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Potomac

ALMANAC

Signs Of the Times

NEWS, PAGE 4

Family Waiting
To See Body
Cam Video
After Son Killed
By Police

NEWS, PAGE 3

**Campus
is
CLOSED**

Sign in the entrance
to Bullis School is true
for all Montgomery
County schools.

**SENIOR
LIVING**

PAGE 6

ATTENTION POSTMASTER:
 TIME SENSITIVE MATERIAL.
 REQUESTED IN HOME 3-26-20

PRSR STD
 U.S. POSTAGE
 PAID
 EASTON, MD
 PERMIT #322

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

January, 2020 Sales, \$1,160,000~\$1,350,000

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

5 9727 Conestoga Way
— \$1,275,000



4 9010 Marseille Drive
— \$1,295,000



6 9521 Hemswell Place
— \$1,260,000

1 8205 River Falls Drive
— \$1,350,000

3 8109 Hackamore Drive
— \$1,295,000



7 32 Beman Woods Court
— \$1,250,000



Address	BR	FB	HB	Postal	City ..	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold		
1 8205 RIVER FALLS DR	4	..	4	..	1	POTOMAC	...\$1,350,000	Detached	0.34	20854	RIVER FALLS	01/31/20
2 9812 WOODFORD RD	7	..	5	..	1	ROCKVILLE	...\$1,340,000	Detached	0.48	20854	BLENHEIM	01/17/20
3 8109 HACKAMORE DR	4	..	3	..	1	POTOMAC	...\$1,295,000	Detached	0.34	20854	RIVER FALLS	01/31/20
4 9010 MARSEILLE DR	6	..	4	..	2	POTOMAC	...\$1,295,000	Detached	0.62	20854	LAKE NORMANDY ESTATES ..	01/31/20
5 9727 CONESTOGA WAY	5	..	4	..	1	POTOMAC	...\$1,275,000	Detached	0.54	20854	MASS AVE HIGHLANDS	01/10/20
6 9521 HEMSWELL PL	5	..	4	..	1	POTOMAC	...\$1,260,000	Detached	0.78	20854	MCAULEY PARK	01/31/20
7 32 BEMAN WOODS CT	5	..	4	..	1	POTOMAC	...\$1,250,000	Detached	0.17	20854	AVENEL	01/10/20
8 8525 WARDE TER	5	..	4	..	1	POTOMAC	...\$1,160,000	Detached	0.48	20854	MCAULEY PARK	01/17/20

COPYRIGHT 2020 MARKETSTATS FOR SHOWINGTIME. SOURCE: BRIGHT MLS AS OF JANUARY 31, 2020.

Suspect Lay Bleeding on the Floor

Verbatim accounts.
Which is to believe?

BY KEN MOORE
THE ALMANAC

Police continue to add details to its timeline of events, a little at a time, while Duncan Lemp's family continues to say the same thing they have from the beginning.

Lemp family attorneys say police, at 4:30 a.m. March 12, murdered the 21-year-old who lived with his parents, girlfriend and brother on St. James Road in Potomac. Lemp was asleep when the police executed a search warrant on Thursday, March 12, 2020.

Police say Duncan Lemp, 21 of Potomac, was shot dead by an officer during execution of a high-risk search warrant, days later adding that Lemp confronted police while holding a rifle.

Both parties agree that Lemp was killed by a member of the police's Special Operations Division — Tactical Unit.

That officer's name has not been released as of the Almanac's presstime.

"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, Saturday, March 14, two days after the fatal shooting.

"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.

Lemp's family requested Tuesday, March 17, for Montgomery County Police to immediately release all body camera footage and audio from the incident.

"Although the Howard County State's Attorney's Office will be reviewing the case at some future time, the Montgomery County Police advised the family that they themselves are investigating the case as a homicide.

This case mandates the involvement of an independent law enforcement agency to investigate rather than permit the Montgomery County Police to investigate itself," according to the attorney.



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.



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.



THE ALMANAC ASKED questions of the police, including: What is the police policy for releasing body cam footage or any audio recording of the event? Are there guidelines for a timeline for release? Does body camera footage show the incident? Did police get medical help for Duncan Lemp after he was shot? What is police policy for releasing the name of the officer? When will it be released? Does Montgomery County have procedures for deciding when to deploy a SWAT team for a search warrant? What is it?

Captain C. Thomas Jordan, the Police's Director of the Public Information Division

answered promptly via email.

"We provided a press release previously on the incident. We do not have anything new to add at this time. We are very limited in our response due to the fact it is an ongoing investigation and we aren't able to provide comment so as to preserve the integrity of the investigation."

"Any requests for body camera footage in general go through our Records Division via the MPIA process," he said.

POLICE DID ISSUE a second press release after Lemp's family statement on Friday, March 13.

"Lemp refused to comply with the officer's commands and proceeded towards the interior bedroom door where other officers were located."

— MCPD Statement

"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 firearms."

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

FIVE DAYS LATER, on Tuesday, March 17, police added more:

"Detectives assigned to the Investigative Services Bureau received an anonymous tip at the beginning of the year, indicating that Lemp was in possession of firearms. Due to his history as a juvenile, Lemp was prohibited from legally possessing or purchasing firearms in the State of Maryland until the age of 30. During their investigation, detectives learned of a number of firearms that Lemp was in possession of, to include various rifles and handguns that would ultimately be recovered from the residence. Detectives applied for and received a no-knock search warrant for the crimes of possession of an assault weapon and possession of a firearm by a prohibited person.

"The search warrant on March 12, 2020, was served in the early morning hours, consistent with Montgomery County Department of Public Safety's policy." SEE SUSPECT LAY, PAGE 5

Montgomery County First Death from COVID-19

A woman in her 40s has become Montgomery County's first COVID-19 related death. Maryland Health Department officials report that the woman, who had an underlying medical condition, died suddenly on March 21. Preliminary autopsy results included a positive test for COVID-19. This is the third COVID-19 related death reported in Maryland to date.

"It is with a heavy heart that I announce the first death of a Montgomery County resident in connection with this pandemic," said County Executive Marc Elrich. "Our sympathies go out to her family and friends. Please know we are doing everything we can to slow the spread of this disease and we ask you to do the same. And please be kind to each other in these difficult times." County Health Officer Dr. Travis Gayles

urges residents to take precautions that will slow the spread of COVID-19. "As more people across Maryland become ill with COVID-19, we continue to work with hospital partners and others to slow the spread of the virus.

It is extremely important that residents continue practices to try to stay well and slow the spread: stay home unless necessary and, when out, maintain at least six

feet distance between you and others; and wash your hands frequently with soap and water for at least 20 seconds."

For the latest COVID-19 updates, visit the County's COVID-19 website montgomerycountymd.gov/HHS/RightNav/Coronavirus.html and follow Montgomery County on Facebook @MontgomeryCountyInfo and Twitter @MontgomeryCoMD.

Riddles, Reviews, Readers

Kids keep active and in touch with Corona Kids Newsletter.

BY PEGGY MCEWAN
POTOMAC ALMANAC

Here are two riddles to keep you thinking during this time of shut down and stay home: “A word I know, six letters it contains, remove one and twelve remains, what is it?”

Or how about: “What question can you never answer yes to?”

Subscribe to Corona Kids, an online newsletter “by and for kids of Glen Echo, Bannockburn and beyond!” to learn the answers.

Corona Kids is the brainchild of Angela and Aaron Hirsch, parents of Conrad, 11, a fifth grader at Bannockburn Elementary School in Bethesda and Greta, 9, a third grader there.

“At the beginning of the school closure, my husband and I started thinking about how to keep the kids occupied and keep them connected with their friends,” Angela Hirsch said. “This seems like a good fit.”

The plan for Corona Kids is to publish the online newsletter three times a week during the school shut down. From reading the first issue, published last week, there seems to be no lack of copy.

There were nine contributing



Conrad Hirsch, 11, his sister Greta, 9, and their mother Angela began a newsletter, Corona Kids, to keep busy while out of school because of the Coronavirus. They work with friends and classmates to publish three times weekly.



writers with offerings such as movie reviews by Parker Satlof, a computer game review by Jonah

A. Lester, an interview with her friend Chloe by Colby Epanchin, an interview by Conrad with his

uncle, who is a Google engineer, and an original cartoon by Declan Spealman.

Included also are a number of riddles contributed by Ida Maccoby – without answers! Riddlers had to wait until the March 23 newsletter to see if they puzzled correctly.

Huck Payne wrote a piece lamenting the cancellation of Bannockburn’s annual Spring Show. According to Huck, the show has never been cancelled in its sixty-four-year run! And it was going to be his first year in the show. Gwendolyn Learn submitted photos and directions for making marble stationary, and Greta and her puppy wrote a poem, What Its Like to Be a Dog.

Someone without a byline offered a “Boredom Buster” for each of the published newsletters. The first was a virtual field trip tour of the Great Wall of China, Monday’s offering is virtual seats on popular Walt Disney World rides.

This newsletter is not just for kids. I’m hoping Space Mountain is on the virtual tour so I can try it, and I can’t wait to make marbled paper.

As of March 23, there were 30 subscribers to the newsletter – put online by parent Terri Payne - in-

terested readers can sign up to receive Corona Kids by emailing CoronaKids+subscription@groups.io.

Greta said she is not planning to specialize in poetry for the newsletter, as a matter of fact, this week she is working on an illustration for a story by her cousin Max. Max lives in Brooklyn.

“He’s from our Brooklyn Bureau,” Angela said.

Conrad said he and his friends are excited about the newsletter.

“You can learn a lot of stuff,” he said.

This week he is learning and writing about Uzbekistan.

“He likes geography,” his mother said.

Ida did not forget to publish the answers to the riddles in last week’s newsletter.

Those from the beginning of this story are:

“A word I know, six letters it contains, remove one and twelve remains, what is it?” Dozens

“What questions can you never answer yes to?” Are you asleep yet?

“I hope you like these riddles,” Ida wrote. “I got them from The 37 Best Riddles for Kids That Aren’t Too Confusing on Google so if you want to check them out there are 27 more.”

Potomac Is Closed

BY PEGGY MCEWAN

It is rarely easy to find a parking space in front of the stores in Potomac, but it is now. Most of the spaces in front of the Safeway or Giant are occupied, as are those closest to the Walgreens, but other than that, there are plenty of spaces for the rare shoppers looking to park.

Most restaurants are adhering to Maryland Governor Larry Hogan’s guidelines to offer carry out only. Those that are not are closed completely. Starbucks, usually one of the busiest places in Potomac, is closed.

A sign posted on the door reads: “Our Store Is Temporarily Closed. Please accept our apologies for any inconvenience. We are working to re-open our store as quickly as possible.”

Outside, all the tables and chairs in the courtyard, usually inviting people to gather, are corralled close to the stores, indicating that it is no longer a gathering place.

Guidelines call for groups no larger than 10, and each person staying at least six feet from anyone else, but also suggest not gathering at all. The strongest message is Stay Home... and Wash Your Hands!

Here are a few photos — Signs of the Times – from around Potomac on Monday.



SIGNS OF THE TIMES: Starbucks is closed temporarily according to the sign on the door.



SIGNS OF THE TIMES: Limited hours and service written out on the door at Hunters Inn.



SIGNS OF THE TIMES: Tables and chairs are pushed back and roped off in front of Renato Restaurant to discourage people from gathering together outside.

PHOTOS BY PEGGY MCEWAN

Suspect Lay Bleeding on the Floor

FROM PAGE 3

ment of Police practice. The officers entering the residence announced themselves as police and that they were serving a search warrant. Officers gave commands for individuals inside the residence to show their hands and to get on the ground. Upon making contact with Lemp, officers identified themselves as the police and gave him multiple orders to show his hands and comply with the officer's commands to get on the ground. Lemp refused to comply with the officer's commands and proceeded towards the interior bedroom door where other officers were located. Upon entrance by officers into Lemp's bedroom, Lemp was found to be in possession of a rifle and was located directly in front of the interior bedroom entrance door."

Police also said they found a "booby trap" on Lemp's bedroom door designed to "detonate a shotgun shell" at anyone entering through the exterior door into his bedroom.

"Further statements from the other occupant in Lemp's bedroom indicated that he slept with the rifle each night. Contrary to some information reported to the media, the same occupant also indicated that Lemp was out of the bed and standing directly in front of the interior bedroom door at the time the officers made entry into the bedroom," according to the release.

THE LEMP FAMILY RESPONDED through their attorneys:

"The public press releases (March 12, 13, and 17, 2020) issued by the Montgomery County Police Department about the death of Duncan Lemp are inconsistent with the physical evidence and eyewitness accounts from those who survived this tragedy," according to Sandler and co-counsel Jonathan Fellner, who responded to the latest press release from police.

"Duncan Lemp was killed on March 12, 2020 during an attempt by police to execute a search warrant on his parents' home. Duncan and his family were asleep at 4:30 a.m. when police besieged the residence from the front of the house and were awak-

"Multiple eyewitnesses told investigators that the police only forced entry into the home after Duncan was shot."

— Lemp Family Attorneys

ened by shots fired through Duncan's bedroom window followed by the sound of flash bangs.

"The March 17, 2020 statement released by Montgomery County Police on its web site www.mcpnews.com materially omits that Duncan Lemp was shot multiple times by SWAT officers and killed. The police now say that they received an 'anonymous' tip regarding the possession of firearms and waited almost three months to act upon the information. Using a three-month old 'anonymous' tip, the police sought and obtained a no-knock search warrant on March 11, 2020 at 2:38 p.m. Montgomery County Police utilized its SWAT officers to execute the search warrant on the residence. SWAT officers initiated gunfire and flash bangs through Duncan Lemp's bedroom window in the front of the house. "Consistent with the no-knock warrant obtained by police, the eyewitness told investigators that police never made verbal commands upon either her or Duncan until after Duncan was shot and lay bleeding on the floor. "Multiple eyewitnesses told investigators that the police only forced entry into the home after Duncan was shot."

"According to those eyewitnesses, the police had no contact with any family members until after Duncan was shot."

SOME GUN-RIGHTS ADVOCATES have responded with outrage to Lemp's death at the hands of police, pointing to the incident as a cautionary tale about consequences of "red-flag" laws.

The bottom-line: a 21-year-old is dead.

"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 Sandler.

Montgomery County Department of Transportation Updates Parking Restriction Status

Parking meter enforcement that has been relaxed in Montgomery County areas where businesses remain open for quick pickups — such as restaurants, pharmacies and food stores.

Montgomery County's Department of Transportation (MCDOT) will continue to enforce most parking rules and regulations during the COVID-19 health crisis, with some exceptions.

Residents should follow normal legal practices when parking. Restricted area parking violations, disabled parking violations and safety-related violations will be strictly enforced to prioritize public safety.

"Through continued enforcement activity, we are actively discouraging long-term parking near businesses that remain open to serve our resident's needs," said MCDOT Director Chris Conklin. "Vehicles remaining in these spaces for an extended time are harming struggling businesses and limiting access to the services residents need. Long-term parking remains available in lots, garages and signed on-street areas and residents are encouraged to use short-term on-street parking for quick

stops at local businesses."

Abuse of time limited and metered parking will be cited. Enforcement action for vehicles parked for excessive periods of time in short-term spaces can be requested by contacting the County at 240-777-8740 from 8 a.m. to 4 p.m. Mondays through Fridays.

Special free parking has been extended in two parking garages to help residents who must remain at home due to the crisis. Free parking is in effect in the Auburn/Del Ray Garage at 4910 Auburn Avenue in Bethesda. Entrances for that garage are on Del Ray Avenue and Auburn Avenue.

Free parking is now in effect in the Bonifant/Dixon Garage located at 1101 Bonifant St. in Silver Spring.

Parking in other County-owned lots, garages and meter locations where payment requirements remain can be paid remotely via MobileNow! and Parkmobile. For ongoing updates, follow @MCDOTNow and @MCDOT_Parking on Twitter or go to the department website at www.montgomerycountymd.gov/dot

Deep Clean & Sanitize Your Entire Home

These Are Pretty Unsure Times and Your Home is a Safe Place to Be. But Hadeed Knows That Your Rugs are a Haven for Allergens, Pollen, Bacteria and Mold. Combine that with Dirt, Grime and Pet Mess. You Really Need a Deep Down Professional Clean
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- » 3116 W. Moore Street • Richmond VA

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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

Farmers Markets. Bethesda is home to two fabulous farmers markets:

❖ Bethesda Central Farm Market

— Open Sundays 9 a.m.-1 p.m. Located at the Bethesda Elementary School parking lot, 7600 Arlington Rd., Bethesda.

❖ Montgomery Farm Women's Cooperative Market

— Inside Market: Open Wednesdays, Fridays and Saturdays, 7 a.m. to 4 p.m. Outside Market: (weather-permitting): Open Saturdays, 7 a.m.-5 p.m.; Wednesdays, Fridays and Sundays, 8 a.m.-5 p.m. Located at 7155 Wisconsin Avenue, Between Willow and Leland Streets, Bethesda.

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

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.

SATURDAY/MARCH 28

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/>

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 Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Roots jazz rhythms and country swing harmonies vignettted 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

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/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.

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.

STAY UPDATED ON COVID-19 CASES

The Maryland Department of Health is the clearinghouse for all confirmed COVID-19 cases in the state. See the Montgomery County COVID-19 webpage for a statewide map with a county-by-county breakdown of confirmed cases. The map is updated daily at 10 a.m. Website: <https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html>

PARKS CLOSURES EXTENDED

The Maryland-National Capital Park and Planning Commission, Montgomery Parks has extended its indoor facility closures to the public and cancelled events and programs in public buildings through April 30, 2020, effective immediately. Parks and trails will remain open to the public, but Montgomery Parks urges anyone who visits a park to observe recommendations from public health officials, including gathering in groups of more than

10 people and keeping six feet between people. Visit the website: <https://www.montgomeryparks.org/covid-19/>

BUS SERVICE REDUCED

Montgomery County's Department of Transportation's (MCDOT) Ride On bus service will be reduced and Ride On extRa bus service will be temporarily suspended beginning Thursday, March 19, due to the COVID-19 emergency. Plans to change weekday service are currently available. Plans for reduced Saturday-Sunday service are still being finalized.

Beginning on March 19, the Ride On bus system will operate on a Special Service plan. The plan was newly created in response to COVID-19 conditions. Overall, service will be reduced by about half from a regular weekday schedule. MCDOT will make adjustments to service frequency based on individual route demand, availability of staff and equipment and efforts required to maintain appropriate social distancing on buses. A summary description of the Special Service plan by route can be viewed at <https://www.montgomerycountymd.gov/DOT-Transit/special-plan.html>

DISASTER LOANS AVAILABLE

Montgomery County small businesses suffering substantial economic injury as a result of the COVID-19 pandemic, are eligible to receive low-interest, federal disaster loans for working capital offered by the U.S. Small Business Administration (SBA). The Coronavirus Preparedness and Response Supplemental Appropriations Act offers small businesses, private non-profit organizations of any size, small agricultural cooperatives and small aquaculture enterprises an opportunity to apply for Economic Injury Disaster Loans of up to \$2 million to help meet financial obligations and operating expenses. These federal disaster loans may be used to pay fixed debts, payroll, accounts payable, and other bills that can't be paid because of the disaster's impact. The deadline to apply for an Economic Injury Disaster Loan is Dec. 21, 2020. For more information, see the COVID-19 Small Business Administration Assistance page. (Website: <https://www.montgomerycountymd.gov/oemhs/COVID19-SBA.html>)

FREE TEMPORARY PARKING

Montgomery County's Department of

Transportation, in an effort to support residents whose usual patterns have been disrupted by the COVID-19 emergency, announced that it has established free parking in two County-owned parking garages. The garages that will have temporary free parking include the Bonifant/Dixon Garage at 1101 Bonifant St. in Silver Spring. Entrances to the garage are located on Bonifant Street and Dixon Avenue. The other garage is the Auburn/Del Ray Garage at 4910 Auburn Ave. in Bethesda. Entrances for that garage are on Del Ray Avenue and Auburn Avenue.

SPECIAL "SENIORS-ONLY" HOURS

Starting Thursday, March 19, four local grocery stores and two national chains will open their doors to seniors (60 and over) only, allowing them to shop among a smaller group of people and without the increased possibility of COVID-19 infection. Target and Whole Foods are each offering "seniors-only" shopping hours in all of their Montgomery County stores and four local stores are also participating in this special program.

Participating stores:
❖ Global Food, Silver Spring
❖ Grosvenor Market, Rockville
❖ Dawson's Market, Rockville
❖ Roots Market, Olney

❖ Whole Foods, Kentlands
❖ Whole Foods, Rockville
❖ Whole Foods, Silver Spring
❖ Whole Foods, Bethesda
❖ Whole Foods, Friendship Heights
❖ Target, Gaithersburg
❖ Target, Rockville
❖ Target, Wheaton
❖ Target, Germantown
❖ Target, Bethesda

CENSUS INVITATION

Invitations to respond to the 2020 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.

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Due to COVID 19 all future programs of Potomac Community Village are canceled till further notice.

Help Desk is still available for you at 240-221-1370

Many other resources can be accessed at www.PotomacCommunityVillage.org

We wish you good health! Take care!

SENIOR LIVING

Social Distance Without Social Isolation

Options for staying connected while maintaining safety.

BY MARILYN CAMPBELL
THE ALMANAC

Social distancing is now the new normal as COVID-19 barrels its way through communities, with the Centers for Disease Control and Prevention (CDC) recommending that those age 60 and older avoid crowds and stay home as much as possible.

This safety measure can also create social isolation.

"This is a huge concern for our elder population on many different levels," said Phyllis Miller Palombi, Licensed Marriage and Family Therapist with the Fairfax Commission on Aging. "Creating activity and maintaining social contact with others is crucial to avoid depression. Loneliness especially if sudden, creates a high level of stress as one tries to cope." Like stress, loneliness and fear can compromise one's immune system, advises Palombi. "A physical activity can boost immune functioning," she said. "Going for a walk, doing yoga, lifting very light weights, will help reduce the negative effects on the body."

A group of family members and close friends can offer support and prevent feelings of desolation. "People should know that social distancing doesn't have to mean social isolation," said Bethesda psychologist Holly McNamara, Ph.D. "Positive connection with others is always important, but now more than ever, we need to make sure we maintain them."

In fact, there are a wide variety of coping mechanisms that can help seniors stay connected in ways that are safe. "Social visits with friends, say over coffee, are not recommended," said Trina Mahan-Webb, Director, Adult and Aging Services of Fairfax County's Department of Family Services. "However, coffee and a phone call is an option."

Creating a buddy system is one of the recommendations made by the CDC to make sure people stay connected and get updates on new developments with the pandemic. Becoming familiar with and using new technology like



COURTESY OF FAIRFAX COUNTY
DIVISION OF ADULT AND AGING SERVICES

Trina Mahan-Webb, a volunteer with the Fairfax County Division of Adult and Aging Services, delivers meals to elderly residents.

FaceTime, Zoom and Skype can offer virtual social connection without posing a health risk, advises Mahan-Webb. "Video chatting is encouraged," she said.

"In this day and age of technology many seniors are able to use computers and cell phones to access social media connectivity," added Palombi. "Those that cannot use technology, talking and sharing concerns, thoughts with others is essential for optimal health."

Even filling time with activities that are done solo can ease the feelings of loneliness and stave off despair. "We also recommend revisiting hobbies such as reading, art and crafts or preparing new recipes and then baking and freezing your creations," said Mahan-Webb. "You can also consider online courses or getting a head start on spring cleaning your

home."

For those with mobility issues, Palombi recommends other activities. "Practicing mindfulness is another stress reliever and can be learned on many smartphone apps," she said. "Doing something for somebody else which gives a sense of purpose and can relieve stress."

"The bottom line is to consider doing things to stay safe while remaining active and engaged," said Mahan-Webb.

Risking a Reward

By KENNETH B. LOURIE



In my 11-plus years as a lung cancer "diagnossee," I've done a pretty good job of facing the facts and acting/planning accordingly. I've accepted my reality and somehow managed to live so long beyond the original "13 month to two year" prognosis I was given by my oncologist that he has introduced me to some of his students as his "third miracle." Unfortunately, this characterization is not the end of the story.

In retrospect, dealing with/being treated for one type of cancer (non small cell lung cancer) seemed easy enough. Soon, I'll be getting treated for two types of cancer: papillary thyroid cancer stage 2, in addition to my pre-existing stage 4 lung cancer. And since the treatments are not identical and cannot occur simultaneously, I'll be receiving treatment for my thyroid cancer first and deferring treatment for my lung cancer until at least mid April. That's when I have my next scheduled appointment with my oncologist when no doubt we'll discuss strategy and all treating me forward.

In the interim, to address the thyroid cancer, I will be spending a night at the Washington Hospital Center. This will occur after I receive a dose of radioisotopes, a type of nuclear medicine designed to target and kill any remaining thyroid cancer in my body wherever it might be located. What happens after my "overnight" and subsequent follow-up appointment with my endocrinologist has yet to be discussed. What little I know is that I'll need a pre- and post-procedure CT scans and that upon release from the hospital, I'll need to be quarantined for a few days (away from children and pets primarily).

Hoping my body responds as anticipated, I'll presume there will be some kind of maintenance-type of treatment for my thyroid cancer which will likely be combined with the restart of my lung cancer treatment. But I don't really know. But what I really do know is that doctors, generally speaking, don't want to consider scenarios about what might happen if such and such or so and so happens, or not. Though I'm sure there's a reasonable expectation of something or other happening, my experience has been that doctors divulging what might happen (treatment/procedure etc.) next, since there are so many variables/results yet to be considered, is unlikely. Though I will still ask my fair share of questions about my future, ultimately, all I can do is wait and see.

Ordinarily, as in how I've managed since my diagnosis, being uncertain about the next medical step has been no problem. I realize that answer would likely be somewhere between a house of cards and definite maybe anyway, always depending. Now add to the mix of uncertainty, the coronavirus that has "pandemicked" the country. As a result of its spread, will I be prevented/rescheduled because the hospitals are overwhelmed? After all, I am the poster child for possible victims: male, over 60, weakened immune system with a severe underlying medical condition. I'm the exact person they don't want to see at the hospital. Yet, if I don't go/receive approval to go, I doubt I'll get any better at home without treatment. In my case, I don't believe leaving well enough alone is going to work very well.

Still, my choices feel almost counterintuitive. I have to risk my life (leave my home) in order to possibly save my life (cancer treatment) away from home. I can't do one without the other. To receive treatment, I'll have to expose myself, potentially, to the exact complication that my lung cancer diagnosis makes me most susceptible to: breathing issues. However, if I don't/can't, I'll be worse off than if I hadn't. Nor do I feel as if I can wait until the virus is more under control. Control which seems unlikely in the near term. And in every term (short, medium or long), the cancer is not going to wait. I sure hope I won't have to either.

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

POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of Potomac
A Connection Newspaper

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

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Potomac Almanac is published
by Local Media Connection LLC

Five Time First Place
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MDDC Press Association

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