

Potomac ALMANAC

A Red shouldered hawk sat on a bluebird house, as a blue jay repeatedly dive-bombed it.

Watching Like a Hawk

Coming Out: County Lifts
Restrictions May 31

NEWS, PAGE 3

Budget Details

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SENIOR LIVING

PAGE 9

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Potomac REAL ESTATE



3 11608 Lake Potomac Drive — \$1,585,000



1 8701
Belmart Road
— \$1,750,000



5 10812
Rock Run Drive
— \$1,400,000



4 11208 Greenbriar Preserve Lane
— \$1,499,500



2 10323 Oaklyn Drive — \$1,700,000



8 8808 Watts Mine Terrace — \$1,340,000



| Address..... | BR | FB | HB | Postal City..... | Sold Price... | Type..... | Lot AC. | Postal Code ... | Subdivision..... | Date Sold |
|---------------------------------------|------|------|----|------------------|---------------|-------------|-----------|-----------------|---------------------|-----------|
| 1 8701 BELMART RD | 4... | 2... | 1 | POTOMAC | \$1,750,000 | Detached .. | 2.34..... | 20854.. | GREAT FALLS ESTS.. | 03/12/21 |
| 2 10323 OAKLYN DR | 7... | 6... | 1 | POTOMAC | \$1,700,000 | Detached .. | 2.10..... | 20854..... | POTOMAC | 03/25/21 |
| 3 11608 LAKE POTOMAC DR.. | 7... | 5... | 2 | POTOMAC | \$1,585,000 | Detached .. | 2.28..... | 20854.... | LAKE POTOMAC ... | 03/17/21 |
| 4 11208 GREENBRIAR PRESERVE LN | 5... | 5... | 1 | POTOMAC | \$1,499,500 | Detached .. | 0.46..... | 20854.. | GREENBRIAR PRESERVE | 03/30/21 |
| 5 10812 ROCK RUN DR..... | 5... | 3... | 1 | POTOMAC | \$1,400,000 | Detached .. | 1.25..... | 20854... | FAWCETT FARMS... | 03/01/21 |
| 6 9612 CONESTOGA WAY | 6... | 4... | 1 | POTOMAC | \$1,400,000 | Detached .. | 0.47..... | 20854.. | MASS AVE HIGHLANDS. | 03/16/21 |
| 7 8025 COBBLE CREEK CIR ... | 5... | 4... | 1 | POTOMAC | \$1,360,000 | Detached .. | 0.14..... | 20854... | POTOMAC CREST .. | 03/12/21 |
| 8 8808 WATTS MINE TER | 5... | 4... | 1 | POTOMAC | \$1,340,000 | Detached .. | 0.25..... | 20854..... | AVENEL | 03/02/21 |

Copyright 2021 Mark etStats for ShowingTime. Source: Bright MLS as of March 31, 2021

PHOTOS BY DEB STEVENS/THE ALMANAC

IN MARCH, 2021, 58 POTOMAC HOMES
SOLD BETWEEN \$8,500,000-\$210,550.

March, 2021 Sales,
\$1,750,000~\$1,340,000

Montgomery County To Move Forward With Full Reopening on May 28

On Monday, May 17, Dr. Travis Gayles notified Montgomery County Council that 60 percent of residents have received at least one dose of a COVID-19 vaccine which automatically started phase two of reopening. In Phase 2, businesses, restaurants and houses of worship could immediately return to 75-percent capacity. This new phase of reopening also eliminated all outdoor capacity limits. Indoor capacity limits increased to 250 people including camps and sports venues. Convention and banquet facilities can also operate at 50 percent capacity.

But wait, there's more ...

On Friday, May 14, Dr. Gayles also certified that 50 percent of Montgomery County residents have received all required doses of a COVID-19 vaccine. This is a major milestone because it triggers full reopening in line with the State of Maryland and will lift all capacity and distancing restrictions for indoor and outdoor businesses and venues in Montgomery County on May 28 at 6 a.m.

"We are grateful to all our residents who have stepped up to get vaccinated," said Council President Tom Hucker. "We are thrilled to be able to restore a sense of normalcy for our business owners and residents who have made tremendous sacrifices for more than 14 months to protect public health. We ... want to encourage everyone who hasn't been vaccinated to do so as



A vaccination clinic held at Richard Montgomery High School in March. With 50 percent of county residents fully vaccinated, Montgomery County will lift all COVID related restrictions.

soon as possible."

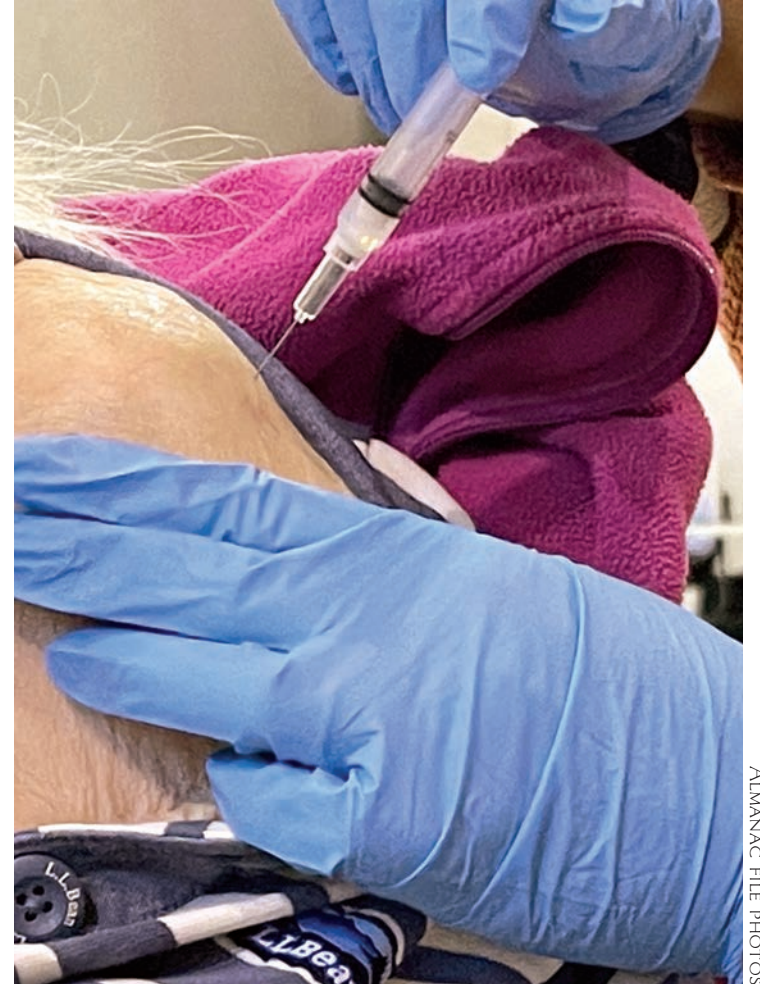
"Thanks to the sacrifices of our residents, and guidance from our public health officials, we are closer than we have been since the start of the pandemic to getting back to normal," said Council Vice President and Chair of the Health and Human Services Committee Gabe Albornoz.

Today the Council approved a new Board of Health regulation that incorporates the changes that automatically happened yesterday when the County reached the second phase of reopening. The regulation also lifts the outdoor mask mandate and persons who are fully vaccinated do not need to wear

masks indoors, except as provided by the Maryland Department of Health which currently includes mask requirements in healthcare settings, schools and on public transportation.

In addition, the public health guidance requires that unvaccinated residents wear a mask in indoor public spaces until May 28 when the order will be rescinded.

Montgomery County's phased approach to reopening driven by public health data and guidance has resulted in a low rate of transmission of COVID-19 and has saved countless lives. The seven-day average of cases per 100,000 residents is less than four



ALMANAC FILE PHOTOS

and this number continues to decline as vaccinations increase. Moreover, the County continues to have a low, 14-day COVID-19 test positivity rate of 1.6 percent. These rates are the fourth lowest in the nation for jurisdictions larger than 800,000 residents.

Residents who are not yet vaccinated should do so as soon as possible. Free vaccination appointments and walk-in opportunities are available at multiple locations across the County. <https://montgomerycountymd.gov/covid19/vaccine/> or call 240-777-2982.



Sylvia Lu and Linda Rieger planting a new butterfly garden at the Potomac Library in memory of member Suzie Burbage.



Margaret Vogel, Sue Kassell, Cindy Hall, Linda Rieger.

PHOTOS CONTRIBUTED

Last Minute Concert to Celebrate Lifting of Covid Restrictions

A last-minute live concert in celebration of the lifting of restrictions in Montgomery County in accordance with the CDC guidelines will feature members of the Pressenda Chamber Players, Ensemble-in-Residence at the Washington Conservatory of Music. Pianist Read Gainsford will perform the Andante Spianato and Grand Polonaise, Op. 22 by Frederic Chopin, and join cellist Tobias Werner, to perform the Sonata No. 1 in e minor, Op. 38 by Johannes Brahms, and the Sonata No. 3 in A Major, Op. 69 by Ludwig van Beethoven on Friday, May 28, at 7 pm. The concert will take place at Westmoreland Congregational Church, One Westmoreland Circle, Bethesda, MD. Admission is free, with a suggested minimum donation of \$20.

The Pressenda Chamber Players, founded by Artistic Director and cellist Tobias Werner is the Ensemble-in-Residence at the Washington Conservatory of Music. It was formed in 2016 and made its debut on the Washington Conservatory concert series that same year. The ensemble is comprised

Who: Pressenda Chamber Players
Tobias Werner, cello & Read Gainsford, piano
What: Last-minute live concert
When: 7:00 pm, Friday, May 28, 2021
Where: Westmoreland Congregational Church
One Westmoreland Circle, Bethesda, MD 20816
Cost: Free (suggested minimum donation: \$20)
Contact: Scherm Schermann
sschermann@washingtonconservatory.org

of a rotating membership of chamber musicians who have for many years enjoyed performing together in various ensembles and festivals in the United States and Europe. It is named for the Italian stringed instrument maker Giovanni Francesco Pressenda (1777–1854), on whose instruments Werner and violinist Aaron Berofsky play — and it is very likely that their violin and cello were sitting in Pressenda's shop at the same time in 1844.

Tobias Werner, cello, is the music director at The Chamber Music Conference of the East and founder and artistic director of Pressenda Chamber Players. Tobias has appeared as a soloist with orchestras in the US, France, Germany, and Romania. His recordings include Suites for Unaccompanied Cello by

J.S. Bach and the Sonatas for Piano and Cello by Beethoven with Victor Asuncion. Tobias studied at the Musikhochschule Freiburg in Germany, and at Boston University and plays on an 1844 J.F. Pressenda cello.

Read Gainsford, piano, is a native of New Zealand, and has performed widely in the USA, Europe, Australia, New Zealand, and South Africa as a solo recitalist, concerto soloist, and chamber musician. He has made successful solo debuts at the Wigmore Hall and Carnegie Hall's Weill Recital Hall and has performed in many other venues, including the John F. Kennedy Center, Queen Elizabeth Hall, Barbican Centre, Fairfield Halls, Birmingham Town Hall, and St-Martin-in-the-Fields.



The Washington Conservatory is one of 16 nationally accredited community music schools in the U.S. for students of all ages. WCM Concerts are donation-funded and presented free of charge to allow people of all ages and economic means to enjoy outstanding live classical music in the community. For those able, a minimum \$20 donation is suggested. Families are

welcome at all concerts.

Upcoming Washington Conservatory Concerts

Tuesday, June 15 at 7:00 PM – Pressenda Chamber Players - Mozart and Dvorak piano quartets

For more information: <https://www.washingtonconservatory.org>

Council Reaches Preliminary Agreement on FY22 Operating Budget And FY21-26 Capital Improvements Program Focusing on Recovery

Working Families Income Supplement doubles the state's tax refund to provide direct support to the County's working families, funding expanded for nonprofits and enhanced services for residents and keeps the County's effective property tax rate flat with \$692 property tax credit for homeowners

The Montgomery County Council today reached a preliminary

agreement on the County's \$6 billion Fiscal Year (FY) 2022 Operating Budget, the FY22 Capital Budget and the \$4.317 billion Amended FY21-26 Capital Improvements Program (CIP). The Council's focus throughout their budget deliberations this year was on the County's recovery and providing relief and direct assistance to residents impacted by the COVID-19 pandemic. A final

Council vote on the FY22 Operating Budget and amendments to the FY21-26 CIP is scheduled for Thursday, May 27.

"We needed this budget to build a Montgomery County that is stronger, healthier, more prosperous, more equitable and more sustainable than the one we have today, and that's exactly what we did," Council President Tom Hucker said. "The \$6 billion operating

budget doesn't just give us a roadmap through the next few months of the pandemic. It sets us up for long-term recovery and revitalization that awaits beyond the pandemic."

Hucker, Vice President Gabe Albornoz and Councilmembers Andrew Friedson, Evan Glass, Will Jawando, Sidney Katz, Nancy Navarro, Craig Rice and Hans Riemer unanimously supported the pre-

liminary agreement on the operating budget and capital budget.

The FY22 Operating Budget includes assistance for businesses, residents and students.

Some highlights include: providing a \$25 million increase to the Working Families Income Supplement for a total of \$45 million to provide direct support to the County's hardest working and neediest

SEE COUNCIL, PAGE 5

Montgomery County 'Keeping It Safe Coalition' Announces Student Video Contest Winners; Churchill Students Win Second and Third Place

Montgomery County Alcohol Beverage Services and the Montgomery County Police Department announced the high school and middle school winners of the 2020-21 "Keeping it Safe Coalition" (KIS) student video contest. The annual contest encourages teams from Montgomery County public and private schools to create 30-second public service announcements to educate young people about the risks of under 21 alcohol use.

The winning entries receive cash prizes for their affiliated school. In

this year's contest, 57 videos were submitted from 22 schools. Churchill High School students won second and third place.

The first-place winner in the high school contest was Springbrook of Silver Spring, represented by students James Diaz and Gabriel Diaz. The first-place winner in the middle school contest was Julius West of Rockville, represented by students Jason Yu and Chris Min.

Winning school groups were announced through a virtual awards ceremony. The winning videos can be viewed from the ABS website <https://www.montgomerycountymd.gov/ABS/education/kis/coalition/videos/>

www.montgomerycountymd.gov/ABS/education/kis/coalition/videos/

The 2020-21 high school award winners:

First Place: Springbrook High School. Students James Diaz and Gabriel Diaz. Their school will receive a \$1,000 prize.

Second Place: Winston Churchill High School. Students Ida Chen, Allison Fan, and Kaitlyn Li. School sponsor Debra Feldman. Their school will receive a \$500 prize.

Third Place: Winston Churchill High School. Student Mariana Uribe.

Their school will receive a \$250 prize.

The 2020-21 middle school award winners:

First Place: Julius West Middle School. Students Jason Yu and Chris Min. Their school will receive a \$500 prize.

Second Place: Eastern Middle School. Students Asher Anantham and Eric Stewart. School sponsor Warren Scheib III. Their school will receive a \$300 prize.

Third Place: Neelsville Middle School. Student Simona Thomas. Their school will receive a \$200 prize.

The KIS Coalition also presented

Community Service Awards to Montgomery County Assistant Police Chief Thomas Didone and ABS Director Kathie Durbin for their long-standing commitment to under 21 alcohol prevention.

Founded in 1992, the Keeping It Safe Coalition is an alliance of County departments, local organizations and concerned residents that work to deter underage alcohol access and use. The student video contest was funded by the County Department of Police's Traffic Division and the County Police Foundation.

WWW.CONNECTIONNEWSPAPERS.COM

Council Reaches Preliminary Agreement

FROM PAGE 4

residents; allocating nearly \$13.5 million to support residents through the County's nonprofit partners; increasing support for senior and youth recreational programming; extending the Ride On fare holiday through September and the Seniors Ride Free Program for all hours of operation.

The budget also provides \$24 million for rental assistance, more than \$700,000 to support tenants who are facing eviction and need help understanding their rights as well as a nearly \$500,000 increase to rapid re-housing.

The budget includes essential funding for public health and human services that were critical lifelines during the pandemic such as \$3.6 million for the eight Service Consolidation Hubs that have been providing food, diapers and other critical goods and connecting those in need with other County services. More than \$230,000 was added to the budget for the Care for Kids program and over \$228,000 to the Montgomery Cares program which provides healthcare to uninsured residents. The budget also includes an increase of \$1.6 million for the Office of Community Partnerships to expand outreach activities and establish a permanent translations unit.

Montgomery County ranks near the top of all Maryland jurisdictions for total per pupil funding for Montgomery County Public Schools, and in FY22 \$2.78 billion, or more than half of the County's tax-supported budget, is allocated to the school system. The budget also fully funds Montgomery College at \$312.6 million and provides resources to maintain the tuition rates with no increases.

The Montgomery County Council voted unanimously to keep the County's effective property tax rate flat and continue to provide a property tax credit of \$692 for homeowners.

The budget also funds the FY22 County's reserve at 9.6 percent of adjusted governmental revenues and provides \$92.1 million in additional resources for Other Post-Employment Benefits (OPEB). Funding for these fiscal obligations helps the County retain its triple-A bond rating.

A final Council vote on the FY22 Operating Budget and amendments to the FY21-26 CIP is scheduled for Thursday, May 27. The budgets will go into effect on July 1.

Montgomery County Public Schools

More than half of the County's tax supported budget, \$2.78 billion, funds Montgomery County Public Schools (MCPS). This amount funds MCPS at \$40.4 million above the Maintenance of Effort level, which is mandated by the State of Maryland. This represents an increase of \$24.2 million and includes a local con-

tribution of more than \$1.75 billion. The County continues to rank near the top of all Maryland jurisdictions for total per pupil funding.

The Council approved more than \$822.2 million in federal and state aid for MCPS, which is approximately \$23.9 million more than last year due to increases in The Blueprint for Maryland's Future funding, Hold Harmless Grants and a Supplemental Instruction/Tutoring grant.

MCPS is also expected to receive a total of \$422 million in COVID-19 relief funding. The Education and Culture Committee will hold a future meeting with a detailed briefing on the utilization of this relief funding.

Montgomery College

The Council fully funded a total of \$312.6 million for Montgomery College, which is a decrease of \$5.7 million or 1.8 percent from last year's budget. This includes a local contribution of more than \$145.6 million.

The County's contribution increased by \$500,000 over the required Maintenance of Effort Level from FY21 to support two County-led initiatives--Montgomery Can Code and the Innovation Hub Initiative. Each project is expected to receive \$250,000. Both efforts work toward advancing innovation and early access to STEM disciplines. The College budget includes no increase in tuition rates or fees paid by students for FY22.

The Council also approved more than \$52.2 million in federal and state aid for Montgomery College and it's expected to receive approximately \$45 million in COVID-19 relief funding.

Public Safety

The Council funded a budget of nearly \$283 million for the Montgomery County Police Department. This is less than a one percent increase from last year's budget. The police budget eliminates 27 sworn positions including five School Resource Officer positions designated for MCPS middle schools, six traffic complaint officers, five patrol investigations officers and the Centralized Auto Theft Unit, among others. The police budget also includes two new Internal Affairs Division positions to help expedite internal investigations. The Police budget includes \$570,390 to enhance the Electronic Control Weapons Program, which will replace outdated Tasers for police officers.

In the Sheriff's Office, the total budget is \$26.4 million, which is an increase of \$857,607 from last year's budget. The Council restored \$17,789 to maximize the availability of less lethal force options.

The budget for the Department of Corrections and

SEE COUNCIL, PAGE 7

It is time to re-emerge and become social again!
Join PANC to make new friends, reconnect with old ones and become involved in our local community.



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Two of the pets available for adoption at the Montgomery County Animal Services and Adoption Center.

Safety Net Foster Program at Montgomery County Office Of Animal Services Aims to Keep Families Together

The Montgomery County Office of Animal Services has launched their Safety Net Foster program to help pet owners here. The program helps those who need assistance and temporary care for their pets, including when they are facing eviction, domestic violence, hospitalization, or loss of housing.

The goal of the Safety Net Foster program is to help pet-owning families stay together in times of crisis and financial hardship. It is a critical resource for pet families in our community. While there are resources for people in crisis, there are often few opportunities for pets to be included in the plan for overcoming housing insecurity. Thanks to the Safety Net Foster program, the Office of Animal Services can give owners the

time they need to address their hardship and keep their families together.

Montgomery County families in need can apply for assistance at www.montgomerycountymd.gov/animalservices/Ownerresources/SNFPProgram.html.

The Office of Animal Services is one of just 18 animal shelters selected to participate in the Arizona State University/Virginia Tech Maddie's Nationwide Fostering Study. Together with the research team, the Office of Animal Services will collect data about the Safety Net Foster program, which will allow for a better understanding of the needs of the pet-owning community and contributing to innovative, evidence-based practices in animal sheltering that are keeping people and their pets together.

The Safety Net Foster program is actively seeking foster families to participate in this program. Safety net fostering for pet owners experiencing crisis is an incredible way to directly support the current needs of the Montgomery County community. Those interested in fostering as part of this program may sign up at www.montgomerycountymd.gov/animalservices/volunteer/foster.html

Pet owners needing 30-90 days of temporary care for their pet can apply for the Safety Net Foster program at www.montgomerycountymd.gov/animalservices/Ownerresources/SNFPProgram.html.

About the Montgomery County Animal Services and Adoption Center:

The Montgomery County Animal Services and Adoption Center (MCASAC), operated by the Office of Animal Services, provides high-standard sheltering and care to the homeless, abused, and neglected animals in our community and ensures the safety and welfare of the county's citizens. We are the county's only open-admission, municipal shelter. Through adoptions, education, outreach, and more, MCASAC serves as a critical community resource to promote and advocate for responsible pet care. Animal Services Officers are on-call seven days a week to investigate citizen complaints and respond to animal emergencies 24 hours a day. For more information, please visit www.montgomerycountymd.gov/animalservices

County Asks WMATA to Rename White Flint Metro Station to 'North Bethesda Metro Station'

Last week, Montgomery County Executive Marc Elrich submitted a letter to the Washington Metropolitan Area Transit Authority (WMATA) requesting the renaming of the White Flint Metro Station to the "North Bethesda Metro Station."

Beginning in 2020, the County collaborated in station rebranding efforts with the Greater Bethesda Chevy Chase Chamber of Commerce, the Friends of White Flint, the White Flint Downtown Advisory Committee, and other community

leaders. A public meeting, sponsored by the above groups as well as the County Executive and the District One Councilmember Andrew Friedson, was held on March 31, 2021 where the new designation of "North Bethesda" was selected.

"The development of the North Bethesda Metro Station is not only critical to the future economic growth of Montgomery County but the entire state and region," said County Executive Marc Elrich. "Thanks to our State Delegates in Districts 16 and 18, we have secured \$250,000 toward the renaming costs. In ad-

dition, the County will contribute \$50,000, and there is a commitment that remaining costs will be paid by the key property owners in the immediate vicinity of this station. The choice of 'North Bethesda' was the consensus of this community," Elrich said North Bethesda will be known as an epicenter in the bio/life sciences and quantum computing industries supported by private sector companies, academics, and federal agencies.

"The Metro station is crucial to the viability of this area and our community's vision for it," District 1 Councilmember Andrew

Friedson said. "We need a Metro station that reflects that vision and helps our economic development, regional competitiveness, and placemaking efforts so the Pike District and North Bethesda becomes an even more vibrant, walkable, and livable destination."

In 2010, Montgomery County completed a comprehensive update to the White Flint Sector Plan. Since that time, much has changed in North Bethesda including the former White Flint Mall which was dismantled between 2017 and 2020.

Council Reaches Preliminary Agreement on FY22 Operating Budget And FY21-26 Capital Improvements Program Focusing on Recovery

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Rehabilitation (DOCR) is \$72.9 million. This is an increase of \$1.8 million over the FY21 Approved Budget. The budget continues year two of a three-year initiative to retrofit cell vents, bunks and doors to reduce opportunities for self-harm. The budget also institutes a Medication Assisted Treatment Program for opioid disorders for inmates within DOCR in collaboration with the Department of

Fire and Rescue Services

Fire and Rescue Services' operating budget is \$232.7 million. This is an increase of \$7.7 million or 3.4 percent from last year. The budget includes \$155,000 to support Bethesda Chevy Chase Rescue Squad's Emergency Medical Services (EMS) supply costs, its Stryker Power Cot and Load Systems contract and apparatus maintenance and repairs similar to how MCFRS supports other Local Fire and Rescue Departments. The Council also added \$191,509 for a new paramedic chase car to enhance EMS delivery.

The Council added \$700,000 in the Emergency Management and Homeland Security budget for nonprofit security grants for faith-based and ethnic organizations.

Economic Development

The Council approved more than \$78.3 million for twelve unique business assistance programs throughout the pandemic. The Council also approved \$3 million for the County's Incubator Programs NDA and nearly \$5 million for the County's business incentive programs.

The Council supported Visit Montgomery's \$1.6 million budget. Visit Montgomery promotes the County's hotel and tourism industry, which has been deeply impacted by the pandemic.

The Council approved a \$1.2 million appropriation for the KID Museum to expand its operations in the County. The KID Museum is a learning space that provides hands-on learning that incorporates STEM, art and culture with skills like creativity and critical thinking. This funding will directly aid KID Museum, in partnership with MCPS, to address pandemic-related learning loss.

The Council continued its support of the Montgomery County Economic Development Corporation's (MCEDC), the County's lead economic development organization, efforts with a \$5 million appropriation in FY22. MCEDC was integral in partnering with the

County on certain business relief programs during the pandemic, and it is well-positioned to facilitate and market the County's economic recovery in the coming year.

The Council supported WorkSource Montgomery, the County's lead workforce development organization, with a \$1.4 million appropriation in FY22, including \$185,000 for stipends to MCPS students participating in the Summer R.I.S.E. Program. WorkSource is partnering with the County, the State, and our local businesses and nonprofits to connects residents with jobs during the economic recovery.

The Council also supported about \$1 million for the Office of Agriculture, including an additional \$25,000 support for the MAR-BIDCO cost share program. This program provides small grants for farmer projects in the County.

Transportation

The Council funded the Department of Transportation's (DOT) budget at more than \$228.6 million. The budget extends the Ride On fare holiday through September 2021. Funding is also provided to bring Ride On back to its pre-COVID service level, but on a more gradual schedule.

DOT's budget also extends the Seniors Ride Free Program to all hours of operation starting in July. Funding for the Safe Routes to School Program is also doubled to \$200,000 in the FY22 CIP and \$150,000 in the FY22 Operating Budget.

The budget also implements parking fee increases in Bethesda and Wheaton and enforcement hours in Silver Spring and Wheaton but delayed the effective date until January 2022.

Office of Racial Equity and Social Justice

The Council funded the Office of Racial Equity and Social Justice (ORESJ) at \$1,001,712, which is an increase of 72.3 percent from the FY21 approved budget. This increase is primarily due to an increase in staffing. The budget funds six full-time positions for the ORESJ in FY22, which will provide four new staffers.

The additional staffing will support ORESJ in meeting the requirements of the County's Racial Equity and Social Justice Act, which was authored by Councilmember Navarro and enacted by the full Council, by enhancing the capacity to train departmental staff and assist with examining policies, processes, procedures and budget-

ary decisions to address racial and social justice disparities for County residents.

Children, Youth and Families

The Council funded the budget for Children, Youth and Families at \$94.8 million. The Council continues its commitment to helping children, families and individuals thrive. The budget includes nearly \$11 million in funding, which is an increase of \$5 million, to support the Montgomery County Early Care and Education Initiative (ECEI), which was spearheaded by Councilmember Nancy Navarro and is supported by the County Executive and Council, to expand quality early care and education opportunities for infants, toddlers and preschoolers. The ECEI is focused on expanding the number of quality ECE seats in a mixed delivery system, ensuring the sustainability of family and center-based programs, increasing resources to providers and families, identifying existing unused or underutilized classrooms in high need areas, increasing utilization of local child

care subsidies, and supporting recovery work during the COVID pandemic. As the initiative moves into year three, there is a focus on reducing costs for early educators, increasing quality programming and subsidizing the costs of child-care for families.

Community Grants and Working Families Income Supplement

The Council funded the Community Grants NDA and Capital Grants as part of the capital budget within the Cost Sharing: MCG Project. The Community Grants non-departmental account includes nonprofit contracts totaling \$711,000 to be moved to a County department's base budget and renewals of \$9.6 million nonprofit community grants contracts for FY22. In coordination with the Montgomery County State Delegation, the Council matched State funding for capital projects to nonprofit organizations that were awarded Maryland State bond bills prior to FY22.

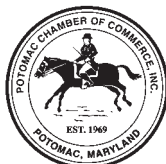
Multi-year funding was restored from FY21 to support the Public Arts Trust to not only commission

community-based public art installations but to also repair and maintain the County's current public art collection. The Council also maintained funding for arts capital grants that were approved in FY21 to arts and humanities venues for capital projects that would allow safe reopening of venues within the coming year.

Recreation

The Council funded total expenditures of \$46.47 million for the Department of Recreation. This is a slight decrease from last year's approved budget. The budget adds \$250,000 in funding for senior services to increase recreation programs, classes, events and clubs at six senior centers and senior trip services. The Council also added \$520,000 to restore funding proposed for reduction to support three to four additional Summer Fun Centers and enhanced programming for all recreation summer camps.

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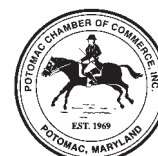
301-299-2170

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R.S.V.P. by June 15, 2021

Bring your business cards and
plenty of conversation!

If you would like to donate a **door prize**,
please call Jennifer at the Chamber office.



CALENDAR

Just a Glimpse

The Montgomery County Public Library system offers virtual classes throughout the month. See <https://mcpl.libnet.info/> and click on events for a full listing of monthly events and activities, as well as to register and to obtain the zoom links for each offering. The following list is just a sample of offerings from the library system on Thursday, May 27.

THURSDAY, MAY 27

9-9:30 A.M.

BABY STORYTIME: Songs, rhymes, lap bounces, and simple stories for infants up through about 18 months. Baby Storytime is designed for adult caregivers to enjoy together with babies, and can help develop your child's growing language skills and encourage a lifelong love of reading and learning.

10:30 TO NOON

ENGLISH CONVERSATIONAL CLUB: Practice English conversation in an informal, friendly relaxed setting. New members welcome, but space is limited.

10:30 TO NOON

THURSDAY MORNING BOOK DISCUSSION: Beneath a Scarlet Sky by Mark Sullivan.

2:30-4 P.M.

INTEGRAL TAI CHI: A series of exercises, a relaxation technique, and a type of meditation that combines Yoga, Tai Chi, Qi Gong and meditation.

3-5 P.M.

READ TO A DOG: School-age children are invited to practice reading aloud in 15 minute virtual sessions via zoom with certified therapy dogs from People Animals Love.

4-4:30

KIDS CRAFT AND EXPLORE: Tune in for reading a book and a crafts session using common items found at home. Perfect for kids of all ages.

5:30-6:30 P.M.

SPANISH CONVERSATIONAL CLUB: Conducted entirely in Spanish, Club Español is an opportunity for Spanish language learners to develop greater fluency in spoken Spanish, using multimedia resources in Spanish and conversations with native speakers on a variety of topics that affect daily life in the Hispanic population in our region.

6-6:30 P.M.

BILINGUAL STORYTIME: For toddlers and preschoolers. Featured stories, songs and rhymes are in English and another language.

6:30- 7:30 P.M. P.M.

MEDITATION: Connecting Mind, Body and Spirit: Join Jim Rose, Long time meditator and retired executive with Johnson & Johnson to learn about how meditation can be used to minimize the effects of stress and speed healing. The program will include a "meditation sitting" and a question-and-answer discussion period.

7-8 P.M.

ROCKVILLE BOOK CLUB: Discussion of Big Little Lies by Liane Moriarty.

7-9 P.M.

POETRY EVENINGS: Read, write, and share poetry with other poetry lovers. Whether you've read and written lots of poetry, or none at all, we have a place for you in our group.

7-9 P.M.

OLNEY WRITER'S CLUB: The Olney Writer's Group provides a regular forum for the presentation, review, and critique of works in progress. All styles of writing are welcome. College-aged and older.

Calendar Expanding: Live and Zoom

THURSDAY, MAY 27, 2021

POTOMAC VILLAGE FARMERS MARKET: 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road. Potomac Village Farmers Market operates all Thursdays, May through November. Repeats weekly on Thursdays.

GLEN ECHO FOLK DANCERS. Virtual. 7:30 - 9 p.m. lesson, followed by dancing from 9:30 to 10:15 p.m. See <https://glenechopark.org/events-calendar>.

Repeats weekly on Thursdays.

PUBLIC ART. Bethesda is filled with public art. Browse a portion of the collection of public art on <https://www.bethesda.org/bethesda/public-art> for descriptions of projects and locations.

WRITER'S CENTER: Virtual chat about the craft of fiction with Estella González who will discuss her debut story collection, Chola Salvation. Gonzalez was born and raised in East Los Angeles which inspires her writing. This collection of short stories focuses on the lives



The Dentzel's Carousel Company installed Glen Echo Park's carousel, one of 135 functioning antique carousels in the country. On May 1, members of the County Council and Maryland's General Assembly, along with Rep. Jamie Raskin and County Executive Marc Elrich, celebrated the 100th anniversary of the carousel, and its reopening.



JOSIAH HENSON MUSEUM AND PARK. 10 a.m. to 4 p.m. 11410 Old Georgetown Road.

of Mexican and Chicana characters living in East Los Angeles. In these narratives, working-class men and women struggle with self-hatred, economic survival and patriarchal oppression in urban America and educational institutions. Some protagonists succumb to their circumstances while others transcend them through wit and creativity. Free. See <https://www.writers.org/> for registration information and to receive the link to the event.

FRIDAY, MAY 28, 2021

JOSIAH HENSON MUSEUM AND PARK. 10 a.m. to 4 p.m. 11410 Old Georgetown Road. The life and challenges of Reverend Josiah Henson, enslavement in Maryland, and the ongoing struggles of racial equality and justice on the former plantation property of Isaac Riley where Henson was enslaved. Henson, whose 1849 autobiography, The Life of Josiah Henson, Former-

ly a Slave, Now an Inhabitant of Canada, inspired Harriet Beecher Stowe's novel, Uncle Tom's Cabin. \$5 adults, \$4 youth, \$4 seniors. See <https://www.montgomery-parks.org/parks-and-trails/josiah-henson-park/>. Repeats all Fridays, Saturdays and Sundays, same hours.

CABIN JOHN PARK MINIATURE TRAIN RIDE. 3-6 p.m. on Fridays. 7410 Tuckerman Lane. Scenic two-mile, 15-minute train ride through Cabin John Regional Park. Tickets are limited and can be pre-purchased online at [ActiveMontgomery.org](https://www.montgomery-parks.org/parks-and-trails/cabin-john-regional-park/miniature-train/) -- \$2.50. (Children two and younger ride for free with an adult.) See <https://www.montgomery-parks.org/parks-and-trails/cabin-john-regional-park/miniature-train/> for covid precautions and ticket information.

Repeat same hours on Fridays, and 10 a.m. to 6 p.m. on Saturdays and

Sundays.

PARK RANGERS AVAILABLE. 10 a.m. to 3 p.m. Chesapeake & Ohio National Historical Park, 11710 MacArthur Blvd. Park rangers are available to provide maps and information even though the visitors center is still currently closed. See <https://www.nps.gov/choh/index.htm>

Repeats Saturdays and Sundays, same hours.

LIVE MUSIC. 6-8 p.m., downtown Bethesda. Bethesda Urban Partnership has helped organize additional restaurant seating outdoors in downtown Bethesda. The "Bethesda Streeterly" will be set-up as open seating, with all tables placed at least 6 feet apart and a limit of four people permitted per table. Live music each Friday to enjoy while also enjoying outdoor dining.

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM



Public art in Bethesda. Caroline Freedman Park, Hampden Lane & Arlington Road, Bethesda Walk Around, George Greenmyer. See <https://www.bethesda.org/bethesda/public-art>

Just Can't Wait to Get Back on the Road Again

Vaccinated Seniors plan vacations, trips to reunite with family.

BY MARILYN CAMPBELL
THE CONNECTION

Shifting through photos of rafting trips through Labyrinth Canyon on the tranquil waters of the Green River and hiking in the Needles district of Utah's Canyonlands National Park, Arlene Richter recalls her past travels as she begins planning for new adventures. The adventure-loving Bethesda mother of two adult children is fully vaccinated and ready for her next trip.

"Travel is a great way to explore," said Richter. "I'm always curious and love to learn about the world and people."

Now that nearly 85 percent of those 65 and older in Montgomery County and almost 70 percent in Fairfax County, Arlington County and Alexandria are fully vaccinated against COVID-19, seniors such as Richter have less trepidation about resuming their travels. From trips to visit children and grandchildren to hiking in national parks, after a one year or more of near confinement because of their high risk due to the pandemic, seniors are ready to travel.

Travel advisors and tour companies have seen a dramatic uptick in requests of seniors who are planning to travel.

"When vaccines became available, the number of calls to our call center doubled from February to March. Nearly all of the programs we're operating this summer are filled to capacity," said Chris Hepner, spokesperson for Road Scholar www.roadsscholar.org, a not-for-profit educational travel organization for adults. "We require people to be fully vaccinated to participate. We have surveyed our participants and nearly 100 percent either have been vaccinated or plan to be."

One of those seniors is 76-year-old Tanya Levine, a widow from Arlington. She's heading to Chicago in June to visit her daughter and grandchildren.

"It's been so hard not seeing my family in person and missing certain milestones," she said. "We're going to celebrate all of the birthday parties, baptisms and graduations that we missed during the pandemic. The thought of it all is so overwhelming. I'm beyond elated. I know that tears of joy will be flowing the entire trip."

Most vacation requests have tended to be state-side and popular destinations are those that offer



PHOTO COURTESY OF ARLENE RICHTER

Travel enthusiast Arlene Richter, pictured here in the Needles district of Utah's Canyonlands National Park, is fully vaccinated and ready to resume her travels.

outdoor adventure.

"While we wait for the international world to fully open, senior travelers are looking toward domestic travel and exploration of the West in areas like Utah, Colorado, and Wyoming," said Adrienne Saxton, a Falls Church-based travel advisor and curator. "Domestic river cruises exploring the Mississippi, the Pacific Northwest and wine cruises are also high on the requests. These areas have been booking fast and furiously."

"The National Parks are, without doubt, incredibly popular for us," added Frank Marini, president of Amtrak Vacations. "Seniors are incredibly excited and just want to get back out there and make up for lost time."

Vienna couple Barrie and Jane Taylor became fully vaccinated in March and are heading to San Diego to visit their son, daughter-in-law and granddaughter who was born last November. Their family visit will be followed by a trip to Glacier National Park.

"This will be the first time meeting our granddaughter. Zoom calls can in no way make up for being able to hold her in our arms," said Jane. "My husband and I usually take four big trips a year and at least two of those are international. We won't leave the country this year and we'll still wear masks and practice social distancing."

The freedom to travel is one of the best rewards of being vaccinated, said Richter. "I've been all over the place and hope to continue going to new places."

"The National Parks are, without doubt, incredibly popular. Seniors are incredibly excited and just want to get back out there and make up for lost time."

— Frank Marini

More Accountability for Police Through Body Camera

Council President Tom Hucker introduced legislation that would amend the existing internal affairs procedures and reporting requirements of the Montgomery County Police Department (MCPD). Expedited Bill 18-21 is co-sponsored by Councilmembers Will Jawando, Hans Riemer, Evan Glass, Nancy Navarro and Craig Rice.

The legislation aims to improve police accountability through the requirement of random review of body-worn cameras for MCPD officers and through the prompt reporting of serious Internal Affairs Division (IAD) investigations.

"Improving transparency and accountability within our police department cannot happen without meaningful policy change," said Hucker. "This bill has key provisions that will increase transparency in the review of body cam footage and help strengthen community-police relations."

The expedited bill would also do the following: require the department to issue body-worn cameras for any officer who is called into uniform; require the internal reporting of certain investigations to the Chief of Police; require the reporting of certain investigations, investigative files, and body-worn camera recordings to the County Executive, the County Council, and the State's Attorney; require maintenance of a log of each time a body-worn camera recording is accessed or redacted; and generally amend the law governing policing, body-worn camera recordings, and police internal affairs.

The introduction of the bill follows the March 2021 release of body-worn camera footage of MCPD officer interaction with a five-year-old MCPS student that occurred in January 2020 at East Silver Spring Elementary School. Litigation is pending on the incident.

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.

SUNDAY/JUNE 6

IMT presents ilyAIMY. 1 p.m. Online at www.imtfolk.org. Webcast live from the Stage of Musical Traditions in Takoma Park, MD on Facebook and YouTube | free to attend, donations encouraged. Visit www.imtfolk.org

NOW THRU JUNE 12

ESCAPISM Art Exhibit. 10 a.m. to 3 p.m. At The Framer's Choice Gallery, 402 Main Street, Gaithersburg. Artist Vian Borchert presents her latest paintings in a series titled "ESCAPISM" at the Framer's Choice Gallery in downtown Kentlands, Gaithersburg. Original paintings of Borchert are on view that embody the idea of escaping the current hard times of COVID-19 times and escaping into the arts and dreamscapes. Visit the website: <https://vianborchert.com/exhibitions/335-escapism.html>

MONDAY/JUNE 14

The City of Rockville will reopen Rockville Senior Center, Monday, June 14, providing limited hours and amenities for members. The center will not be open for drop-in use or daily lunch. The senior center and fitness room will be open, by reservation only, 9 a.m.-4 p.m. Monday-Friday. More information about the online reservation system will be available in coming weeks. The senior center, located at 1150 Carnation Drive, will follow federal, state and local COVID-19 health and safety guidelines: Face coverings and physical distancing of 6 feet or more will be required.

Spring and summer programs that have been advertised and scheduled will remain virtual. New, in-person programs will be advertised in the summer newsletters. For more information about Rockville Senior Center, visit www.rockvillemd.gov/seniorcenter, or call 240-314-8800 or email seniorcenter@rockvillemd.gov.

SATURDAY/JUNE 19

Montgomery County's 24th Juneteenth Celebration will be held at the BlackRock Center for the Arts located at 12901 Town Commons Drive in Germantown from 10 a.m. to 10 p.m. on Saturday, June 19. The event will feature traditional events like the award recognition ceremony and Juneteenth inspired food. This year's theme "Freedom at the Rock... Acknowledge, Educate, Celebrate" traces the African American struggle for freedom through education, art, dance, music and honoring our elders. New this year, the festivities will also include educational activities, a historical journey of African American Music and artistic entertainment, and food trucks, all designed for the whole family. Activities will take place both inside and on the lawn of the arts center.

The Montgomery County Office of Human Rights and the County Executive's African American Advisory Group are coordinating the program with special support from BlackRock Center for the Arts to commemorate the 156th anniversary of the events of June 19, 1865. On that day, Union General Gordon Granger and 2,000 federal troops arrived in Galveston, Texas to take possession of the state and enforce the emancipation of its enslaved persons. The event today is known as Juneteenth and is celebrated widely across the United States.

SEE BULLETIN, PAGE 11

Garden Club Expands Library Gardens Since 1986



Members of the Potomac Village Garden Club hard at work on a garden of native plants at the Potomac Library.



SCREENSHOT FROM [HTTPS://YOUTU.BE/AOVXSEA2K6M](https://youtu.be/aOVXsea2K6M)

Members of the Potomac Village Garden Club



SCREENSHOT FROM [HTTPS://YOUTU.BE/AOVXSEA2K6M](https://youtu.be/aOVXsea2K6M)

Members of the Potomac Village Garden Club

Potomac Village Garden Club, Glenstone Foundation team up on native garden at the Potomac Library.

BY PEGGY McEWAN
POTOMAC ALMANAC

Ever since the Potomac Library opened its building on Glenolden Drive and Falls Road and in 1986, the Potomac Village Garden Club has worked to add plantings and specialty gardens to the library grounds.

Last week they got a big assist from members of the Glenstone Museum grounds crew in finishing a Maryland natives garden along Falls Road.

Early on Tuesday morning, April

13, Glenstone grounds staff arrived at the library with two trucks loaded with a tiller, mulch, new shrubs and flats of ground cover, all Maryland natives and ready to be planted.

Fortunately, the garden club members learned earlier that they were not just going to watch the work but were expected to help with the planting too.

"I did not realize we would be doing more than watching!! Guess I better wear work clothes," Edie Wingate, garden club member and president of Friends of the Library, Potomac, wrote in an email before

Watch the video

<https://youtu.be/aOVXsea2K6M>

VIDEO BY CHERIE LEJEUNE

the event.

The garden takes up most of the library property along Falls Road. One section, the side that gets mostly shade, was started two years ago and its perennials were already coming up, ferns beginning to unfurl, last week.

Cindy Hall was there cleaning up debris that blows over from the road and pulling weeds while waiting for the time to plant on the

Glenstone Museum

12100 Glen Road Potomac, Md. 20854

The name "Glenstone" derives from two local sources: Glen Road, where the property line begins, and a type of carderock stone indigenous to the area, which is still extracted from several nearby quarries.

Guided by the personal vision of its founders, Glenstone assembles post-World War II artworks of the highest quality that trace the greatest historical shifts in the way we experience and understand art of the 20th and 21st centuries. These works are presented in a series of refined indoor and outdoor spaces designed to facilitate meaningful encounters for our visitors.

See <https://www.glenstone.org/> to schedule a visit. No walk ups.



COURTESY OF MATT PARTAIN, GLENSTONE GROUNDS SUPERINTENDENT

Plan for the new native-plant garden at Potomac Library, designed by Matt Partain, Glenstone grounds superintendent. Glenstone Foundation provided design, plants and shrubs, and labor.

"new" side.

Cindy and Julie Perlman are the real movers and shakers in getting the native garden planted according to more than one club member.

"I just can't stop digging," Hall said.

It was Perlman who got in touch with Matt Partain, grounds superintendent at Glenstone.

"I emailed Glenstone and [Matt] came up and walked the property with me discussing plantings," Perlman said. "While the library grounds contain many native plants, the club wanted an area which was all native to encourage visitors to consider more native plants in their yards."

Partain created a plan and then offered the plants and help finishing up the sunny side of the garden, an area of between 900 and 1,000 square feet.

Besides preparing the soil, the Glenstone crew planted two ironwood trees and four spicebush

shrubs. Partain has been a featured speaker for events for Friends of the Potomac Library.

The library project was part of the Glenstone Foundation's Glenstone Gives program according to Calvin Perry, a horticulturist at Glenstone.

"I'm happy to be out in the community," Perry said. "Native plants, this is something I'm passionate about."

After the members of the garden club finished planting mountain mint, purple flame iris, golden groundsel, fox sedge, creeping sedge, tussock sedge and blue lobelia, it was time for mulch then standing back to admire their work.

"It was amazing to see the finished product once it was all mulched in. The library is most fortunate. There is no way the garden club could have undertaken such a project either financially or manpower-wise," Wingate said.

CALENDAR

FROM PAGE 8

For precise locations and details, see <https://www.bethesda.org/bethesda/bethesda-streetery>
Repeats Friday evenings.

FRIDAY, MAY 28

FRIDAY NIGHT DANCERS. 8:30 to 10:30 p.m. Virtual, Glen Echo Park. Join Friday Night Dancers for a virtual contra dance and live music. See <https://glenchopark.org/events>

SATURDAY, MAY 29, 2021

100 YEARS IN THE PRESENT. 12-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Popcorn Gallery and Stone Tower Gallery. Exhibition honoring Glen Echo Park's origins as a theme park. Free.
Repeats May 23, 29 and 30, same hours.

RIDE THE CAROUSEL. 10 a.m. - 6 p.m. Glen Echo Park, 7300 MacArthur Blvd. The 1921 Dentzel Carousel was installed in 1921 and celebrates its 100th Anniversary all season long. Purchase tickets at <https://glenchopark.simpлетix.com/>. \$5 per person for a four-hour time slot. See <https://glenchopark.org/carousel/> for additional information regarding covid protocols.

Repeats all Saturdays and Sundays. Extra hours on Memorial Day.

SUNDAY, MAY 30, 2021

TANGO BRILLANTE. Virtual. 7:30 - 9 p.m. Join Tango Brillante DC as they present weekly Argentine tango & milonga lessons and musical performances. See <https://glenchopark.org/events> for registration information. Repeats on May 30.

MONDAY, MAY 31,

MEMORIAL DAY

VIRTUAL MEMORIAL DAY CEREMONY. 9 a.m. The virtual Memorial Day Ceremony features music by the Rockville Concert Band, an address by Mayor Bridget Donnell Newton, a traditional wreath-laying led by American Legion Post 86, presentation of

colors by Rockville City Police Department Honor Guard, and an address by the guest speaker Eric N. Bernard, Hospital Corpsman Second Class, US Navy (Ret.). See <https://www.rockvillemd.gov/665/Hometown-Holidays>

RIDE THE CAROUSEL. Memorial Day Hours: 10 a.m. - 6 p.m. Glen Echo Park, 7300 MacArthur Blvd. The 1921 Dentzel Carousel was installed in 1921 and celebrates its 100th Anniversary all season long. Purchase tickets at <https://glenchopark.simpлетix.com/>. \$5 per person for a four-hour time slot. See <https://glenchopark.org/carousel/> for additional information regarding covid protocols.

<EVERY MILE COUNTS. 9 a.m. Blockhouse Point Conservation Park. May is Mental Health Awareness Month and Montgomery Parks and non-profit Every Mind have organized daily hikes on Montgomery County trails. See <https://www.every-mind.org/get-involved/walkers/> to register and precise spots to meet. See full calendar at <https://www.montgomeryparks.org/uploads/2021/04/FINAL-Calendar-Mental-Health-Hikes.pdf>

JUNE 1, 10 A.M.

Glenstone Museum is open in a limited capacity on visitor days (Thursday-Sunday 10 a.m. - 5 p.m.). Scheduled visits are required but currently all booked. Admission is free. Because of covid restrictions and "unprecedented" demand, Glenstone will release an opportunity for August visits on June 1 at 10 a.m. See <https://visit.glenstone.org/>

THURSDAY, JUNE 3

BETHESDA PAINTING AWARDS: The Bethesda Painting Awards is downtown Bethesda's annual juried art. Nearly 300 artists from Maryland, Virginia and Washington, D.C. submit work to this annual competition created to honor regional painters. The work of the eight finalists will be on display at Gallery B from June 3 - 26, 2021. See Bethesda Urban Partnership at <https://www.bethesda.org/> for details.

gasoline than they need for their vehicles and/or lawn equipment.

Under federal law, gasoline must be stored and transported in a Department of Transportation approved container. When transporting gasoline in a portable container, make sure the container is secure from tipping and sliding, and never leave in the direct sunlight or in the trunk of a car.

Montgomery County residents may take unwanted gasoline to the Household Hazardous Waste drop-off at the Montgomery County Transfer Station at Shady Grove.

BULLETIN BOARD

FROM PAGE 9

States.

USE APPROVED CONTAINERS FOR TRANSPORTING OR STORING GASOLINE

In light of the current demand for gasoline, the Montgomery County Department of Environmental Protection is reminding residents about proper storing, transporting, and disposing of gasoline. The County is also asking residents not purchase more

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Philosophically Meandering



By **KENNETH B. LOURIE**

As I discussed a few weeks back, having all this time off/apart from cancer-related activities is unsettling in a peculiar way. I'm not in remission. I'm certainly not cured, and I'm still receiving regular treatment: a bone-strengthening shot every four weeks at the Infusion Center and of course, my daily lenvima pill. Given the nature of what symptoms/side effects I experience, it's only after my quarterly CT scan and recently added, a bone scan, followed-up by a post-scan video visit with my oncologist and endocrinologist (combined with my semi annual brain MRI) that I have an accurate/real-time sense of whether I'm coming or going, if you know what I mean?

The result of these intervals and intermittent visits is that I, not the doctors, have my best sense of self. Though I can - and am encouraged to do so, email my doctors and/or call an advice nurse at all hours to discuss whatever ails me, realistically, on a daily, hourly and/or minute-by-minute existence, I'm the one that I have to talk to, and most likely, listen to. And though I think I know myself pretty well, a cancer diagnosis creates a prism through which all of our thoughts are filtered. Sometimes, what initially passes through is not identical to what comes out. Cancer is in control, sort of like the producers of "The Outer Limits" said they were in control of your television during the two years: 1963 and '64, when "The Outer Limits" was nearly must-watch television. They controlled more than just the horizontal on your television. They controlled the information going into your head. What you did with that information was entirely up to you. Only then, you were in control.

Much has changed in the almost 60 years since "The Outer Limits" was controlling television sets. And so too, much has changed for those diagnosed with cancer. However positive and hopeful, and effective the evolution of a cancer diagnosis and treatment has become, when "The cancer" (as "Forrest, Forrest Gump" called it) appears on your scan or marks your blood, you are no longer "the master of your domain." In fact, your domain has shrunk considerably and quite precipitously. Whatever you thought was going to be happening in your life now takes a back seat to everything your oncologist says needs to happen. Integrating into your life all the unexpected, life-changing advisories will be a task unlike any you've previously ever undertaken. Pondering your cancer-patient future will not result in one gulp, it will result in a series of gulps. As a consequence of your diagnosis/prognosis, you'll become an expert in gulps, morning, noon and night, when you're alone or with others.

And as you are gulping, you are forever trying to find your place in the universe. As a diagnosee, you join an immense club, the kind of club Groucho Marx said he "wouldn't join, if they would have me as a member." Ignoring your new reality seems totally irresponsible, but focusing 24-7 on your less-than-ideal circumstances seems like overkill (pardon the double entendre). This focus likely emboldens the cancer while weakening your resolve. I mean, your situation is bad enough, you don't need to make it worse by having it for breakfast, lunch and dinner. Having it once and a while, like a snack is more than enough. The weight of a premature death (any death is premature, right?) is simply too great a burden to bear without making it heavier. I'm not suggesting one ever acquiesce and give into their cancer. Instead, I'm suggesting, find a place for it in your life where it's sort of along for the ride, rather than it being the driver.

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

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