Rockville. The Board

advises the Director of the Bethesda-Chevy Chase Regional Services Center, the County Executive, and the County Council on community needs and priorities such as transportation, human services, environmental, public safety, and other issues of local importance. Visit www2.montgomerycountymd.gov/BCCpublic to apply.

TUESDAY/JUNE 11

Career Gateway Program. 9 a.m.-4 p.m. SEE BULLETIN, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

Legislative Report

FROM PAGE 3

mate change,” said Fraser-Hidalgo, who is on the House’s environmental and transportation committee.

There is a limited amount one state can do to make progress on climate change, Feldman said. It requires leadership at the presidential level.

DEMOCRATS PICKED up eight seats in the last election, and now have 99 delegates, giving them extra power to push their agenda.

“This is the year we had enhanced juice,” Feldman said.

To flex that muscle, Dumais led four veto overrides with the session still going on, including protecting Bay oysters with five sanctuaries, raising the minimum wage to \$15, a minimum age requirement of 21 to buy tobacco, and allowing localities to decide when the school year starts and ends.

Another success, said Dumais, was Increasing child care credit to \$14,000 a year, fifth highest of any state.

Qi hopes to improve Maryland election law, which she called “not immigrant friendly.” But her bill on election access, which would give more access in the primary by allowing later registration by party, didn’t get a vote.

CLEAN ENERGY is critical to Maryland’s economy. The Clean Energy Jobs Act could stimulate 20,000

solar jobs, 5,000 wind jobs and \$280 million in federal tax credits, said Feldman.

Feldman was the primary sponsor of the Bill which increases Maryland’s renewable energy portfolio standard from 25 percent by 2020 to 50 percent by 2030.

“This legislation will bolster the offshore wind and solar industries,” according to Dumais. Currently, Maryland has 170 solar companies. By 2028, it is predicted that there will be 20-25,000 solar jobs.

Maryland is one of 11 states to receive a Triple-A bond rating. This session, it passed the Clean Cars Act of 2019. The bill provides \$6 million in excise tax credits each fiscal year to purchasers of new zero-emission vehicles. Maryland has a goal of 300,000 zero-emission vehicles on the road by 2025.

MARYLAND ALSO PASSED a bill called Protecting the Affordable Care Act, which will protect Marylanders with pre-existing conditions “in the event that the Supreme Court overturns protections provided in the Affordable Care Act,” according to Dumais.

Maryland also became the first state in the country to implement a program that allows families to use tax information to qualify for health programs. The legislation establishes Maryland’s Easy Enrollment Health Program, “a simple, seamless system for enrolling uninsured Marylanders into free or low cost health insurance coverage by adding a checkbox on state income tax returns.”

BULLETIN BOARD

FROM PAGE 8

p.m. at JCA Headquarters, 12320 Parklawn Drive, Rockville. Jewish Council for the Aging’s Career Gateway Program can help those 50 and older hone their resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience into an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days (Session VI - June 11, 12, 14, 17 and 19), comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Contact Jodie Rasch at 301-255-4215 or email jodie.rasch@accessjca.org.

SATURDAY/JUNE 15

Caregiver Support Program. 10 a.m.- 4 p.m. at the Silver Spring Civic Building, downtown Silver Spring. Montgomery County’s Caregiver Support Program is hosting interactive sessions designed for

family/friend unpaid caregivers. Attend and learn how to maintain well-being through support, community connections and education programs. Free. Register at www.eventbrite.com/e/care-for-the-caregiver-event-registration-57422198341.

MONDAY/JUNE 17

MCGOP’s 2019 Lincoln Day Dinner. VIP reception, 6:30 p.m.; dinner, 7:30 p.m. at Double Tree Bethesda, 8120 Wisconsin Ave., Bethesda. Lt. Governor Boyd Rutherford, keynote speaker, is the ninth Lieutenant Governor of the State of Maryland. He was elected to office with Governor Larry Hogan in 2014, and re-elected in 2018. He is the first Republican lieutenant governor to ever be re-elected in Maryland. \$125. Visit www.mcgon.com/2019_lincoln_day_dinner for more.

CRISIS PREVENTION SERVICES

EveryMind Crisis Prevention and

Intervention specialists are available by phone, text and chat every hour of every day. The community can also look to EveryMind for mental health professionals who are prepared to talk about warning signs and ways anyone can help to prevent suicide from ending lives far too soon. EveryMind is an independent 501(c)3 nonprofit organization. Visit Every-Mind.org. More resources include:

- ❖ Call or Text Montgomery County Hotline: 301-738-2255
- ❖ Chat: Crisis Prevention Chat: <https://suicidepreventionlifeline.org/chat/>
- ❖ Call: National Suicide Prevention Lifeline: 1-800-273-8255
- ❖ www.every-mind.org/services/crisis/
- ❖ www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf
- ❖ suicidepreventionlifeline.org
- ❖ www.suicidology.org

SEE BULLETIN, PAGE 11

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CALENDAR

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

ONGOING

Art Exhibit: “Dialogues.” Through June 8, gallery hours at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

THURSDAY/MAY 30

Appetizers and Art. 5:30-8 p.m. Meet at Denizens Brewing Co., 1115 East West Highway, Silver Spring. Learn about Silver Spring’s public art with free artwork tours on select Thursday evenings during spring and summer 2019. Montgomery Planning will provide appetizers for attendees. Drinks and main entrees are available for individual purchase. The art walk is free; however, registration is limited. Visit www.silverspringdowntown.com/art-walk-tour to sign up.

SATURDAY/JUNE 1

Imagination Bethesda, Children and the Arts. 10 a.m.-3 p.m. in downtown Bethesda. The 25th annual Imagination Bethesda, a children’s street festival celebrating children and the arts, with musical performances and professional children’s entertainers lighting up the stage, while hands-on art and craft activities will line the streets along Elm Street and Woodmont Avenue in downtown Bethesda. Additionally, the festival will feature face painters, balloonists, free giveaways and more. Free admission. Rain or shine. Call 301-215-6660 or visit www.bethesda.org.

Potomac Chinese Book Discussion. 10:15 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Chinese book discussion in Chinese language. Memory is a Faint Pain by Long Yingtai. Ask for the book at the Circulation Desk. Free. 90 minutes. Adults, seniors. No registration. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Potomac Conversation Club. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Meet the Artist: “Dialogues.” 3 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

Greatest Hits. 7:30 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. Six Degree Singers performs their Greatest Hits, a program featuring favorite choral numbers from the choir’s 10-year history, including contemporary, renaissance, world, folk, and jazz songs. \$12-\$20. Visit www.singsix.com/store/greatest-hits for tickets.

“Bernstein and Beethoven: Part II.” 8 p.m. at The Music Center, Strathmore, 5301 Tuckerman Lane, North Bethesda. As a continued celebration of the Leonard Bernstein Centennial, the National Philharmonic Chorale will join Philharmonic Music Director and Conductor Piotr Gajewski in performing Bernstein’s Chichester Psalms, composed during a period of great emotional and creative distress. After an intermission, Gajewski will again lead the National Philharmonic Chorale in Beethoven’s Symphony No. 9 in D minor, Op. 125. A pre-concert lecture will take place between 6:45-7:15 p.m. \$42-\$78; young people 7–17 are free. Visit nationalphilharmonic.org or call 301-581-5100.

Washington Balalaika Society Anniversary. 8 p.m. at F. Scott Fitzgerald Theater, 603 Edmonston Drive, Rockville. The Washington



Swing Dance With Big Bad Voodoo Daddy

Big Bad Voodoo Daddy continues its decades long mission to celebrate and revitalize jazz and swing music—America’s original musical art form—and bring joy to audiences around the world. All ages welcome, no partner needed. Band plays two sets. Friday, June 7, beginner lesson, 8-9 p.m., dance, 9-11:30 p.m. at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. \$30 through June 6 at 5 p.m.; \$40 after and at the door. Tickets at glenechopark.org/DanceTickets.

Balalaika Society will celebrate its 30th anniversary with Domra virtuosi Alexander Tsygankov from Moscow; Tamara Volskaya and Peter Omelchenko will join WBS Balalaika Concertmaster Andrei Saveliev; in a concert program created by WBS Conductor and Artistic Director, Svetlana Nikonova with an orchestra of sixty musicians. \$15-\$25. Visit www.balalaika.org for tickets.

SUNDAY/JUNE 2

Artist Talk: “Dialogues.” 2-4 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

Winter Dreams in June. 3 p.m. at the Cultural Arts Center, Montgomery College, in Silver Spring. The fourth and final concert of the Symphony of the Potomac’s 2018-2019 season, Winter Dreams in June, features an all-Russian program, under the baton of Music Director Joel Lazar. Advance tickets to the performance, \$15 (adults), \$5 (student/youth under 18), and \$10 (groups of 10 or more), at BoxOfficeTickets.com until Saturday, June 1. Tickets purchased at the door are \$20 (adults), \$17 (adults over 65), and \$5 (students with ID/youth under 18).

“All You Need Is Love.” 7 p.m. at B’Nai Israel Congregation, 6301 Montrose Rd, Rockville. Zemer Chai, the Jewish Chorale of the Nation’s Capital, is performing an uplifting concert entitled “All You Need Is Love.” The focus of this concert is on love — romantic love, familial love, love across difference, love of nature, love of our traditions and love of life performed in Hebrew, Yiddish, Ladino and English using choral arrangements from the 13th Century to the present. \$20-\$40. Find tickets at www.ZemerChai.org or 301-963-3462.

Broadway Cabaret. 7-10 p.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. Enjoy a showcase of songs from more than a dozen celebrated musicals. The lively event features cast members from 14 years of Har Shalom Players’ shows, along with special guest vocalist Ben Lurye. Wine and dessert will be served. \$18-22. Buy advance tickets at www.harshalom.org/cabaret.

TUESDAY/JUNE 4

Read To A Dog. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. School-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private

sessions with a certified therapy dog. Sign up begins 15 minutes before program. First-come, first-served. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

FRIDAY/JUNE 7

Submission Deadline. VisArts, 155 Gibbs Street, Suite 300, Rockville. Frame & Frequency is an ongoing International Video Art Screening Series presented by VisArts that highlights artists whose new media, experimental film, and video works explore contemporary visual culture, and presents an intimate panorama of the variety and breadth of video art in artistic practice today. Video, sound art (up to 8 channels), film, and new media work will be accepted: experimental, documentary, animation, narrative, non-narrative, multimedia, virtual reality, augmented reality, net art, interactive media, etc. All foreign language moving image artworks must have English subtitles. \$5 submission fee. Visit www.visartscenter.org.

Swing Dance With Big Bad Voodoo Daddy. Beginner lesson, 8-9 p.m., dance, 9-11:30 p.m. at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Big Bad Voodoo Daddy continues its decades long mission to celebrate and revitalize jazz and swing music—America’s original musical art form—and bring joy to audiences around the world. All ages welcome, no partner needed. Band plays two sets. \$30 through June 6 at 5 p.m.; \$40 after and at the door. Tickets at glenechopark.org/DanceTickets.

Pianist: Neville Dickey. 8-11 p.m. at Calvary Lutheran Church, 9545 Georgia Ave., Silver Spring. Neville Dickey, amazing stride pianist from England performs with the Classic Conservatory Jazz Band. This is a rare event. Students are free; PRJC members \$20; others \$25. Email labeaver1@verizon.net for more.

SATURDAY/JUNE 8

Library Book Sale. 10 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Come for the monthly Potomac Friends of the Library Book Sale featuring books, DVDs, and more available for children, teens, and adults. All are welcome. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Potomac Conversation Club. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Strathmore’s Bloom Concert Series: Christie Dashiell. 6 p.m. at Good Hope Neighborhood Recreation Center, 14715 Good

Hope Road, Silver Spring. The concerts are part of a collaboration and partnership with Montgomery County Recreation and Strathmore. The concerts are free and family-friendly. Reserve tickets at www.strathmore.org. Visit MoCoRec.com for more about Good Hope.

SUNDAY/JUNE 9

Jazz and Jam. 2:30-5:30 p.m. at Normandie Farms Restaurant, 10710 Falls Road, Potomac. Conservatory Classic Jazz Band open and closes the music with a Jam session in the middle. Anyone can jam and everyone has fun. Free for students and jammers; \$10 for others. Email labeaver1@verizon.net or visit PRJC.org for more.

World Folk Music Association Showcase. 7 p.m. at Positano Ristorante Italiano, 4948 Fairmont Ave., Bethesda. Barbara Martin with Lynn Hollyfield and Eli Levy. \$15 WFMA members, \$20 non-members. Pay at the door, credit cards accepted. Visit wfma.net/prshowcase.htm

9th Annual Photo Slam. 7-9 p.m. at Busboys and Poets, 14th and V St. NW. After continuing to draw a capacity crowd to Busboys and Poets as for the past eight years, the Photoworks Photo Slam returns this year in conjunction with the ClickDC photography celebration. This event is limited to 30 Photo Slammers who will face off with projected portfolios in front of a live audience. Entries are \$25 and there is a \$20 suggested donation for spectators. For full details on how to submit for this year’s Photo Slam, visit glenechophotoworks.org.

TUESDAY/JUNE 11

Teen Writers’ Club. 6:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens ages 13-18 with a passion for writing are invited to join the Teen Writers’ Club. Learn new writing techniques, get practice in different writing exercises, share work, and learn how to critique the work of others. Author Neal Gillen leads the club, which meets on the 2nd and 4th Tuesday of each month. Made possible through the collaboration and support of the Maryland Writers’ Association. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

THURSDAY/JUNE 13

Appetizers and Art. 5:30-8 p.m. Meet at Silver Branch, 8401 Colesville Road, Silver Spring. Learn about Silver Spring’s public art with free artwork tours on select Thursday evenings during spring and summer 2019. Montgomery Planning will provide appetizers for attendees. Drinks and main entrees are available for individual purchase. The art walk is free; however, registration is limited. Visit www.silverspringdowntown.com/art-walk-tour to sign up.

SATURDAY-SUNDAY/JUNE 15-16

Shrek the Musical Jr. Saturday, 4 and 7 p.m.; Sunday, 1 and 4 p.m. at the Randolph Road Theater, 4010 Randolph Road, Silver Spring. Bravo Productions presents Shrek the Musical Jr. Shrek (Evan Gerstenblith) and Donkey (Sofie Pileggi - double cast with Alina Miller) are on a quest to rescue a princess and find true acceptance. Visit www.bravoproductions.org for more.

THURSDAY/JUNE 20

Thursday Night Concerts: The Back Pages Band (60s/70s Tribute). 7 p.m. at Veterans Plaza, One Veterans Place, Silver Spring. The concert series returns with a full line-up, featuring touring artists and local favorites. From Motown to rock to Oldies, the popular summer concert series has music for everyone. No concert July 4. Free. Visit www.silverspringdowntown.com/summer-concert-series or call 240-777-0311.

FRIDAY/JUNE 21

Family Fun Party. 6-7 p.m. at My Gym Potomac, 11325 Seven Locks Road, Potomac. Let’s Celebrate Summer and learn about My Gym summer fun including August camp. Fun games, activities and a summer treat for kids. \$10 members, \$15 non-members. Visit www.mygym.com/potomac/events or call 301-983-5300.

BULLETIN BOARD

FROM PAGE 9

SUPPORT GROUPS

Cancer Support Groups. Held at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Free. Weekly support groups for people with all types of cancer, caregivers, people with advanced cancer and a bereavement group. An ovarian/gyn support group and group for young adults with cancer are offered twice a month, as are monthly groups for people with breast cancer, bladder cancer, blood cancers, and gastro-intestinal cancers. Orientation sessions are held every Monday at 11 a.m. and the second and fourth Thursday of each month at 6 p.m. in Bethesda. RSVP at 301-634-7500 or info@hopeconnectionsforcancer.org.

The Alzheimer's Association's Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

Because I Love You is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit www.becauseiloveyou.org, email

hbrite1@netzero.com or call 301-530-3597.
Adult Bereavement Groups. Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or Pennyg@hospicecaring.org.

ONGOING

Potomac Rotary Gatherings. 7:15-8:30 a.m. at Founding Farmers MoCo, 12505 Park Potomac Ave., Potomac. Rotary Club of Potomac meets for breakfast first and third Wednesday of each month and a Happy Hour at Sugo Pizzeria, 5-7 p.m., on the last Wednesday. Learn how to serve humanity globally. Individuals pay for their own breakfast. No admission fee. Visit www.PotomacRotary.org for more.

24/7 Homeless Information Line. Montgomery County's Department of Health and Human Services, in partnership with EveryMind, has launched a 24/7 Homeless Information Line, with trained specialists to provide information on County homeless services and shelter resources.

Callers can also provide information about the location of individuals in the community experiencing homelessness. The reports will be forwarded to community outreach partners who will attempt to locate the individual and offer support and resources. The information line number is 240-907-2688. Visit www.montgomerycountymd.gov/homelessness for more.

Senior SmarTrip Card. There is a SmarTrip card, for those 65 and older, that may be used to ride Metrorail at senior fares, ride free on Ride On buses and some Metrobuses in Montgomery County Monday-Friday, 9:30 a.m.-3 p.m. and Saturday, 8:30 a.m.-4 p.m. or half fare at all other times. The cost of the Senior SmarTrip card is \$2. There is no value on the card at the time of purchase. Visit any library in Montgomery County, the Silver Spring TriPS Store, the Mobile Commuter Store, or the Montgomery County Treasury Office and bring proof of age (state ID, birth certificate or passport). For more information, call 311.

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An expert is someone
who knows some of the worst mis-
takes that can be made in his subject
and how to avoid them.
-Werner Heisenberg

The Weak That Was



By KENNETH B. LOURIE

All's well that ends well.

The fortnight or so from you-know-where has finally ended and I am here to write that my warranty has been extended for another two months. The CT scan showed no tumor growth or movement. The "promise" of immunotherapy so far is keeping its 'promise' – keeping the tumors stable.

Throughout my extremely fortunate cancer experience, I have felt reasonably well and manifested few symptoms/side effects; at least the kind of symptoms/side effects: shortness of breath, coughing, expectorating blood, mind-numbing neuropathy and headaches, among others, about which my oncologist regularly inquires.

Generally speaking then, my health status has always been about the tale of the tape – to invoke a boxing reference – meaning the diagnostic scans: brain MRI, CT scan of the neck/lower abdomen, PET scan and the initial X-Ray which started the whole adventure, to determine my fitness for duty, so to speak.

It is not until my oncologist shares/summarizes the radiologist's findings – and occasionally shows us the actual computer images themselves, that yours truly/Team Lourie knows where we stand.

And, where we stand typically is where we are sitting, in a cramped exam room, face to face with the man who holds my life in the palm of his hand – or more specifically, in the words that he chooses and the gesture/body language he exhibits. It's not exactly "Bath Fitter," but "the reveal" is imminent.

It never gets easy, but it does get easier to endure this kind of potentially life-altering/life-ending moment. Though the familiarity of it hasn't dulled the pain, it has enabled us to balance the pros and cons, up and downs and all-arounds, as we anticipate the words we are about to hear.

During most of these post-scan visits, we've exhaled in relief, but we have had our share of disappointment.

On one occasion, back in late July 2013, I was hospitalized for a week when my lungs accumulated 4.5 liters of fluid, among more significant internal problems (lung collapsing).

Externally, I was unable to speak more than a few words before needing to regroup. As a matter of humorous fact, when my long-time oncology nurse, Ron, saw me that infusion day, he thought I "was a goner," since my oxygen level was so low.

Within a few hours, I was a 'goner' in an ambulance to Holy Cross Hospital in Silver Spring, Md. where I was eventually admitted. Two days later, a thoracic surgeon operated, and a day or two after that, my lung amazingly reinflated.

As a result, in my head and in my gut, (though I'm no Jethro Gibbs from NCIS), when I show up for my infusions and for my post-scan appointments, there's always a part of me that thinks I might not be spending that evening in my own bed.

When you're a cancer patient/survivor, and this kind of whisking off not to Buffalo but instead to the local hospital affiliated with your HMO has happened once, it's only a matter of time (it's impossible not to believe it's inevitable when you've been staged a IV) before it will happen again. I'm not being negative, I'm just saying.

As we sit and wait at home for my oncologist to email us the scan results, or whether we sit and wait in the on-site exam room, I wouldn't say our respective lives pass before us, but I will certainly admit to the total unpleasantness of it.

That being said, we're the lucky ones. There are nearly 160,000 lung cancer patients who succumb to this terrible disease every year who aren't nearly so lucky.

So when I hear the words "stable" from my oncologist, I am humbled as much as I am relieved, that I have lived to fight another eight weeks until my next scan is scheduled and my next fortnight is fought.

And that's how I live my life: in increments. Increments which I'm grateful to have. It may not be ideal, but it's a living, and it sure beats a dying.

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

A Call For Peace

By Nick Soto



HWPL Volunteers outside of the U.S. Capitol Building in Washington, D.C.

Washington, D.C. - Hundreds gathered at U.S. Capitol on Saturday, May 25 to mark the 6th Annual Commemoration of the Declaration of World Peace. The anniversary was marked by a peace walk that began outside the U.S. Capitol, where participants urged heads of state from 193 countries, political leaders, and community leaders to support the Declaration of Peace and Cessation of War, or, the DPCW.

A diverse group of over 500 citizens from the D.C. metropolitan area and representing 21 countries walked for peace in conjunction with 52 other major cities including Boston and Atlanta. Volunteers from the D.C. Heavenly Culture, World Peace and Restoration of Light (HWPL) have also been working in various countries within the Caribbean such as Haiti, Belize, Guyana and Grenada to help host local peace walks in each respective country.



Peace Walks were held in major cities like Busan, South Korea

Many participants wore traditional clothing to display their cultural differences and to convey that many countries, cultures, and ideologies are actively working together to achieve peace through the DPCW. Individuals from countries such as Madagascar, Guatemala, and India held large, colorful peace signs and props, and chanted, "The people, united, will never be divided!"

Sara Fawn, an HWPL volunteer, said she attended the event to ensure she could be part of a movement that is bigger than herself. "That's why we have all come together today to urge our elected officials — the public servants that have been put in position by the people and for the people — to support the DPCW. We all want the same thing."

The DPCW serves as the solution for worldwide peace and conflict resolution, and is a legal framework for spreading the culture of peace on a local, national and international level.



Citizens outside of the U.S. Supreme Court urging the enactment of the DPCW

"I think our differences are what unite us - it's our strength. There is no religion, no nation that doesn't want peace" says local Woodbridge native, Michael Sarpong.

The DPCW has already been enacted as a National Declaration in various countries around the world including Antigua, eSwatini, and Seychelles. It is currently being presented to pass as law through the United Nations, and citizens around the world are urging their legislators to support the DPCW on a local and national level.

The group sponsoring the event is the "Heavenly Culture, World Peace and Restoration of Light (HWPL)". The organization was founded in 2013 to build a worldwide network of people dedicated to achieving global peace in communities around the world.

HWPL is a peace NGO associated with the United Nation's Economic and Social Council (UNESCO), as well as the UN Department of Global Communications. Amidst rising global tensions, HWPL is engaging political and community leaders, journalists, and young people draw attention to its cause.