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Chris Martin, community relations manager, and Andy Goldstein, senior manager, stand by boxes of snacks to be donated by Potomac Pizza to workers at area hospitals.

Potomac

ALMANAC

Giving to Front Line Workers

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Top Schools
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This Week in Coronavirus
NEWS, PAGE 5

PHOTO CONTRIBUTED

REAL ESTATE SALES, PAGE 4 ♦ KENNY LOURIE, PAGE 7

APRIL 29 - MAY 5, 2020

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Free Curbside Pickup & Delivery!
To help protect you and our associates we are now offering to pickup and deliver your rugs to your doorstep. Our associates will wear gloves, masks, and booties when picking up or delivering your rugs.

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News

MCPS High Schools Lead Maryland's Best

By PEGGY MCEWAN
POTOMAC ALMANAC

Montgomery County Public Schools has eight high schools ranked in the top 20 in the state according to the U.S. News and World Report 2020 survey of the nation's best high schools.

Poolesville High School was named number one in Maryland, number 90 in the country, out of almost 18,000 schools ranked.

"The U.S. News Best High Schools rankings include data on more than 24,000 public high schools in 50 states and the District of Columbia," according to the website www.usnews.com. "Nearly 18,000 schools were ranked on six factors based on their performance on state assessments and how well they prepare students for college."

The ranking methodology draws from data for the 2017-2018 school year, using both state and federal data. In addition, the College Board and International Baccalaureate provided data on their respective college-prep programs, Advanced Placement and IB. These are the six indicators of school quality used to calculate the rankings:

College Readiness which made up 30 percent of the total. Math and Reading Proficiency, 20 percent; Math and Reading Performance, 20 percent; Underserved Student Performance, 10 percent; College Curriculum Breadth, 10 percent; and Graduation Rate, 10 percent.

"I am proud of my students and staff receiving this recognition," said Mark A. Carothers, Principal at Poolesville High School. "Poolesville High School is a special place with a caring staff, dedicated students, and supportive communities. I am proud of the work we do and the high-level education we offer each and every day, and I believe these rankings are a representation of that work." Montgomery County swept four of the top five high schools in Maryland.

In addition to Poolesville High School, the Maryland rankings included all the MCPS high schools serving students from the Potomac area.

Walt Whitman High School in Bethesda is second in the Maryland rankings, number 105 nationally.

Thomas S. Wootton High School in Rockville ranked third in the state, number 128 in the nation.

Winston Churchill High School in Potomac is number 4 statewide and 133 nationally.

Eastern Technical High School in Baltimore got the number five spot on the state.

Other MCPS schools in the top 20 in the state are: Walter Johnson High School, Bethesda which ranked number 6 in the state, 344 overall.

Bethesda Chevy Chase High School, number 13; Richard Montgomery, number 14 and Quince Orchard, number 20.

For more information visit <https://www.usnews.com/education/best-high-schools/articles/slide-shows/us-news-best-high-schools/>*

ALMANAC NEWS BRIEFS

Special Appropriation For COVID-19 Human Services

Montgomery County Council is scheduled to introduce a supplemental appropriation of \$2 million to the FY20 Operating Budget for the COVID-19 Human Services Response and Community Assistance NDA. These funds would be used by the Department of Health and Human Services to support programs administered by Services to End and Prevent Homelessness. The full Council is sponsoring this special appropriation that was initiated by Councilmember Evan Glass. This funding may be used for emergency eviction prevention and housing stabilization programs. At least \$1 million of these funds must be used to provide a short-term rental subsidy program to low-and moderate-income households in response to the emergency. This support would be time limited and acceptance of this assistance would not prevent any resident from being accepted into a permanent subsidy program for

which they are eligible. The County will seek federal and state reimbursement for program costs associated with the response to the Covid-19 pandemic. The Council is scheduled to hold a public hearing and vote on this appropriation of April 28.

\$800 Property Tax Credit?

The Council will receive public testimony on a resolution to set the amount of the property tax credit and income tax offset. Each year the Council may set a property tax credit to offset a portion of the income tax revenue resulting from a County income tax rate that is greater than 2.6 percent. This credit is automatically provided to each property that is an owner-occupied dwelling of a homeowner. The County Executive has recommended a property tax credit of \$800 per eligible property in the recommended FY21 Operating Budget. The FY20 credit was \$692 per eligible property.

SEE ALMANAC NEWS BRIEFS, PAGE 7

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Workers at Sibley Hospital in Washington accept food donated by Potomac Pizza.



Snacks from Potomac Pizza arrive at Washington Adventist Hospital, Silver Spring

PHOTOS CONTRIBUTED

Charity in the Time of Coronavirus

BY PEGGY MCEWAN
POTOMAC ALMANAC

Adam Greenberg of Potomac Pizza did not miss much time between seeing his restaurants shut down and opening his heart and food services to the community.

"Literally two days after we shut down the restaurants [Monday, March 16] I said, 'Let's do something,'" Greenberg recounted.

Greenberg is president of the Restaurant Zone Inc., which owns and operates four Potomac Pizza sites, two Bagels 'n Grinds loca-

tions and the College Park Grill.

He was able to keep the pizza and bagel stores open for carry out and delivery, according to the guidelines for restaurants during the time of coronavirus, but not the Grill.

What Greenberg decided to do was what he naturally did best, share food with others who are helping care for those in need.

"The first thing we did was, we bought about \$4,000 worth of snacks ... cookies, chips, nonperishable [snacks]," he said.

He connected with "just about all the hospitals, and nursing

homes and police stations and fire department" and distributed the snacks so whoever took a break could grab something to eat, he said.

Greenberg said his friends and customers asked what they could do to help so he set up a Go Fund Me Page which raised about \$15,000.

That plus other donations came to \$20,000 which Greenberg matched.

"This money was raised to help us help others," Greenberg said.

In addition to snacks, Greenberg is delivering pizza and other food

to different organizations weekly.

"We call them up and they order, and we deliver," he said. "We also started another initiative: any front-line worker can call and order a large pizza. When they pick it up, they show an ID and it's free."

Greenberg said he is really thinking outside the box to keep his businesses going.

"The good thing is about 75 percent of our business is carryout and delivery, so we are prepared for this," he said.

One recent innovation is a pop-up bagel "shop" held last Saturday. The bagel shop, Bagels 'n Grinds,

is in College Park and, Greenberg said, Potomac residents are not going to drive all the way there for bagels – even though they are good. Greenberg put a notice on the Potomac Pizza Facebook page, took orders for bagels and brought them to Potomac.

He said he plans to do that this week for diners from the College Park Grill.

"Everybody is being careful," he said. "All the restaurants are. We have to."

Then he added, "Hopefully this will end soon."

A thought we all share.

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.

FACE COVERINGS MANDATORY

Starting Saturday, April 18, Governor Larry Hogan's executive order requiring face coverings to prevent the spread of COVID-19 are in effect. Maryland residents statewide must wear face coverings:

- at all foodservice establishments;
- on public transportation, including ride-sharing and taxi services;
- at all retail establishments, including grocery stores, pharmacies, convenience stores, home improvement stores and farmers

markets; at laundromats.

REGISTER TO VOTE; VERIFY REGISTRATION

In response to Gov. Larry Hogan's renewed proclamation governing election procedures during the COVID-19 pandemic, the June 2 primary will take place by mail. Montgomery County citizens who wish to vote in the 2020 Presidential Primary Election need to submit their registration to vote or any update to their current voter record including mailing address no later than Wednesday, May 27, 2020. Maryland holds closed party primaries. Only registered voters affiliated with the Democratic or Republican parties receive a ballot for that party. Unaffiliated voters will vote only for candidates for the Board of Education. Registering to vote requires

that you are a U.S. citizen, live in Montgomery County, Maryland, and are or will be at least 18 years of age on or before November 3, 2020. Registered voters can review/update their voter record by texting CHECK to 77788, or <https://voterservices.elections.maryland.gov/VoterSearch> or call 240-777-8500 to verify their voter registration using the automated phone system or for assistance. For more information on voter registration visit www.777vote.org, the Maryland State Board of Elections' website at <http://elections.maryland.gov>.

TAXIS PROVIDE DELIVERY SERVICES

The Montgomery County Department of Transportation (MCDOT) has partnered with local taxi companies during the COVID-19 health

crisis to initiate a new program available to participants in the Call-n-Ride program to use taxis for delivery of essential goods from grocery stores, food banks and restaurants. Call-n-Ride Essential Delivery Services aims to support food security needs for low-income seniors and people with disabilities. Participating taxicab companies will pick up and deliver from grocery stores, food banks and restaurants to Call-n-Ride participants' doorsteps, with a phone call delivery confirmation. Program information is available online at <https://www.montgomerycountymd.gov/DOT-Transit/seniors.html#Call-n-Ride>

To learn more about Call-n-Ride and apply to participate in the program, visit <https://apps.montgomerycountymd.gov/callandride/>.

YMCA OFFERS FREE PRODUCE

The local YMCAs are offering free produce distribution during the coronavirus crisis. Produce is available for anyone, free of charge, regardless of their affiliation with the YMCA. Produce will be distributed at the following location:

YMCA Bethesda-Chevy Chase, 9401 Old Georgetown Rd., Bethesda. Available Wednesdays 4-6 p.m., Thursdays 9 a.m.-12 p.m.

D'ARTAGNAN LAUNCHES HOME DELIVERY

For those unable to find the right ingredients in grocery stores or are staying home to follow social distancing guidelines during

SEE BULLETIN, PAGE 7

Potomac REAL ESTATE

February, 2020 Sales, \$875,000~\$801,250

IN FEBRUARY, 2020,
43 POTOMAC HOMES
SOLD BETWEEN
\$1,135,000-\$885,000.

3 11801 Seven Locks
— \$850,000



4 1315 Fallsmead Way
— \$840,000



7 7624 Mary Cassatt Drive — \$820,000



8 11301 Spur Wheel Lane — \$801,250



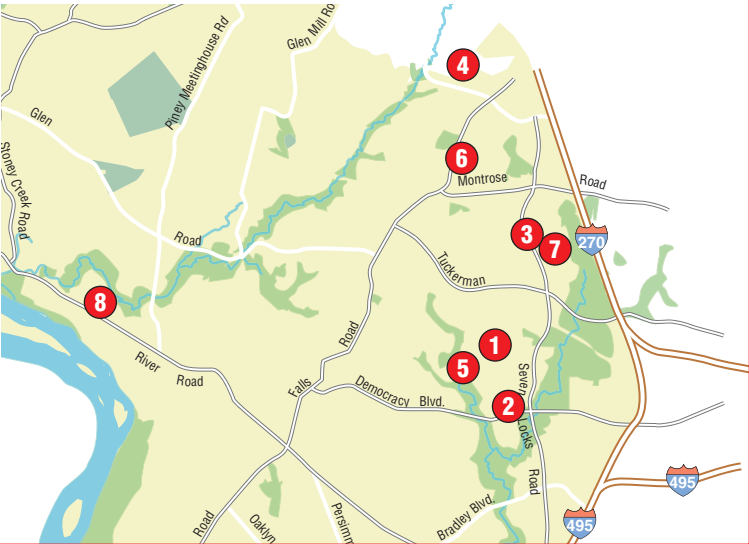
5 8607 Bells Mill Road — \$840,000



2 10237 Gainsborough Road — \$875,000

Address.....	BR	FB	HB	Postal City	Sold Price.....	Type.....	Lot AC	Postal Code.....	Subdivision.....	Date Sold
1 10820 LARKMEADE LN	5	3	1	POTOMAC	\$875,000	Detached	0.26	20854	INVERNESS FOREST	02/11/20
2 10237 GAINSBOROUGH RD	5	2	1	POTOMAC	\$875,000	Detached	0.10	20854	EAST GATE OF POTOMAC	02/26/20
3 11801 SEVEN LOCKS	3	2	1	POTOMAC	\$850,000	Detached	1.02	20854	WILLERBURN ACRES	02/18/20
4 1315 FALLSMEAD WAY	4	2	1	POTOMAC	\$840,000	Detached	0.22	20854	FALLSMEAD	02/24/20
5 8607 BELLS MILL RD	5	3		POTOMAC	\$840,000	Detached	0.40	20854	FOREST HILLS	02/14/20
6 1588 KIMBLEWICK RD	5	4	1	POTOMAC	\$820,000	Detached	0.46	20854	POTOMAC WOODS	02/28/20
7 7624 MARY CASSATT DR	4	3	1	POTOMAC	\$820,000	Detached	0.35	20854	WILLERBURN ACRES	02/20/20
8 11301 SPUR WHEEL LN	5	5	1	POTOMAC	\$801,250	Detached	2.57	20854	SADDLE RIDGE	02/03/20

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This Week in Coronavirus in Potomac

BY KEN MOORE
THE ALMANAC

Tuesday, April 28

Potomac 20854 Cases: 117
Montgomery County Cases: 4,003
Maryland Cases: 20,113
Montgomery County Deaths: 201 confirmed, 20 suspected
Maryland Deaths: 929

EVICITION PREVENTION: The Montgomery County Council is scheduled to hold a public hearing on the appropriation of \$2 million to be used for emergency eviction prevention and housing stabilization programs. Funds will be allocated to provide a short-term rental subsidy program to low and moderate-income households in response to the current state of emergency. See www.montgomerycountymd.gov/council

Before the pandemic, approximately half of Montgomery County renters were cost burdened, meaning they pay more than 30 percent of their income for housing and may have difficulty affording food, clothing, transportation, and medical care. A recent Urban Institute report noted that renters are less financially stable than homeowners; in 2018 one-in-five renters did not have \$400 readily available if needed for unexpected costs.

Monday, April 27

Potomac 20854 Cases: 115
Montgomery County Cases: 3,843
Maryland Cases: 19,487
Maryland Deaths: 858

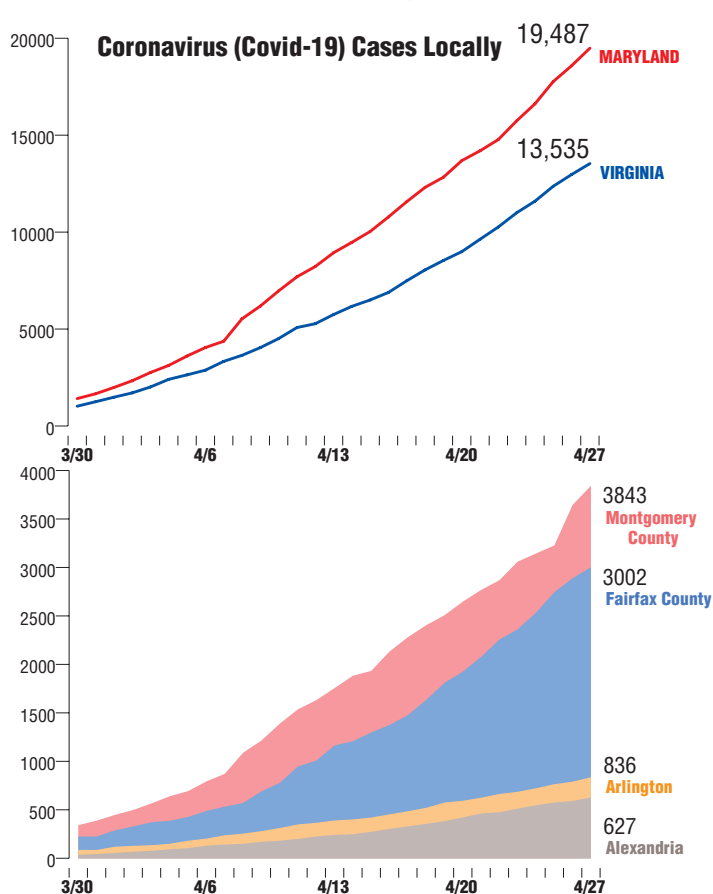
MOST IN NEED OF RELIEF: Montgomery County residents with incomes less than 50% of the federal poverty level who are not eligible for federal COVID-19 stimulus checks or state benefits will receive a one-time emergency assistance check through the County's Emergency Assistance Relief Payment program. Fifty percent of the federal poverty level for a single adult is an annual income of \$6,380, or \$10,860 for a family of three.

"It is no surprise that this crisis is hitting our poorest residents the hardest, which is why we developed this program," said County Executive Marc Elrich.

The first group of recipients will begin receiving \$1,000 for a family with one child (plus \$150 for each additional child up to a maximum of \$1,450 per family) early next week. Approximately 1,300 families currently served by the County's Care for Kids program will be the first recipients of payments. The Care for Kids program pro-

www.CONNECTIONNEWSPAPERS.COM

Local Coronavirus Cases



Sources:
Virginia Department of Health <http://www.vdh.virginia.gov/coronavirus/>
Maryland: Maryland Department of Health <https://coronavirus.maryland.gov/>
Alexandria Source: City of Alexandria

GRAPHICS BY LAURENCE FOONG / COMPILED BY KEN MOORE

vides primary health care services to Montgomery County children who do not qualify for federal and state healthcare programs.

Sunday, April 26

Potomac 20854 Cases: 112
Montgomery County Cases: 3,645
Maryland Cases: 18,581
Montgomery County Deaths: 135 confirmed, 19 suspected
Maryland Deaths: 827

BLEACH, SERIOUSLY? Maryland's emergency line received hundreds of calls after a presidential Coronavirus briefing, asking if bleach or disinfectants can be used to cure or prevent Covid-19. "We had hundreds of calls in our hotline here in Maryland about people asking about injecting or ingesting these disinfectants, which is hard to imagine that people thought that was serious," Gov. Larry Hogan said on Face the Nation. To be clear, don't ingest or inject or even consider consuming disinfectants.

Saturday, April 25

Potomac 20854 Cases: 111
Montgomery County Cases: 3,227
Maryland Cases: 17,766

OVERWHELMING DEMAND:

Montgomery County's Public Health Emergency Grant program, created to help businesses with 100 employees or fewer that have demonstrated significant losses due to the COVID-19 health crisis, stopped accepting applications on Saturday, April 25 due to overwhelming demand. More than 6,200 applications have been submitted and reviews of the applications are underway. The program is funded with \$25 million, with at least \$10 million of those funds dedicated to restaurants and storefront retail businesses. See www.montgomerycountymd.gov/Biz-Resources/pheg/.

Because of limited County funds and overwhelming demand, Montgomery County is encouraging businesses to explore Federal and State assistance.

Resources to assist in this search include:

<https://reliefwizard.net/>
<https://montgomerycountymd.gov/Biz-Resources/covid19/>
<https://thinkmoco.com/covid-19-resources>

Friday, April 24

ROADMAP TO RECOVERY: Governor Larry Hogan today introduced the 'Maryland Strong: Roadmap to Recovery,' which describes a gradual approach to reopening

the state.

"As we begin to reopen, it will continue to be important for Marylanders, particularly older and more vulnerable Marylanders, to continue to stay home as much as they can," said Hogan. "All Marylanders should continue to avoid crowds and gatherings, and they should continue to practice physical distancing and to take precautions to protect themselves, their families, and their fellow Marylanders."

Read the roadmap at governor.maryland.gov/recovery.

Maryland has made progress on milestones needed before the state can consider lifting restrictions: expanded testing capacity; increased hospital surge capacity; ramping up supply of protective equipment; developing robust contact tracing abilities.

Data Trends. To determine when a recovery can begin, Maryland officials will focus on the rate of hospitalizations and the number of patients admitted to ICU. If these numbers continue to plateau, Maryland could be ready to begin the recovery in early May. Marylanders can access this data daily at coronavirus.maryland.gov.

Thursday, April 23

Potomac 20854 Cases: 97
Montgomery County Cases: 3,060
Maryland Cases: 15,737

RENT INCREASES? The Covid-Renter Relief Act would prohibit landlords from increasing rent beyond the County's Department of Housing and Community Affairs' rent guidelines of 2.6 percent for residential tenants during and for a period of 180 days after the Covid-19 public health emergency.

"This bill is an important step in helping our Montgomery County residents during this difficult time," Councilmember Will Jawando said. "Our residents deserve the stability of knowing that their housing is protected."

CONTINUE TELEWORKING:

Hogan, Virginia Governor Ralph Northam, and Washington, D.C. Mayor Muriel Bowser sent a joint letter urging the Trump administration to continue to keep telework policies in place for the federal workforce. More than one-fifth of the nation's federal workforce lives in Washington D.C. Maryland and Virginia.

"We know that a continued federal telework policy will help save lives by allowing more of our region's 360,000 federal employees to work from home," Hogan,

Northam, and Bowser wrote. "Failure to do so could lead to a rise in cases and delay our ability to reopen the region."

DANGER AT HOME: The Family Violence Awareness and Prevention Campaign: Although the stay-at-home order is critical to limiting the spread of COVID-19, the increased isolation and stress, along with the inability to avoid an abuser, makes this a particularly difficult time for those experiencing family violence. As individuals are cut off from support systems outside the home, new stressors, such as financial instability, can make abusive situations more volatile.

"We should all feel safe in our homes, but the reality is, not everyone does," said County Executive Marc Elrich. "The goal of the Family Violence Awareness and Prevention Campaign is to let County residents know that there is still help for victims, even during these difficult times. We have programs in place, some of them are available 24 hours a day. We are here to help."

The Montgomery County Family Justice Center (FJC) remains open throughout the pandemic and continues to provide services. The FJC can be reached by telephone at 240-773-0444 or by email at safe@montgomerycountymd.gov. The Montgomery County Crisis Center is open 24/7 and can be reached at 240-777-4000.

Wednesday, April 22

Potomac 20854 Cases: 94
Montgomery County Cases: 2,868
Maryland Cases: 14,775

MORE TESTING: Covid testing began at the Wheaton Community Recreation Center and will begin on Monday, April 27 at the Upcounty Regional Services Center in Germantown. "We continue to expand testing capability for Montgomery County residents," said County Health Officer Dr. Travis Gayles. "This drive-thru site will further our goal of providing access to needed testing."

To qualify for testing at any of the State or County testing sites, individuals must meet testing criteria as determined by a licensed healthcare provider and complete an online order for testing through Maryland's Chesapeake Regional Information System (CRISP). Once an order is placed, an individual will be given instructions on how to make an appointment online.

See County's COVID-19 website. <https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html>

A Special Win for Wardian

After running 262.5 miles over the course of two and a half days straight, without sleep, Wardian won the first ever Quarantine Backyard Ultramarathon.

BY ASHLEY SIMPSON
THE ALMANAC

Professional and world record-breaking runner Michael Wardian has run races and stood on podiums all over the globe. In fact, if it weren't for coronavirus, he would have traveled to Sri Lanka to run a 250 kilometer stage race, and to the Boston Marathon to help a blind athlete, Chaz Davis, qualify for the next Paralympic games in this month alone.

Then, in June, he would have been starting his first ever across the United States.

Instead, this Arlington resident is tackling long-distance challenges in his own neighborhood – literally. On Monday, April 6th, after running 262.5 miles over the course of two and a half days straight and without sleep, Wardian won the first ever Quarantine Backyard Ultramarathon, which officially began the morning of Saturday, April 4.

Announced just two weeks earlier and organized by Personal Peak Endurance, this at-home backyard ultramarathon required all of its participants (connected virtually, of course) to run a 4.16 mile lap every hour, with the last one standing – or running, really – being the winner.

"I've gotten to do all these things, I've won marathons on all seven continents, and one of the biggest things I've ever done and for my career happened 50 feet from my front door," Wardian said. "While it is great to travel the world and see all these awesome places, it's also amazing to push yourself and do big things close to home. Sometimes you get caught up and think, 'I need to be at this place, or that one,' but, it seems to me like you can accomplish a lot of anywhere you are."

The Quarantine Backyard Ultramarathon was a byproduct of Coronavirus and calls across the country for quarantine, but it actually turned out to be a significant win for Wardian.

"This was my first time doing the backyard

format, and 262.5 miles was the longest distance I've ever run," Wardian said. "I felt great, it was amazing. I felt bad earlier in the race, at about 175 miles [which would have been after more than a day and a half of running], but I started feeling better relatively soon after. I started to think I was going to hit a world record, which would have been 280 miles. But, then I was the last one to complete a lap at 262.5 miles [his 62nd lap]. I would have gotten the record if I'd completed another five laps. Hopefully I can get closer to the 280, 300-mile mark next time."

By definition, an ultramarathon is a footrace that covers a distance longer than 26.2 miles – the length of a traditional marathon. And with this event, Wardian completed a traditional marathon ten times over. Some of his fellow backyard runners did the 4.167 mile "lap" on treadmills, and some – like Wardian – took to their own neighborhoods for a loop.

No matter how they carved out their courses, all runners were tuned into each other and the race administrators through the teleconferencing application Zoom. It all made for an unprecedented race experience, even for such a seasoned runner as Wardian.

"I'd heard about it two weeks ago after so many race cancellations, and I thought it would be a good challenge and close to home," Wardian said. "I've done a lot of

individual projects before, running Fastest Known Times (FKTs) of different routes and trails – for example, I ran the entire [184-mile] C&O Canal by myself in 36 hours, breaking the record for the '70s. Still, this was just really different."

Although Wardian competed alongside nearly 2,300 fellow runners – figuratively speaking – his only connection to them was through the Zoom app on his cell phone that he held for most of the race.

"Tuning in through Zoom was tough," he said. "Then when it got down to just a few of us left, my wife set up a phone on a tripod so everyone else on Zoom could see what was going on better. We actually even had some traffic cones that became Internet famous."

Even though he was the ultimate victor, Wardian's goal going into the Quarantine Backyard Ultramarathon was not actually to win it outright. It was actually to push his own limits and go further than he had ever gone, beyond the 184 miles he ran to achieve the fastest known time on the C&O Canal.

"I wasn't sure how I'd feel going that far and how my body would hold up," Wardian said. "I did start to struggle around 175 miles, but the longer the race went on, the stronger I felt. It made me consider my run across the country, which I've tentatively rescheduled for October. After the Backyard Ultra, I decided I want to go for the world record when I run across the country, to beat the current time of 42 days and 30 minutes. I have this gift and I have the fitness and desire and I might as well try."

Even with the world shut down in so many ways, Wardian, who turned 46 earlier this month, has achieved records beyond even most athletically inclined peoples' wildest imaginations.

"I'm keeping super busy, but just not doing organized events," he said. "I've been trying to set FKTs around the area. I ran all fifty state streets in DC in 10 hours and 32 minutes. I tried to set an FKT on the Appalachian



Michael Wardian, 46, running with the kids in his Arlington neighborhood cheering, on his way to winning the first ever Quarantine Backyard Ultramarathon.



Michael texting his business partner to reschedule some work.

Trail, but I am being respectful of all local requirements. I've found there's always a way to readjust and set my own challenges."

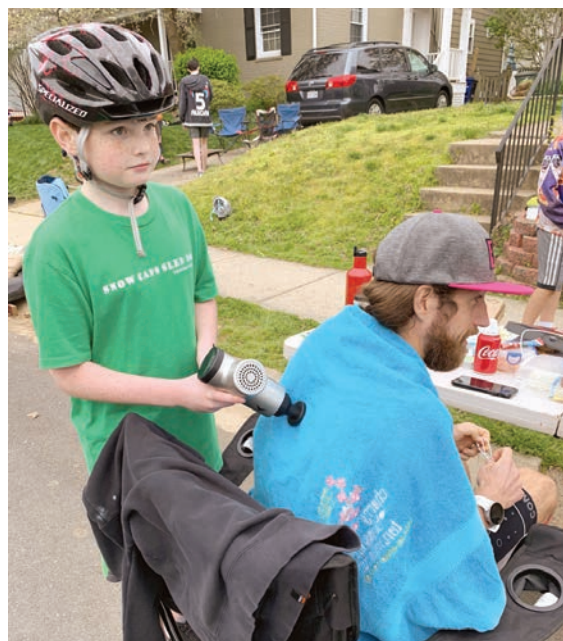
When the world reopens and Wardian is able to look beyond the DC-metropolitan area, the Quarantine Backyard Ultramarathon will still rank among the victories and records most significant to him.

"It was amazing, because I was with my wife and two boys and friends and the entire neighborhood," Wardian said. "It was better than being abroad, or on an actual podium, because most of the time, when I get home, it's done. But

when the people I love are actually there when it all happens, it is a different emotion."

Take it as a quarantine lesson from a world-class athlete: the best moments in life aren't a result of the world around you functioning, and the conditions of the day, working in your favor.

"We have been lucky in the US, that we are still allowed to go outside," Wardian said. "This is the perfect opportunity to take on things you've always wanted to, an opportunity to start a new chapter."



Michael's son, Grant, massages his shoulders with the Hypervolt massage device.

PHOTOS BY JENNIFER WARDIAN

ALMANAC NEWS BRIEFS

FROM PAGE 2

American Legion Bridge Widening Proceeds?

Montgomery County Department of Transportation seeks public input on the Draft Environmental Impact Study and for public hearings on the I-495 and I-270 Managed Lanes Study.

See 495-270-P3.com for the latest information on the I-495 & I-270 Public-Private Partnership (P3) Program. Despite COVID-19, the environmental impact study is still planned to be published this spring. Lisa Choplin, the director of the I-495 & I-270 P3 Office said the county “will continue to monitor the ongoing public health event and will adapt our schedule as needed to ensure the public will be afforded full opportunity to participate in the DEIS process.”

Advocacy and Testimony During COVID

People who want to provide public hearing testimony to the County Council can do so by telephone for all Council public hearings. “The call-in option was rolled out for the Council’s public hearings on the operating budget and proved to be an effective tool to help expand public participation during the Covid-19 crisis,” according to a new release.

Community members also have the option to provide audio, video and written testimony to the Council using a recently developed online testimony form on the Council’s web page which can be found at <https://www.montgomerycountymd.gov/COUNCIL/PHSignUp.html>. The testimony provided with the online option carries the same weight as testimony given at a public hearing. Councilmembers consider all comments as part of their deliberations.

Residents who would like to call-in to testify at a Council public hearing need to preregister on the Council’s web page at <https://www.montgomerycountymd.gov/council/calendar.html>. Once the public hearing sign up request form is submitted and the public hearing list is created, individuals will receive separate confir-

mation notifications that include the appropriate phone number to call for the public hearing.

Residents can also provide their comments on issues before the Council on social media through the Council’s Facebook and Twitter pages. Finally comments and suggestions are welcome online at <http://tinyurl.com/zrbwh5v>; via email at county.council@montgomerycountymd.gov; by sending regular mail to County Council, 100 Maryland Ave., Rockville, MD 20850; or by calling the Council’s budget hotline at 240-777-7802.

Voting Registration During COVID

Maryland’s primary is now scheduled for June 2, by mail.

Montgomery County citizens who wish to vote in the 2020 Presidential Primary Election need to be registered to vote or complete any update to their current voter record including mailing address no later than Wednesday, May 27, 2020. Maryland holds closed party primaries. Only registered voters affiliated with the Democratic or Republican parties receive a ballot for that party. Unaffiliated voters will vote only for candidates for the Board of Education.

Registering to vote requires that you are a US citizen, live in Montgomery County, and are or will be 18 years of age on or before Nov. 3, 2020.

Registered voters can review/update their voter record by texting CHECK to 77788, or <https://voterservices.elections.maryland.gov/VoterSearch> or call 240-777-8500 to verify their voter registration using the automated phone system or for assistance.

Individuals who are not registered but have a valid Maryland Driver’s license, Permit or MVA ID can register by texting VOTE to 77788 or at <https://voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1>.

Individuals without a Maryland Driver’s license, Permit or MVA ID can visit www.777vote.org to download a voter registration application to mail to the Board of Elections, or call 240-777-8500 for assistance. For more information on voter registration visit www.777vote.org, the Maryland State Board of Elections’ website at <http://elections.maryland.gov>, or follow the Montgomery County Board of Elections on Facebook, Instagram or Twitter.

\$5 MILLION IN FUNDING FOR RESTAURANTS, RETAIL

The Montgomery County Council unanimously approved a \$5 million special appropriation to expand funding for the County’s newly created Public Health Emergency Grant (PHEG) program to provide additional financial assistance to local restaurants and small retail shops during the Covid-19 pandemic. Councilmembers have been working with local businesses throughout Montgomery County to address the financial impact that Covid-19 is having on the local economy. Restaurants and small retail stores have been two of the hardest hit sectors because these businesses operate on small profit margins even during robust economic times. The additional funding proposed by the Council would be used to provide grants directly to these businesses. Under the PHEG program, businesses with 100 employees or less that are suffering economic impacts from Covid-19 are eligible to receive grants of up to \$75,000 per business. The County will seek reimbursement from the federal and state government for any eligible costs.

And So It Begins



By KENNETH B. LOURIE

The six-week schedule/treatment for my stage II papillary thyroid cancer began on Thursday, April 23 with an hour-long telephone appointment with one of the doctors from the Nuclear Medicine department. He was confirming, clarifying and preparing yours truly for the arduous task at hand: a commitment to a month-long, low iodine diet beginning April 27 (no salt, no sugar, no dairy, no normal-type bread and a bunch of other less impactful nos) and 15 on-site hospital-related visits (in lab, in doctor’s office and in scan area) followed by an overnight in late May when I receive my final treatment. After which, for the following week, I am to be quarantined at home (unsafe for children, pregnant woman and pets) with miscellaneous other quarantine-associated behaviors/advisories (changing bed sheets every other day, using one bathroom exclusively, flushing toilets twice, using plastic silverware and paper plates, among others) with the fun and games ending June 5th when the quarantine period ends. Then I can resume my normal/familiar routine for the treatment of my underlying/pre-existing stage IV non small cell lung cancer. Treatment for which will likely begin again in mid July after I’ve had a CT scan to assess the damage/success of my thyroid cancer treatment.

By then, it will have been about six months that I’ve actually had any current treatment/medicine for my lung cancer. Once given a clean bill of health (so far as the thyroid cancer is concerned), I’ll likely restart my bi-weekly treatments for my non-small cell lung cancer (which as my oncologist said; he could treat but never cure). Treatment which began in early March, 2009 and has continued for nearly 11 years. Pending the results of that July CT scan, my life will likely return to abnormal. Still, it’s way too early to speculate on life going forward. Six months (dating back to my last treatment in Jan., 2020) is an eternity in the cancer world (heck six days is an eternity).

And aside from the obvious, that planning for or even predicting scenarios two to three months hence, it has never been my oncologist’s style. Then consider, as he said during our most recent phone appointment (April 17), that he’s no longer certain if the tumors in my lungs are non small cell lung cancer, papillary thyroid cancer which has moved and/or, wait for it, that my lung cancer tumors have gone into remission. Can you quote the late Phil Rizzuto: “Holy cow!” None of which will be known until a week or so after my July CT scan. And not that wondering/waiting isn’t already the hardest part but before I will have learned the status of my tumors, I will have been in and out of hospitals being treated for thyroid cancer right smack in the middle of the coronavirus pandemic when I’m supposed to do the exact opposite: isolate at home and stay away from hospitals. I couldn’t be looking for more trouble if I planned it. Nevertheless, I just hope the old adage applies: “Time flies when you’re having fun.” (And I suppose I should add: flies safely.)

I don’t really feel the fun? Maybe it’s the needles you feel, or the fear/anxiety associated with being in and out of hospitals multiple times in a comparatively short period of time? Or maybe you feel the worry and difficulty I’ll have maintaining a low iodine diet for 31 or so days, and the hunger pains and chocolate withdrawal I’ll experience during that month. I’d like to think that the time/treatment will pass quickly, but I’m guessing that the demands of the diet will slow me down to a crawl and that the experience will be an extremely challenging transition/return to normal. (Particularly so for me since food has always been the bane of my existence.)

But so what? My health status, which originally had been a terminal one: “13 months to two years” has improved dramatically. I’m still likely to die from cancer but instead of the two years maximum I had anticipated (been “prognosed”), I am now living and breathing two months into year 12, post diagnosis. And depending upon what is interpreted from my upcoming CT scan, I may yet have a bit more life to live.

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

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BULLETIN BOARD

FROM PAGE 3

these unprecedented times, New Jersey-based sustainable meat distributor D’Artagnan is rolling out a delivery service to Potomac. For the immediate future, all delivery fees will be waived. Potomac deliveries will be scheduled every Friday within a two-hour delivery window (timeframe to be confirmed the day before).

To place orders (\$150 D’Artagnan minimum), visit <http://homedelivery.dartagnan.com/potomac> and follow the instructions.

ROCKVILLE EXTENDS CLOSURES AT FACILITIES

City of Rockville facilities will remain closed to the public through Friday, May 15, in response to Gov. Larry Hogan’s executive orders related to COVID-19 in Maryland. City events, in-person classes, programs, rentals and activities are also canceled through May 15. The announcement follows last week’s announcement that schools across the state will be closed through May 15.

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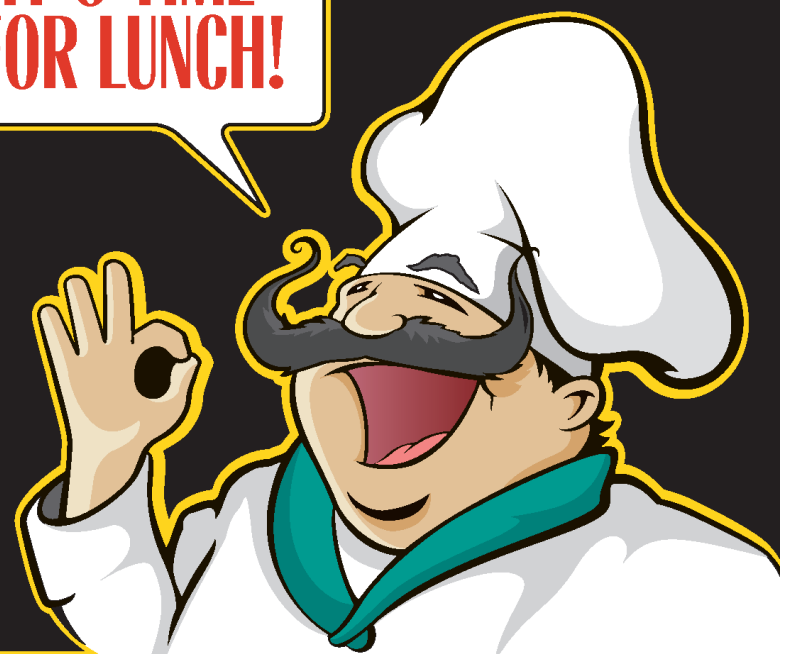
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