

Potomac ALMANAC

Spring Blooms And Beginning Of School

PAGE 4, 5

Nurturing Mother-Daughter Relationships

A+ PAGE 6

Starting Just in Time For Spring Break?

NEWS, PAGE 3

Hellebores, also called
Lenten Rose, bloom
early, attracting bees.

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 3-18-21

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

ONLINE AT POTOMACALMANAC.COM

MARCH 17-23, 2021

REAL ESTATE SALES, 2 ❖ KENNY LOURIE, PAGE 7

PHOTO BY MARY KIMM

Potomac REAL ESTATE

January, 2021 Sales, \$1,700,000~\$1,250,000

IN JANUARY, 2021, 45 POTOMAC HOMES
SOLD BETWEEN \$4,250,000-\$386,000.

PHOTOS BY DEB STEVENS/THE ALMANAC



3 11735 Devilwood Drive — \$1,512,000



1 10705 Stapleford Hall Drive — \$1,700,000



8 10912 Lamplighter Lane — \$1,250,000



6 11621 Swains Lock Terrace — \$1,325,000



5 10300 Gary Road — \$1,325,000



7 8711 Brickyard Road — \$1,250,000

Address.....BR FB HB Postal City.....Sold Price... Type.....Lot AC. Postal Code ... Subdivision..... Date Sold

1	10705 STAPLEFORD HALL DR	5...4...1	POTOMAC	.\$1,700,000	...	Detached..	1.57.....	20854..POTOMAC OUTSIDE	01/19/21	
2	18 STANMORE CT	4...5...1	POTOMAC	.\$1,650,000	...	Detached..	2.00.....	20854...GREAT FALLS ESTS..	01/11/21
3	11735 DEVILWOOD DR	5...4...1	POTOMAC	.\$1,512,000	...	Detached..	0.49.....	20854...REGENCY ESTATES	01/29/21
4	9605 SOTWEED DR	5...4...1	POTOMAC	.\$1,385,000	...	Detached.....	20854..POTOMAC VILLAGE	01/08/21
5	10300 GARY RD	4...4...1	POTOMAC	.\$1,325,000	...	Detached..	0.99.....	20854... POTOMAC HILLS...	01/22/21
6	11621 SWAINS LOCK TER	5...4...1	POTOMAC	.\$1,325,000	...	Detached..	2.00.....	20854.....SADDLE RIDGE	01/08/21
7	8711 BRICKYARD RD	4...4...1	POTOMAC	.\$1,250,000	...	Detached..	2.14.....	20854.. POTOMAC RANCH..	01/22/21
8	10912 LAMPLIGHTER LN	...	4...4...1	POTOMAC	.\$1,250,000	...	Detached..	0.23.....	20854... BELLS MILL ESTS...	01/29/21

COPYRIGHT 2021 MARK ETSTATS FOR SHOWINGTIME. SOURCE: BRIGHT MLS AS OF JANUARY 31, 2021

Spring Break? Please Take a Break

Back to school just in time — for Spring Break?

BY KEN MOORE
POTOMAC ALMANAC

The school system opened just in time -- for students to take Spring Break. "I think it created more consternation in the community than almost anything other than just reopening the schools in general," said Potomac's school board member Patricia O'Neill, at last week's Board of Education meeting, Thursday, March 11.

"We have many lucky parents who are taking their children to Florida, to Utah for skiing, a staff member wrote about going to visit her elderly mother in Massachusetts," she said. "From the emails we received, there are a lot of people who are moving about the country in general."

MCPS Spring Break is scheduled for March 29 - April 5. Students have been returning to hybrid and in-person learning in phases starting March 1.

The Board of Education also received "a huge influx of emails" from families and from staff, O'Neill said, "very alarmed" that many families will be travelling. Some families even suggested that the school system reclose the two weeks after, said O'Neill.

"You are on an honor system and we encourage you to educate your children about being honorable, good citizens. So, if you do travel, use common sense, and if you do, you should follow the guidance to have the testing and the quarantining when you come back.

Vice President Karla Silvestre asked everyone to be cautious, to avoid high risk areas, and keep doing the right thing with masking and social distancing, "no matter where you plan to spend it, hopefully at home," even if you're staying here in Maryland or Mont-

Phases of Student Return

March 1 Return

Special Education	Career and Technical Education
<ul style="list-style-type: none"> Autism K-12 Program Extensions Program School Community-based programs Special Schools 	<ul style="list-style-type: none"> Automotive Construction Cosmetology Healthcare Professions Restaurant Management

March 15 Return

Phase I	Group 1.1 (March 15)	Group 1.2 (by April 6)
1	<ul style="list-style-type: none"> Specific Special Education Programs Specific Career and Technical Education (CTE) Programs Grades K-3 Alternative Education Programs CREA METS 	<ul style="list-style-type: none"> Specific Special Education Programs Grades 4-5 Prekindergarten Grade 6 Grade 12
Phase II	Group 2.1 (by April 19)	Group 2.2 (by April 26)
2	<ul style="list-style-type: none"> Grade 8 Grade 9 Grade 11 	<ul style="list-style-type: none"> Grade 7 Grade 10

SOURCE: MCPS SPRING RECOVERY GUIDE

Positive Covid Test at Bells Mill

Parents of Bells Mill Elementary School students received a letter from Dr. Stacy L. Smith, Principal, that between March 8 and March 9, 2021, someone who was present in the school tested positive for Covid-19. "Following Montgomery County Department of Health and Human Services (DHHS) guidelines, we notified individuals who were known to have direct contact with this individual and have advised them to quarantine for 14 days," said the letter of notification.

Per current DHHS guid-

ance and the contact tracing process, unless parents are notified directly, their student does not need to be tested or quarantined because they were not in direct contact with the person who tested positive. Direct contact is defined as being within approximately 6 feet of an individual with Covid-19 for a prolonged period of time (e.g., being in the same office or classroom as a positive and symptomatic individual); or having direct contact with the infectious secretions from an individual with Covid-19 (e.g., being

coughed on).

Parents are asked to monitor their children for symptoms of Covid-19, such as fever, cough and shortness of breath. "If your child develops any of these symptoms, do not send them to school. You should contact your healthcare provider immediately for advice. Please contact the school if your child develops Covid-19-like symptoms. Students who develop symptoms, or test positive for Covid-19, will not be able to return to the building until they are medically cleared."



Dr. McKnight

gomery County, "We know the drill now, right?" said Silvestre.

Board President Brenda Wolff was straightforward.

"I think people have to accept responsibility for their health and the health of their

community and that's the only way to look at it," said Wolff.

BEFORE SCHOOLS REOPENED, the school system declared an expectation that people will not travel for spring break in order to prevent getting and spreading Covid.

"Together, we all share an interest in and responsibility for keeping our schools and offices as safe and healthy as possible for all staff and students," according to a letter MCPS sent to all students and families. "The Centers for Disease Control and Prevention (CDC) and the Maryland Department of Health (MDH) discourage nonessential travel, asking residents to travel only for essential or emergency reasons, and to restrict or delay travel for tourism or vacation purposes."

"Students who choose to travel outside of Maryland and its adjacent jurisdictions (Virginia, West Virginia, Pennsylvania, Delaware and Washington, D.C.) should take a COVID-19 test within 72 hours of returning and self-quarantine while awaiting results," according to the school system.

"We understand that some families already have plans to leave the area during spring break and that this safety guidance may disrupt their plans. However, we believe taking precautions like this can reduce and limit the possible spread of COVID-19 in our schools. We appreciate your cooperation and we encourage you to spend spring break at home as requested by County Executive Marc Elrich."

SEE SAVE TRAVEL, PAGE 7

Council Comments on the Montgomery County Budget

The Montgomery County Council issued the following statement after County Executive Marc Elrich transmitted his recommendations for the County's \$6 billion Fiscal Year 2022 Recommended Operating Budget to the Council:

This past year has been unlike any other and the County Executive's recommended operating budget provides a strong starting point for the Council's work on the final County budget for fiscal year 2022. The Council appreciates the hard work by the County Executive and his staff for putting together a budget of this scale and complexity during

an unprecedented time.

Now, the Council begins its process of carefully evaluating the County services that are vital to relief efforts for our residents and investing in essential services that will spur economic recovery while maintaining reserves and holding the line on taxes. Some of the shared priorities in the recommended operating budget include: fully funding the budgets for Montgomery County Public Schools and Montgomery College, making significant investments in affordable housing and early care and education, reimagining public safety by enhancing mental health services and crisis response, supporting safety net services and ramping up funding for

Get Involved

The Council's public hearings on the operating budget are scheduled for April 6, 7 and 8. Those interested in testifying at the public hearings can sign up online starting March 19 at www.montgomerycountymd.gov/COUNCIL/PHSignUp.html or by calling 240-777-7803. The Council also encourages residents to use #MoCoBudget2022 to communicate their views on the budget via social media.

the Earned Income Tax Credit that will put more money in the pockets of our residents.

We recognize what a difficult year this has been for business owners, public health professionals and all of our residents. We will be

taking all of this into consideration these next two months, as we finalize a budget that will make the investments necessary to restore our public health and put our County on the road to financial recovery.

This budget funds many of the needs in our community, thanks in part to the more than \$203.7 million coming to Montgomery County Government through the American Rescue Plan, with another \$100 million going to Montgomery County municipalities. The Council is incredibly grateful to our federal delegation for working so closely with us this

SEE COUNCIL COMMENTS, PAGE 7



PHOTOS VIA TWITTER

Bullis Students Helping the Community

Bullis 9th Graders Nathan Chen, Cyrus Rassael, and Laverna Chen used their own money to buy more than 550 N95 masks and donated them to Montgomery County Coalition for the Homeless, Interfaith Women's Center, and Shepherd's Table.



PHOTOS VIA FACEBOOK

More Students Head Back to School in Person

From County Councilmember Will Jawando:

"Normally the top news of the day would be a new budget, but this morning it's our girls, as they join thousands of other [Montgomery County Public School] students for the first day back to school after a year at home. We miss them already. Wishing them & all school staff a safe, fun and exciting day."



BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](https://www.connectionnewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

To register, visit: <https://www.eventbrite.com/e/fall-2020-financial-health-and-wellness-tickets-121261405127>

Women abolitionists have always faced opposition, but they have persevered. The author will highlight the valiant work of several women abolitionists past and present.

FREE FINANCIAL HEALTH AND WELLNESS SEMINARS

The Montgomery County Commission for Women and Montgomery County Public Libraries will offer free financial seminars to help women strengthen their financial knowledge and understanding. The sessions are geared to assist women with financial planning but are open to everyone.

These free events will be presented on Zoom and are from 7 - 8:30 p.m. Although the seminars are free, registration is necessary. The link will be forwarded after registration. March 23: Divorce and Money

Divorce is a strain on your finances as well as your nerves. Will you be fiscally okay when it is over? What is your role in making sure that happens? Jamie Lapin, CFP, CDFA, AIF and Thiago Gieger, AIF, ChFEBC, of Risk Management Group, LLC., will lead the workshops.

LIBRARIES PRESENT WOMEN'S HISTORY MONTH EVENTS

Montgomery County Public Libraries will celebrate Women's History Month throughout the month of March. The month-long celebration, "Valiant Women of the Vote: Refusing to Be Silenced," offers programs suitable for adults and residents of all ages, featuring lectures, discussions, and story times. All events are virtual and free.

Events include: Wednesday, March 24; 2 - 3 p.m. A Tale of Two Counties: The Status of Women in Montgomery County Dr. Patricia Maclay, Commissioner with the Montgomery County Commission for Women will present an overview of the Commission's work in the community.

Thursday, March 25; 3:30 - 4:30 p.m. Women against Slavery: Then and Now - Book Talk: "Speak a Word for Freedom: Women against Slavery"

SEEKING APPLICANTS FOR PLANNING BOARD

The Montgomery County Council is seeking applicants to fill a vacancy on the Montgomery County Planning Board. The first term of Tina Patterson (Unaffiliated) will expire on June 14, 2021. Ms. Patterson has indicated that she plans to apply for reappointment. Applications must be received no later than 5 p.m. on Tuesday, March 23. Members serve four-year terms and are limited to two full terms. No more than three members of the Planning Board may be from the same political party, and each member must be a resident and registered voter of Montgomery County when appointed. This position must be filled by a Republican, a voter who is unaffiliated with a party, or a voter who is a member of another party officially recognized.

SEE BULLETIN, PAGE 6

WWW.CONNECTIONNEWSPAPERS.COM

NEWS



Deer don't decimate the Hellebores.



These snow drops did first emerge when there was still some snow on the ground.

Daffodils seen this week in Potomac.



POTOMAC PIZZA
www.potomacpizza.com

CHEVY CHASE COLLEGE PARK MIDDLE RIVER POTOMAC TRAVILLE

**ALWAYS
FREE
DELIVERY!**

. CURBSIDE PICK UP .

. CONTACT-FREE DELIVERY .

CALENDAR

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Let us know
about an
upcoming event**

connectionnewspapers.com/Calendar

Potomac Community Village

This month we're sharing the art, crafts and memories of the past year under Covid.

Next month, we have a program on Making Your Home Safer for Older Adults.

Learn more at
www.PotomacCommunityVillage.org

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.

THE CONNECTION
Newspapers & Online

Alexandria
Gazette Packet

Mount Vernon
Gazette

POTOMAC
ALMANAC

SENIOR LIVING

Spring 2021 Special Focus

Publishes: April 7, 2021

For Advertising: Call 703-778-9431 or Email
advertising@connectionnewspapers.com

Perfect Advertising Opportunity for:

Retirement Homes | Assisted Living | Home Health Care |
Doctors | Dentists | Cosmetic Surgery | Vision Services |
Counselors | Physical Therapy | Spas | Hearing Aids | Medical
Equipment | Travel | Second Career Planning | Trusts | Annuities

We Bring the Zoo to You!

**SQUEALS
N WHEELS**

Traveling Petting Zoo

www.squealsonwheels.us

301-765-0270

We are licensed by the United States Department of Agriculture and Insured

jill@squealsonwheels.us

Creating Healthy Mother-Daughter Relationships

Local authors and therapists offer thoughts and guidance.

BY MARILYN CAMPBELL
THE ALMANAC

As a middle school student, Sofie Jacobs was at times mocked by other girls for her fastidious study habits and the good grades she received as a result. She joined an after-school cheerleading and dance class, but was taunted because of her lack of talent. At the time she didn't want to discuss the pain she felt from the rejection by peers, who she now labels as "mean girls." Initially, Sofie rebuffed her mother Meredith's efforts to console her. There was one place, however, where she felt comfortable expressing her feelings without the shame or humiliation: her journals.

"I remember so clearly the night she came home, ran to her room, and slammed the door," said her mother, Meredith. "I could hear her crying, but she didn't want to open the door or talk to me. Finally, she opened the door and handed me the journal where she had poured everything onto the page. After I read it, we were able to talk about it."

"Writing in my journal took away any worries about my mom's immediate reactions," said Sofie, now 24. "It also let me work out my thoughts and have space for myself. I've always thought the most important thing in writing is the eraser. You rarely risk saying something you wish you hadn't said when you're writing."

Journaling became part of the foundation of Meredith's relationship with Sofie.



PHOTOS COURTESY OF MEREDITH AND SOFIE JACOBS

Meredith and Sofie Jacobs of North Potomac use journaling as a way to maintain a healthy relationship.

"If we have a relationship with our children that is based on respect and trust and is non-judgmental, ours will be the voice they hear, that resonates. We will be the ones they turn to when they aren't certain."

— Meredith Jacobs

To help others, they created an interactive journal called, "Just Between Us: Mother & Daughter Journal" that is designed to inspire conversations and healthy communication. It will be released next month and is an updated version of their first book, which they published ten years ago.

MOTHER-DAUGHTER relationships can be among the most difficult to navigate and maintain, say mental health professionals. Patterns range from an unhealthy closeness to a distant connection that is devoid of emotional intimacy, affecting mental and

emotional health.

Enmeshed, is the way that Springfield psychotherapist Joyce Marter describes relationships that lack boundaries. "This is when

the mother and daughter have a symbiotic relationship that doesn't allow for healthy separation and independence," she said. "They simply are too close. This can make it difficult for the daughter to develop a healthy sense of self as her own individual person or to separate and individuate into an independent adult."

At the opposite end of the relationship spectrum is a relationship that is characterized by control and disconnection. "The mother and daughter are not emotionally close," said Marter. "This can happen when they haven't had a proper bonding experience, haven't spent enough time together, or don't relate or connect on a deeper emotional level. It can also happen when a mother is too authoritarian and controlling and there isn't a sense of respect or trust for the daughter as a capable person."

An ideal relationship has a healthy balance of attachment and healthy separation, advises Marter. "The daughter feels loved,

understood, respected, valued and supported by the mother and also feels free to be her own person with her own life and interests," she said.

It is possible to repair what is broken, cultivate what doesn't exist and maintain what is working, says Tori Stone, PhD, Assistant Professor, Counseling at George Mason University. Stone said there are many ways to develop healthy mother-daughter relationships, particularly at an early age.

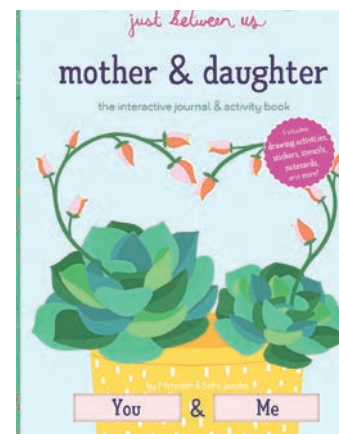
"Try to be emotionally present when you are with your daughter and listen when she is ready to talk," she said. "Resist the impulse to provide advice or solutions. You can ask, 'Is there anything I can do to help?'"

During teen and preteen years, mother-daughter relationships can be difficult to navigate. "Give choices whenever possible Set expectations [and] reasonable limits that have reasonable end dates," said Stone. "Let your daughter know the consequence in advance. For example, cell phones are a privilege, if you do not follow through on responsibilities, you will lose your phone privilege."

Securing and harmonious relationships requires parental guidance, but also space to flourish, says Stone. "Detaching with love does not mean we don't care about our loved ones," she said. "Rather, it means having a healthy separation in relationships where you do not try and control. We must separate enough to allow them to make their own mistakes so they can learn. They need to be free to be their authentic selves instead of living as we hope or expect them to be."

Infusing an element of light-heartedness into a mother-daughter relationship is an important element that the Jacobs express in their books.

"We thought we could help other mothers and daughters have the kind of conversations we had through our journal, but insert the humor that Sofie and I share to make it fun," said Meredith. "There is a lot of trust that is built through those silly moments that help form the foundation for when it's time to have harder conversations."



"Just Between Us: Mother & Daughter Journal" will be released next month and is designed to strengthen mother-daughter relationships.

BULLETIN BOARD

FROM PAGE 4

nized by the Board of Elections. This position cannot be filled by a Democrat.

VIETNAM VETERANS DAY MARCH 29

The Montgomery County Commission on Veterans Affairs is honoring dozens of Montgomery County Vietnam War and Vietnam Era veterans with detailed tributes displayed on

a special website created by the commission. The tribute honors the veterans leading up to National Vietnam War Veterans Day, which is observed every year on March 29. The special day recognizes U.S. Armed Forces and Uniformed Services personnel with active duty service between Nov. 1, 1955 and May 15, 1975, regardless of location of service. The Montgomery Commission on Veterans Affairs website includes photos, military histories and later personal updates of Vietnam

veterans who are either originally from the County or who lived in Montgomery after their service. The site can be viewed at www.montgomerycountymd.gov/vietnamvetday. Anyone who would like to share their story or the story of a friend or family member for the website tribute can e-mail Carly.Clem@montgomerycountymd.gov and provide the following information: Servicemember or veteran's name. Your name (if submitting on behalf of a servicemember or veteran) and

your relationship to the individual. Branch of service and rank. Years of service. Brief narrative of their service. Live in or once lived in Montgomery County. If you attended high school here, name school from where you graduated. Photo(s) (preferably one during service time and one present day).

SUMMER CAMPS REGISTRATION BEGINS
Montgomery County Recreation

(MCR) and Montgomery Parks are hosting safe, fun and exciting camps that promote children's active and healthy lifestyles this summer. Camp registration begins on Monday, March 15 via ActiveMONTGOMERY.org, the registration and facility reservation system shared by Montgomery Parks, Montgomery County Recreation and Community Use of Public Facilities.

SEE BULLETIN, PAGE 7

Save Travel Means No Travel

FROM PAGE 3

AT THE TIME of the school board meeting on March 11, 11,811 school staff had completed the vaccination process; 25,319 requested.

"This is a very fluid number," said Helen Nixon, Associate Superintendent, Human Resources and Development.

"The BOE did send a letter to the governor asking for our teachers and all our employees to be considered essential workers," said Wolff. "We also sent a letter to our county executive as well."

O'Neill asked how many employees have declined to be vaccinated. Nixon said 1,289 responded to the question worded, "wouldn't require MCPS to assist them in securing a vaccine." Staff who were vaccinated elsewhere would also be included in that number.

O'Neill asked for the school system to make its own public service announcement encouraging all employees to be vaccinated for Covid. "It's so vital and important to our school community" and to Montgomery County, she said.

"I like the idea," said Monifa McKnight.

THE BOARD NAMED McKnight as the Interim and Acting School Superintendent when Dr. Jack Smith retires on June 1, 2021.

Dr. Monifa McKnight currently serves as Deputy Superintendent in MCPS. Prior to this role, she served as the Chief School Management and Instructional Leadership Officer for Howard County Public Schools.

"I thank you for your five years of service to Montgomery County. We will really miss you," said O'Neill to Smith. "This has been an unbelievable year, unlike any other I've known in my 22 years on the Board, or my 12 years as a MCPS parent."

"Dr. McKnight, I know that you are an incredibly able, capable woman and I know you have been involved in every aspect of MCPS," she said.

"She brings people along with her who want to work with her and want to do the right kinds of things," said Judith Docca (District One).

The appointment of Dr. McKnight as acting/interim superintendent is through June 30, 2022, which will provide time for the Board of Education to conduct a national search for the next superintendent.

The Board expects to issue a Request for Proposal in the spring to identify an executive search firm by early summer 2021. Once the firm is identified, it will work with the board to develop a timeline for the superintendent search process.

Council Comments on the Montgomery County Budget

FROM PAGE 3

past year, listening to our needs and working hard to pass the American Rescue Plan. Now it's our job to make sure this new budget allows us to thrive in the coming year and sets our County up

for long-term success.

The Council will work collaboratively with Executive staff and community members throughout this review. We also look forward to hearing from our residents during the budget process."

Some of the shared priorities in the recommended operating budget include: fully funding the budgets for Montgomery County Public Schools and Montgomery College; making significant investments in affordable housing and early care and education; reimagining public safety by enhancing mental health services and crisis response; supporting safety net services; and ramping up funding for the Earned Income Tax Credit.

BULLETIN BOARD

FROM PAGE 7

MCR camps offer a broad range of summer programs located throughout the County. Campers will spend most their time outdoors with an emphasis on safety and fun. There will be a limited number of virtual offerings.

To view the guide and register online, go to ActiveMONTGOMERY.org. Customers can search summer camps by activity, date, age, location and cost. Registration is also available by mail, online or limited in-person appointments. For more information about registration, visit the website or call 240-777-6840.

LIBRARIES GO FINE FREE

Beginning this week, Montgomery County Public Libraries will no longer charge overdue fines. In addition, MCPL will waive all existing overdue fines from customer accounts. The new policy ensures that all County residents have equitable access to MCPL resources and services, while eliminating the financial barrier of overdue fines. Customers who previously had outstanding late fines will now be able to resume borrowing physical and digital materials and access online library resources.

POTOMAC ALMANAC

www.PotomacAlmanac.com

@PotomacAlmanac

Newspaper of Potomac
A Connection Newspaper

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

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

EDITOR & PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

CONTRIBUTING WRITERS

Carole Dell, Kenny Lourie,
Peggy McEwan, Ken Moore

Contributing Photographers

Deborah Stevens, Carole Dell

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

Display Advertising/National Sales
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

Potomac Almanac is published by Local Media Connection LLC

Five Time First Place
Award-Winner
Public Service
MDDC Press Association

Four Time
Newspaper of the Year
An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

A Shot in the Arm



By KENNETH B. LOURIE

Literally and figuratively. After a year or so living the pandemic life; staying at home/quarantining, wearing a mask, social distancing, washing my hands and watching the death toll from covid-19 top 500,000 - in the United States alone, I recently became of the lucky ones to have been injected with a vaccine. I have to wait another two weeks to get my second shot. No worries. I have some protection now, but according to Dr. Fauci, the second/follow up shot increases one's protection "tenfold." It wouldn't exactly be foolish to throw caution to the wind - and reintegrate back into society (depending upon where you live), but it seems premature and irresponsible to risk being stupid when in another two weeks, I could be smart.

My wife, Dina, also recently shot, has been very smart all along, especially as it concerns my actual standing in the world. (Moreover, she has no plans to step out until she receives her second shot.) Belonging in the special comorbidity group; presumably, a 66-year old with cancer/weakened immune system, I presented a very appealing target for the virus. I mean, my immune system is already compromised and with occasional breathing problems side-effected by my thyroid cancer medication, I was potentially easy pickins. As such, Dina refused to give me passage out of our house. Victor Laszlow had a better chance of leaving Casablanca than I did of leaving Burtonsville.

But soon it appears I will have my own "letters of transit." However, Dina has already informed me that I won't be returning to my former errand-running ways. She intends to continue ordering food online from the grocery store - and then drive to pick it up contact-less in their parking lot. Actually, I might be allowed to go that far since I'd be remaining in the car and still wearing a mask while popping the trunk and keeping my distance as the groceries are loaded into the boot. We'll see; we're still negotiating. But definitely not until I receive my second shot. In the interim, I imagine our lives will change very little. Thanks to the vaccine though, there is hope that once again, I'll be able to interact with people, places and things.

But return I shall and relieved I will be. However, having lung cancer, and/or thyroid cancer which has metastasized to the lungs, in the midst of a pandemic with a virus that often locates in the lungs and creates breathing/pulmonary problems - even with the two shots, is still as scary and risky as it gets, especially if you're of a certain age as I am. In two weeks, I'll have received my booster shot, and I'll have a lot less to worry about, thankfully. And for a cancer patient still undergoing treatment with a less than a "normal" life expectancy anticipated, being fully vaccinated is as good as it gets. And I suppose I can live with that, live being the operative word.

Having cancer, irrespective of the type, your diagnosis/prognosis, is pretty damn difficult. It impacts every facet of your life. The thought (your reality) is never far from your conscious mind. And once you become a member of this less than exclusive club (more every day, unfortunately), a club that nobody wants to join, there are more risks to your life than you ever imagined, and many more for which you have absolutely no awareness. Having an external complication, like a virus, with variants that seem to spread rapidly; which have now infected over 30,000,000 Americans, and an infection for which there's no specific cure, and seems to have its greatest negative impact on people exactly like me (age and disease) is about as foreboding as it could possibly be. And with no place to hide, other than in your own home - with no visitors allowed, a precaution most recommended (to invoke the syntax of Hercule Poirot, "the greatest detective in the world") has made many of us impatient and perhaps a bit tense. I can, as many healthcare professionals have said, almost see the light. Hopefully, it will be July 4th of this year as the President has suggested and not July 4th of next year.

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



PARC SOMERSET \$4,895,000
5630 Wisconsin Avenue, #1403
Chevy Chase, MD
Marsha Schuman 301-943-9731
Betsy Schuman Dodek 301-996-8700



DARNESTOWN \$3,890,000
13611 Deakins Lane
Darnestown, MD
Dan Corr 202-494-3530
Jason Mandel 202-498-0208



SOMERSET HOUSE \$3,550,000
5600 Wisconsin Ave., PH18B
Chevy Chase, MD
Nancy Itteilag 202-905-7762



THE LAUREN \$2,999,900
4901 Hampden Lane #602
Bethesda, MD
Lisa Stransky 202-368-6060



WATERFRONT \$2,795,000
27582 Wakefield Lane
Easton, MD
Doc Keane 202-441-2343
Marc Bertinelli 202-657-9000



SOLD

MERRY GOROUND FARM \$2,780,000
11500 Dalyn Terrace
Potomac, MD
Nancy Itteilag 202-905-7762



QUARRY SPRINGS \$2,585,000
8111 River Road, Unit 153
Bethesda, MD
Nancy Itteilag 202-905-7762



UNDER CONTRACT

AVENEL \$2,395,000
8513 Rapley Preserve Circle
Potomac, MD
Meg Percesepe 240-441-8434
Allison Shutt 301-219-7671



POTOMAC MANOR \$2,295,000
10917 Burbank Drive
Potomac, MD
Anne Killeen 301-706-0067



AVENEL \$2,250,000
8529 Rapley Preserve Circle
Potomac, MD
Marsha Schuman 301-943-9731
Betsy Schuman Dodek 301-996-8700



BUILDING LOT

AVENEL \$1,450,000
7112 Natelli Woods Lane
Bethesda, MD
Nancy Itteilag 202-905-7762



GLEN MILL KNOLLS \$1,429,000
10524 Tanager Lane
Potomac, MD
Anne Killeen 301-706-0067



WEST END \$825,000
307 Great Falls Road
Rockville, MD
Della McCormick 301-537-4703



BETHESDA COURT \$599,000
10205 Arizona Circle
Bethesda, MD
Kellyann Dorfman 301-717-4160



GROSVENOR MEWS \$575,000
5307 King Charles Way
Bethesda, MD
Della McCormick 301-537-4703



FOR RENT

QUARRY SPRINGS \$9,000/mo
8111 River Road, Unit 116
Bethesda, MD
Nancy Itteilag 202-905-7762



BRINGING YOU THE FINEST
AGENTS • PROPERTIES • EXPERIENCE

