

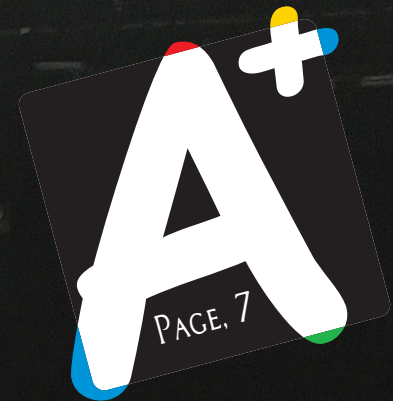
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Potomac ALMANAC



Churchill's Famed BLAST Hopes for Future

PAGE 4

Police Kill
 Potomac 21-year-old
 NEWS, PAGE 3

Coronavirus Shutdown
 NEWS, PAGE 3

Sasha Alekseyeva and ensemble rehearse for BLAST at Churchill High School Friday. They hope the show will go on when school resumes.

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PHOTO BY PEGGY McEWAN REAL ESTATE SALES, PAGE 2 ♦ ENTERTAINMENT/CALENDAR, PAGE 6 ♦ KENNY LOURIE, PAGE 7

MARCH 18-24, 2020

ONLINE AT POTOMACALMANAC.COM

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PHOTOS BY DEB STEVENS/THE ALMANAC



January, 2020 Top Sales

IN JANUARY, 2020, 58 POTOMAC HOMES SOLD BETWEEN \$2,650,000-\$410,000.

3 11725 Centurion Way
— \$2,200,000



7 7823 Pearson Knoll Place
— \$1,390,000



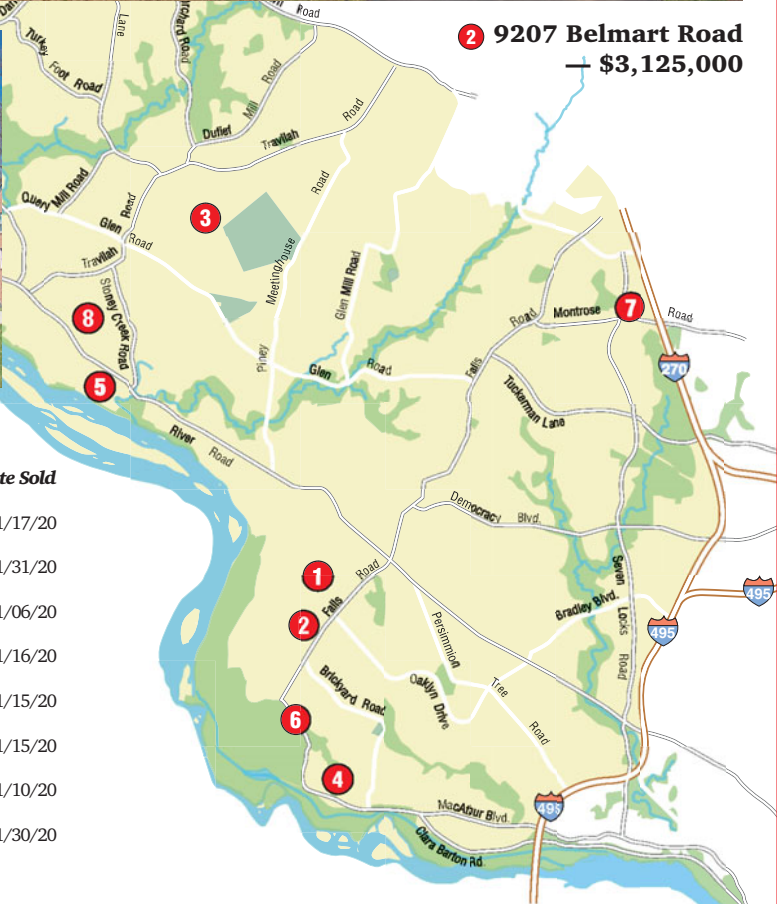
1 10813 Stanmore Drive — \$4,250,000



6 11008 Picasso Lane — \$1,425,000



4 14 River Falls Court — \$1,836,000



2 9207 Belmont Road
— \$3,125,000

Address	BR	FB	HB	Postal	City ..	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold	
1 10813 STANMORE DR	6	..	5	..	3	POTOMAC	.. \$4,250,000	Detached	3.45	20854	GREAT FALLS ESTATES	01/17/20
2 9207 BELMART RD	8	..	8	..	3	POTOMAC	.. \$3,125,000	Detached	2.00	20854	GREAT FALLS ESTATES	01/31/20
3 11725 CENTURION WAY	7	..	9	..	3	POTOMAC	.. \$2,200,000	Detached	2.00	20854	PALATINE	01/06/20
4 14 RIVER FALLS CT	7	..	5	..	1	POTOMAC	.. \$1,836,000	Detached	0.36	20854	RIVER FALLS	01/16/20
5 11504 DALYN TER	6	..	4	..	2	POTOMAC	.. \$1,440,000	Detached	0.68	20854	MERRY GO ROUND FARM	01/15/20
6 11008 PICASSO LN	5	..	4	..	1	POTOMAC	.. \$1,425,000	Detached	1.28	20854	POTOMAC OUTSIDE	01/15/20
7 7823 PEARSON KNOLL PL	5	..	4	..	1	POTOMAC	.. \$1,400,000	Row/Townhouse		20854	PARK POTOMAC	01/10/20
8 13208 BEALL CREEK CT	6	..	5	..	1	POTOMAC	.. \$1,390,000	Detached	3.77	20854	BEALLMOUNT	01/30/20

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NEWS

Police Kill Potomac 21-Year-Old

Shooting during “high-risk” search warrant or murder? Investigation pending.

Montgomery County Police say they were serving a “high-risk search warrant related to firearms offenses” in the 12200 block of St. James Road in Potomac on Thursday, March 12 at 4:30 a.m.

“During the warrant service,” according to a police press release, suspect Duncan Socrates Lemp, 21, was killed by a member of the police’s Special Operations Division — Tactical Unit.

Lemp’s family say police had obtained a search warrant for the home, but that Duncan was murdered.

“If proper police procedure were used to execute a search warrant, Duncan would absolutely be alive today,” said Rene Sandler, attorney for the family, in an interview.

“Any attempt by the police to shift responsibility onto Duncan or his family who were sleeping when the police fired shots into their home is not supported by the facts,” the family said in a statement, released by their attorneys Sandler and Jonathan Fellner.

Sandler described the 21-year-old Potomac resident: “By all accounts, he was very bright, he was very passionate about coding and his work. He was loved by his family and his girlfriend.”

POLICE SAY the facts and circumstances of the encounter are still being investigated by detectives from the Major Crimes Division. Montgomery County and Howard County have an established agreement that “when an officer-involved shooting involving injury or death occurs in one county, the other county’s State’s Attorney’s Office will review the event,” according to the police press statement.

Sandler, Fellner and Lemp’s family will



Duncan Socrates Lemp on a family vacation in Venice, Italy, last fall. “By all accounts, he was very bright, he was very passionate about coding and his work. He was loved by his family and his girlfriend,” said Rene Sandler, attorney for the family.

also be investigating.

“We will be investigating Duncan’s death and will hold each and every person responsible for his death. We believe that the body camera footage and other forensic evidence

Fellner.

THE INVOLVED OFFICER has been placed on administrative leave per standard protocol and will be identified at a later date, according to police.

On Friday night, March 13, one day after the shooting, police added to their press release. “Lemp was prohibited from possessing firearms and detectives were following up on a complaint from the public that Lemp, though prohibited, was in possession of fire-

arms.”

In the updated press release, detectives say they recovered three rifles and two



On Friday, March 13, Montgomery County Police released these photos of firearms they say were recovered at the St. James Road residence after Duncan Socrates Lemp, 21, was fatally shot.



handguns from the residence and that Lemp “confronted the officers” when he was fatally shot by an officer assigned to the Tactical Unit.

“No search warrant gives the police the right to shoot into a house full of people when they are sleeping without specific threat of imminent harm,” said Sandler. “In this case, there was no threat of imminent harm which can at all support the conduct of the police.”

“The conduct of the police during the shooting and treatment of the victim’s family by those officers responsible for Duncan’s death has been traumatic for the family,” said Sandler.

“The family is grieving the unimaginable loss of their loved one,” she said.

“If proper police procedure were used to execute a search warrant, Duncan would absolutely be alive today.”

— Rene Sandler, attorney

from this event will support what Duncan’s family already knows that he was murdered,” the family said, via Sandler and

Covid-19 Cases Increasing in MoCo

With the number of COVID-19 cases growing to 15 on Monday, March 16, in Montgomery County, local hospitals are gearing up while restaurants, bars, and theaters are closing.

Restaurants are open to provide carry-out and delivery only. The latest guidance calls for no group meetings of 10 people or more, keeping your distance six feet from others, frequent and thorough hand-washing with soap, and cleaning of surfaces like counters, elevator buttons, door handles, etc.

County Health Officer Dr. Travis Gayles said even though the County and the State are now taking extraordinary steps to stop the spread of COVID-19, more cases are certain to be reported. Holy Cross Hospital in Silver Spring installed a tent today on its

parking lot, while other local hospitals are making similar plans.

“We wanted to let our community know that they should not be alarmed when they start to see tents popping up at our area hospitals,” said Dr. Gayles. “This is actually a sign of preparedness. We want to ensure that due to this highly contagious virus, we separate those who are seeking traditional ER care from the people who may be infected. The tents also help us boost capacity to treat patients.”

Montgomery County Executive Marc Elrich said he supports the actions of Maryland Gov. Larry Hogan who ordered all restaurants, bars, theaters and gyms in the state to close as of 5 p.m. Monday, March 16.

“Governor Hogan’s actions today to close bars and restaurants is significant and drastic, but it is what we have to do,” said County Executive Elrich. “We all must understand that we are in a State of Emergency and that means taking every precaution possible to eradicate this deadly virus and so we can all return to our daily routines. The challenge is that we just don’t know when that will be.”

Elrich said many residents have contacted his office with offers to help seniors and other vulnerable populations who are self-quarantining. The County is coordinating volunteer opportunities through the Montgomery Volunteer Center. www.montgomerycountymd.gov/volunteercenter

Manna Food Center is in need of donations, and is open to provide food. www.mannafood.org/covidresponse/

Gayles said yesterday, with the expected rise in cases, moving forward, individual cases will not be reported. “We know the number of cases will continue to increase so we will not have the capacity to continue reporting individual cases,” he said.

Among six new cases announced Sunday were four men and two women. The men are in their 20s to 70s and the women are in their 20s and 30s.

In a message to County residents today, Gayles said while more tests are available in community-based laboratories, hospitals and urgent care centers, the decision to test

SEE COVID-19, PAGE 5

This special focus section will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Advertising allows you to target the many mature adults exploring new opportunities by showcasing your products and services in this special section with the award-winning Connection Newspapers print and digital media.

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NEWS

Churchill BLAST Delayed

BY PEGGY MCEWAN
POTOMAC ALMANAC

Students at Winston Churchill High School in Potomac were ready to entertain the community with their 31st annual BLAST – Spectrum – for the next two weekends, when schools were suddenly closed and gatherings of large groups of people banned because of the coronavirus pandemic.

On Friday, the last day of school, the cast and crew planned to run through their numbers, polishing their acts before next week's dress rehearsals with lights, live music and costumes.

That was not to be.

Instead they collected BLAST notices from the neighborhood, took down spotlights from the theater, and discussed the future of the show they have been rehearsing since December.

"The plan was to run next weekend and the next," music teacher Matthew Albright said. "Now we don't know. Its postponed, until when, we have no idea."

Sophomore Roya Zafar said the delay was sad for her.

"I had a feeling it would be postponed, but it was still hard to hear," she said.

BLAST is student-run, though Albright and two other adults, former parent Veronica Espinoza and media services technician Ben Schnapp, offer guidance.

Albright has been involved with BLAST for seven years and loves doing it.

"I started with BLAST 25," he said. "When you put a great deal of work into it, you feel a great deal of pride. The students feel the same way."

Tryouts for the show began in November. Adults and students decide together on a theme for the



PHOTOS BY PEGGY MCEWAN

Technical director Brandon Schoenfeld, left, and crew member Hannah Williams take down rented spotlights at Churchill High School Friday. The lights will be returned to the rental company until the school re-opens and can reschedule it's annual musical BLAST.



Ruby Howard performs "Orange Colored Sky," at rehearsal for Churchill High School's BLAST Friday morning. The show will go on when school resumes.

SEE CHURCHILL, PAGE 5

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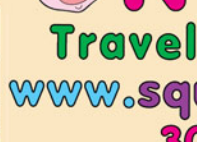
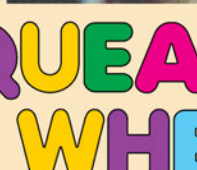
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Covid-19 Cases Increasing in MoCo

FROM PAGE 3

someone for COVID-19 is still based on Centers for Disease Control (CDC) criteria and is limited to individuals with symptoms.

While those guidelines continue to be expanded, there is NO walk-in, on demand testing for the general public unless they have symptoms and fit those guidelines.

"I understand the public's concern about the lack of widespread testing availability, but the guidance about what to do if you have symptoms will not change with test results," Gayles said. He urged residents to self-isolate if they are ill and to seek symptom relief with standard fever-reducing medication, adding, "individuals with severe symptoms may require hospitalization but by and large, most of us will have mild symptoms and

recover."

Montgomery County has about 10,000 employees serving a county with more than one million residents. Elrich emphasized that the health and safety of employees is paramount, while also maintaining some continuity of services. For example, County employees are assisting in multiple response activities including staffing a call center.

Beginning Monday, March 16 through March 27, recreation facilities, libraries and senior centers are closed. During this time, the Department of General Services is performing enhanced cleaning of County buildings, including daily cleaning of Ride On buses.

"County government is open with employees teleworking where possible," said Elrich.

Speaking directly to Montgomery County's students, the County Executive said, "To the kids, these are not snow days, this is not time off, people are not getting to have a vacation, this isn't spring break, this is really serious."

Visit our COVID-19 webpage and follow us on Facebook @montgomerycountyinfo and Twitter @MontgomeryCoMD.

Churchill BLAST Delayed

FROM PAGE 4

show — this year it is Spectrum, drawing ideas from the colors of the rainbow — and select the music.

"It's like a cabaret. It's a fantastic show with music, vocals and dance," Albright said.

All together there are about 250 students involved in the production, more than the upper limit of 10 people for gatherings suggested by federal officials earlier this week.

The students working on the show Friday morning were mostly

optimistic that the show would go on. Luca Greenspan, student band director for BLAST this year, said he is confident the show would run at some point, though, he added, "It's out of our control."

Sasha Alekseyeva, who sings a lead in one of the 36 acts in the show, said the delay seems like a lot of time will be lost when they could have practiced.

"But I hope it will rally us together to make it even better," she said.

Check wchsarts.com for updates on BLAST.

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.

COVID-19 CLOSURES/CANCELLATIONS

Montgomery County is working to help protect the health and safety of our residents, employees, program participants, and patrons. While schools and public facilities will be closed, Montgomery County offices remain open for business and operations are continuing. However, everyone should expect changes to public services.

The following closures and cancellations are in effect:

- ❖ Montgomery County Public Schools (MCPS) – Closed March 16 – March 27
- ❖ Community Use of MCPS Facilities:
- ❖ Indoor community use of MCPS facilities - closed March 14 - March 31. All SAT testing scheduled for middle and high schools will continue as scheduled.
- ❖ All outdoor community use of MCPS facilities - closed March 16 - March 31.
- ❖ Childcare use of MCPS facilities - Decision to open or close will be made by the individual childcare providers.
- ❖ Libraries – Closed March 16 – March 27.
- ❖ Senior Centers - closed until further

www.ConnectionNewspapers.com

notice.

- ❖ Recreation Centers and Aquatic Centers – Closed March 16 - March 27.
 - ❖ Montgomery Parks - March 16 - March 31.
 - ❖ County Buildings – Public activities cancelled March 14 – 31.
- Effective immediately, Montgomery County will be following the state's guidelines of a limit of no more than 250 people for public gatherings. To help further slow the spread of the virus, they encourage the public to:
- ❖ Avoid non-essential travel.
 - ❖ Stay away from others when you are sick.
 - ❖ Avoid close contact with people who are sick.
 - ❖ Avoid crowded areas or places where you might interact with people who are sick.
 - ❖ Keep distance between yourself and other people.
- Residents should visit Montgomery County Health and Human Services (See FAQ tab) for the most up-to-date information about coronavirus, including what to do if you are experiencing symptoms. Updates will be made on the County's website at: www.montgomerycountymd.gov and on Facebook and Twitter @MontgomeryCoMD.

CHECK THE MAIL FOR YOUR CENSUS

Invitations to respond to the 2020

SEE BULLETIN, PAGE 6

FREE, open to all

Potomac Community Center, 11315 Falls Road

Thursday, March 19, 7pm - 9 pm

The Menace of Climate Change and What You Can Do

Thu, April 2, 7pm - 9pm

Healthy Aging by Natasha Sacks, Program Director, Lifelong Learning Institute, Montgomery College. Learn about healthy aging strategies from the fields of gerontology, psychology & actual experiences of centenarians.

Details at 240-221-1370

www.PotomacCommunityVillage.org

Have a Conversation



Talking about **Memory Care** with your loved one can be difficult, but the transition doesn't have to be. Through an innovative, person-directed approach, **Ingleside Memory Support** provides meaningful engagement for intergenerational connections for those living with Alzheimer's disease and other dementias. We provide socialization, enrichment, and opportunity for growth every day, all while being conveniently located in Rockville, MD.

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ENTERTAINMENT

Editor's Note: Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events.

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

ONGOING

Kindergarten Orientation.

Wednesday/April 29. Potomac Elementary School is holding Kindergarten Orientation on Wednesday, April 29, 2020. Children who will be 5 years old on or before September 1, 2020 are eligible for enrollment for the upcoming school year. Parents/guardians should notify the school at 240-740-4360 to receive enrollment information and to set up an appointment to participate in the Orientation Program.

Urban Blues. Now thru April 4. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Featuring pastels by Geoff Desobry. Regular hours are Wednesday thru Sunday, noon to 6 p.m.

MONDAYS THRU APRIL 27

Sentimental Journey Singers.

Mondays, 11 a.m. to 12:30 p.m. At Bender Jewish Community Center, 6125 Montrose Road, Rockville. Encore Creativity for Older Adults, the nation's largest choral organization for adults over 55, will start its second choir for adults diagnosed with early to moderate Alzheimer's disease and other memory struggles. Participants will learn vocal techniques and three-part harmony while singing familiar songs and new pieces in a social group setting under the leadership of conductor Dr. Mary Ann East, also a performer and teacher and founder of Capital Harmonia, and pianist Rachel Thompson, a board-certified music therapist who works with adults with cognitive impairments and dementia. The program will culminate in a performance, Saturday, May 2 at 1 p.m., at the JCC Social Hall. Tuition is \$104 and \$25 for care partners. Registration is open now at www.encorecreativity.org

THURSDAY/MARCH 19

WeTHRIVE Women Entrepreneurs' Conference. 8:30 a.m. to 4:30 p.m. At Silver Spring Civic Center, 1 Veterans Place, Silver Spring. A full day of learning for women entrepreneurs whether in the early stages of business, ready to scale or managing later stage growth. Cost is \$125. This event, while held in Silver Spring, MD, is sponsored by SCORE DC, Arlington Economic Development BizLaunch and Montgomery County. Visit the

website: <https://wethrive2020.eventbrite.com/?aff=20200225cal>

FRIDAY/MARCH 20

Garden After Dark: Wild at Home with Hilton Carter. 6:30-8:30 p.m. At Brookside Gardens, 1800 Glenallan Ave., Wheaton. Looking for ways to bring the benefits of nature into your home and liven up your décor? Enjoy an evening with plant-stylist, designer, author and social influencer Hilton Carter. He'll discuss the basic 101 of house plant care, share his wild journey in greenery - discussing how he got started, finding his way via social media and eventually writing his book Wild at Home: How to Style and Care for Beautiful Plants. Learn how to style your at-home jungle while sipping botanical cocktails and enjoying a hearty selection of appetizers and desserts. Wild at Home will be available for purchase, and a book signing will follow the talk. You'll also enjoy an exotic selection of tropical houseplants for sale at the gift shop. Cost: \$40 / FOBG: \$36; registration required.

Alfio's Live Music. 7-10 p.m. At Alfio's Restaurant, 4515 Willard Ave., Chevy Chase. Featuring Robert Boguslaw performing, free valet parking. Call 301-657-9133.

SATURDAY/MARCH 21

Alfio's Live Music. 7-10 p.m. At Alfio's Restaurant, 4515 Willard Ave., Chevy Chase. Featuring Wayne Wilentz performing, free Valet Parking.

MARCH 27-28

Photographer Amy Toensing. At Photoworks Gallery at Glen Echo Park. Photoworks will host acclaimed National Geographic photographer Amy Toensing for a weekend of public events. Toensing is a photojournalist and filmmaker committed to telling stories with sensitivity and depth and known for her intimate stories about the lives of ordinary people. Toensing's work will be the subject of a solo exhibition in the Photoworks Gallery opening March 27 from 5-7 p.m. and hanging through April 26. Toensing will speak on March 27 beginning at 6 p.m.

TUESDAY/MARCH 31

Coco Montoya Performs Live. 8 p.m. At AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Legendary blues-rock guitarist and vocalist Coco Montoya, touring in support of his latest Alligator Records release, Coming In Hot, will perform. Ticket price: \$24-\$38. Visit the website: www.ampbystrathmore.com

SATURDAY/MARCH 28

VisArts in Bloom. 6-10:30 p.m. At 155 Gibbs Street, Buchanan Room,

and 4-5 p.m. Monday through Friday. A limited number of coupons for discounted taxi rides to and from the senior center, will be available for city residents age 60 and older through the Rockville Call N Ride program. For more information about Call N Ride, call 240-314-8810 or visit the Rockville Senior Center, 1150 Carnation Drive. How to Help: Meanwhile, preparations are ongoing to ensure a complete count for our community. The U.S. Census Bureau is recruiting to fill temporary positions to assist with the count. Learn more and apply at 2020census.gov/jobs. Montgomery County will hold training sessions for volunteer ambassadors from 7-8:30 p.m. Monday, March 30 and Wednesday, April 15, in the second-floor meeting room of Rockville



6821 Quintet will perform at Westmoreland Church in Bethesda on Saturday, April 4.

6821 Quintet

Saturday/April 4. 8 p.m. At Westmoreland Church, One Westmoreland Circle, Bethesda. Named for the distance from Tokyo to Washington, DC, the 6821 Quintet will perform works commissioned for the National Cherry Blossom Festival as part of the Conservatory Concerts series. The program, sponsored by the Ryuji Ueno Foundation, includes Michael Djupstrom: Songs of Spring, Mamiko Hirai: Portraits of Sakura, Kunihiro Murai: Sakura on the Potomac, and Clancy Newman: Cherry Blossom Fantasy. Free with \$20 suggested donation. Guests are invited to attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the performers.

Rockville. Help VisArts transform artists with disabilities through the visual arts. Join VisArts and more than 100 members of the community for a casual, fun-filled night of cocktails, cuisine and painting. Cost is \$150.

Celebrating Food. 8:30 a.m. to 5:45 p.m. At The Universities at Shady Grove 9630 Gudelsky Dr., Rockville. The 12th Salute to Women in Gastronomy. Register for this educational all day food-centric symposium. Featuring Dame Amy Brandwein, Executive Chef/Owner Centrolina and Piccolina; Dame Ruth Gresser, Executive Chef/Owner Pizzeria Paradiso; Dame Christianne Ricchi, Executive Chef/Owner Ristorante I Ricchi. Cost is \$155 after Feb. 28 (Cost includes parking fee.) Visit the website <https://celebratingfood.org/>

"Beauty & The Beast." 3 p.m. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Young Artists of America presents "Beauty & The Beast" with special guest, composer Alan Menken. At 1:30 p.m., meet the enchanted characters in the Bernard Family Foundation Pavillion; kids are encouraged to come dressed as their favorite character. At 2:15 p.m., pre-concert performance in Lockheed Martin Lobby. Post VIP champagne reception. At 5:45 p.m., meet and greet with Alan Menken. Cost is \$48 for adults, \$24 for kids - (both a ticket to the event and a ticket to the

VIP reception are required, a ticket to the VIP reception will NOT gain access to the Beauty and the Beast concert).

Stand-Up Silver Spring. 7 p.m. and 9 p.m. At Cissel-Saxon American Legion Post 41, 8110 Fenton Street (blue awning off Fenton Street parking lot). Come on out for Brian Parise, Gigi Modrich, Jelani Wills and Jenny Cavallero. Guaranteed laughs at the very chill and supremely hospitable Post 41. Seating at Post 41 is theatre style and general admission. Arrive early for your favorite seats. Post 41 has a full bar and light concessions (movie snacks). You can also bring in your own food to the venue. Doors open 30 minutes before the show. Tickets: \$10 - 25. Visit the website: <https://www.improbablecomedy.com>

SUNDAY/MARCH 29

A.J. Croce. 3 p.m. and 8 p.m. At AMP by Strathmore, 11810 Grand Park Ave., Bethesda. This special Croce Plays Croce show features A.J. performing his father Jim Croce's songs, his own material and songs that influenced both of them. Tickets \$32-\$48. Visit <https://www.ampbystrathmore.com/live-shows/croce-plays-croce>

MONDAY/MARCH 30

The Bumper Jacksons Duo. 7:30 p.m. At Sain Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Roots jazz rhythms

and country swing harmonies vignettied by stories and sounds of Appalachia. Tickets are \$25 door/\$20 adv | Students with ID / Children \$20 door/\$15 adv. Visit the website: www.imtfolk.org

SATURDAY/APRIL 4

Glen Echo Park Rentals Open

House. 11 a.m. to 3 p.m. At Glen Echo Park, Spanish Ballroom and Bumper Car Pavilion, 7300 MacArthur Blvd., Glen Echo. Sample caterers' specialties, view table designs and meet vendors.

MONDAY/APRIL 6

Vance Gilbert. 7:30 p.m. At Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. With 10 critically acclaimed albums, Vance Gilbert continues to refine his unlikely union of humor, virtuosity, and the unexpected. Whether with classic, original songwriting or ageless interpretations of covers, his is a presentation steeped in deep humanism and bravery, stunning artistry and soul, and contagious, unbridled joy. Tickets are \$25 door/\$20 adv | Students with ID / Children \$20 door/\$15. Visit www.imtfolk.org

SATURDAYS, MAY 16 AND MAY 23

Free Boating Classes. 1-5 p.m. At Davis Library, 6400 Democracy Blvd., Bethesda. Montgomery County Public Libraries is partnering with the U.S. Coast Guard Auxiliary to offer an introductory course on boating and boating safety. The beginner boating course will provide residents with information on how to obtain a boat license or safety certification in many states. Other topics include introduction to boating, boating law, boating safety equipment, safe boating, navigation, boating problems, trailering, storing and protecting your boat, fishing, river boating and other issues. Registration is required and limited. Register at <https://montgomerycountymd.gov/library/programs/contemporary-conversations.html>. Contact Maggie Nightingale at 240-773-9550, Marilyn J. Praisner at 240-773-9460, Twinbrook at 240-777-0240 and Davis at 240-777-0922.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St., Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

and to dial 2-1-1 to talk to experts about any questions or concerns.

Any registered voter who wants to vote by mail may now request an application for the Presidential Primary Election. If you request a vote by mail ballot, it will be your official ballot and you will not be able to vote on the paper based, digital image scan voting system at the polls on Election Day, Tuesday, June 2.

For more information on voting by mail call 240-777-VOTE, visit www.777vote.org, our mobile app at m.montgomerycountymd.gov/elections, the Maryland State Board of Elections' website at <https://elections.maryland.gov>, or follow the Montgomery County Board of Elections on Facebook or Twitter.

FROM PAGE 5

Census will arrive by mail through Friday, March 20. Census Day is Wednesday, April 1. By then, every home will receive an invitation to participate in the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail.

City community centers are opening their computer labs for community members who choose to complete their census questionnaire online. Trained staff are on hand to help from Monday, March 9-Sunday, April 5 and from Tuesday, April 14-Sunday, April 26 as follows:

- ❖ Lincoln Park, Thomas Farm and Twinbrook community centers: 7-8 p.m. Monday-Friday, 10 a.m.-noon Saturdays and 1-4 p.m. Sundays.
- ❖ Rockville Senior Center: noon-1 p.m.

Talking to Children about Coronavirus

Sharing developmentally appropriate information can ease fears.

BY MARILYN CAMPBELL
THE CONNECTION

From school closures to travel bans, the rapid spread of coronavirus has led to a time of un-precedented uncertainty. Feelings of anxiety and fear are rampant, particularly in children, say educators. Helping them feel grounded and having open and honest conversations can soothe feelings of angst.

“Stick to routines and schedules when possible,” said Karen Kunz, Middle School Counselor at St. Stephen’s & St. Agnes School. “Children thrive with clear structure and schedules. Even with school closures, start to imagine what a schedule might look like at home.”

A child’s age will affect the approach that a parent might take. “Keep in mind, depending on their developmental level, children will comprehend and be concerned about different things regarding the coronavirus,” said Linda McKenna Gulyn, Ph.D., professor of psychology at Marymount University.

Those who are of kindergarten age or younger might feel an unrealistic fear of the virus because of the ego-centrism and magical thinking which are common for that age group, says Gulyn.

“School-aged children probably have a concrete understanding of how this virus is transmitted and understand well the importance of washing their hands,” said Gulyn. “Their frustration will come from refraining from favorite activities such as sports or music events, school, or socializing in groups of kids.”

Assuring children that there will be a return to normalcy soon and answering their questions honestly, logically and respectfully is the approach Gulyn suggests.

“Teenagers understand the basics of the virus, but they could get caught up with myths associated with coronavirus, especially because there is a lot of true and false information online,” she said. “I’ve observed that in my own teenage sons. Monitor and discuss what they are hearing and help them learn to distinguish fact from fiction about corona.”

For this age group, living with a heightened level of uncertainty can evoke strong emotions. “Teens will be very frustrated and annoyed by restrictions placed on group activities that they love, especially those that involve time with peers,” said Gulyn. “Be sympathetic to your teen about those frustrations.”

“For older children, monitor the amount of social media and internet access they are consuming,” added Kunz. “Social media sites can easily aggravate and heighten anxiety and worry by sharing misinformation.”

While information about the virus is moving rapidly and details are evolving, maintaining a sense of normalcy can be challenging. “Stay calm and carry on,” said Susan DeLaurentis, Director of Counseling and the Lower School Counselor at St. Stephen’s & St. Agnes School. “Modeling calm and reasoned reactions to stressful events help children manage their own anxiety.”



PHOTO BY MARILYN CAMPBELL

Turning hand washing and the use of hand sanitizer into a game or a competition for younger students can help them find joy in a stressful situation, says Susan DeLaurentis of St. Stephen’s & St. Agnes School.

They look to parents and other adults to see their verbal and non-verbal reactions, and will often follow suit.”

“School nurses, school counselors, school psychologists, and school social workers can support these discussions and follow up with students who may need additional support,” added Lucy H. Caldwell, director of news and Information, Fairfax County Public Schools (FCPS). “In addition to talking with children about the importance of washing hands, covering coughs and sneezes.”

When discussing COVID-19, stick to basic facts in a developmentally appropriate fashion, advises DeLaurentis. “Reassure your children that we are doing exactly what we should do right now,” she said. “Also, using the fact that children don’t seem to be as affected by the virus is a fact that can be reassuring to children.”

“As a parent or caregiver, your first concern is about how to protect and take care of your children and family, added Kurt Larrick, Assistant Director of the Arlington County Department of Human Services “Some basic knowledge is a great place to start.”

It can be comforting to highlight the actions that children can take to protect themselves, suggests DeLaurentis. “Emphasize what children can control in the situations they are in,” she said. “They can wash their hands, and even turning that into a game or a competition for younger students can help them find some joy in a stressful situation.”

Find a balance between staying informed and information overload and monitor the amount of time children are exposed to news about COVID-19, says DeLaurentis.

“Younger children often cannot comprehend the information they hear on the news,” she said.

“They may misunderstand or misinterpret the news they hear, and often this misinformation can lead to more fear and anxiety.”

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EDITOR & PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

PRODUCTION EDITOR

Jean Card
jcard@connectionnewspapers.com

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
Colleen Healy, Kenny Lourie,
Peggy McEwan, Ken Moore

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager

Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

Display Advertising:

Kenny Lourie 301-325-1398
klourie@connectionnewspapers.com

Debbie Funk

National Sales & Real Estate
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
703-549-0004
jvernon@connectionnewspapers.com

CIRCULATION

circulation@connectionnewspapers.com

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Feeling Pale By Comparison



By KENNETH B. LOURIE

In a peculiar way, my cancer treatment and all has sort of gotten lost in the coronavirus talk. With so many changes to our regular lifestyle occurring on a daily basis, it feels as if nothing else matters. Granted, one’s health is the most important consideration, but now the talk is about everybody’s health. Nevertheless, how do I throw caution to the wind and interact with my environment when doing so might endanger the very stability I’ve worked over 11 years to maintain? I mean, I have to live my life, but will there be a cost to do so? I realize that the good of the many outweigh the good of the few but Spock was speaking from outer space. How do I, while in and out of treatment down here on Earth not worry about myself?

I realize life will go on for almost all of us, but will there be consequences for those unable to secure proper care? Will decisions be made about allocating resources because demand has far outstripped supply? How does life for cancer patients undergoing treatment fit into this new paradigm where so many people might need some kind of medical care? Will there even be enough health care professionals to administer the kind of life-sustaining treatment many of us seriously-diagnosed patients have come to expect and need?

Unfortunately, only time will tell, and there may very well be little of it in the interim, during which we can anticipate and plan accordingly. So many decisions will likely be made by the powers that be that might not exactly consider my set of cancer circumstances. In a way, I might be collateral damage. There simply might not be enough room and medicine and staff and all to accommodate my needs. It’s nothing personal. It’s just business, or rather the lack thereof. With so much of the world’s population affected while going about their usual and customary routine, who, what, where and how will there be any prioritization? Moreover, what about people who are already sick and challenged by a weakened immune system (like yours truly), will the competition from newly diagnosed coronavirus patients overwhelm our health care system?

I can’t assume that life will go on as it always has. That would seem to be incredibly naive. I need to proactively make the necessary arrangements and/or contingency plans. I can’t presume that being a cancer patient will always get me through the door. I’d like to think I take priority. But it might not be about priority, it might be about availability and a dwindling supply not able to keep up with demand.

Still, going down this rabbit hole of fear, anxiety and worry doesn’t help either. As I have since the date of original diagnosis, back in late February, 2009, I need to make the best of a bad/challenging situation. I need to roll with the punches and be prepared for any eventuality and take the good with the bad and vice versa. Normal left the building a long time ago for me. The problem is that building to which I metaphorically refer is the very building where I get my ongoing medical treatment. And though I don’t anticipate being kept away from that building, the reality is that it’s out of my control.

As with anticipating the results of CT scans and lab results, all in good time, or bad. I need to keep the same positive attitude as I always have because though I might be at greater risk than many of you regular readers, we are all at risk, apparently. As such, if there is indeed anything to be gained by so many people being so similarly affected, the reality is that there are strength in those numbers and even though it may feel that right now the whole world is upside down, things eventually will right themselves. They always do. I just hope I’m still smiling when the dust settles.

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



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