

Potomac ALMANAC

Serenity By the River

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Friedson:
Legislator of the Year
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Celebrate Juneteenth
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Tuesday, June 15 was picture perfect,
offering serenity along the C&O Canal.



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8 8918 Harvest Square Court
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4 10 Stanmore Court
— \$3,100,000



1 9606 Falls Road
— \$3,550,000



7 10839 Pleasant Hill Drive
— \$2,460,000

5 8404 Rapley Ridge Lane
— \$3,075,000



6 9315 Rapley Preserve Drive
— \$2,500,000

Address.....	BR	FB	HB	Postal City.....	Sold Price...	Type.....	Lot AC.	Postal Code ...	Subdivision.....	Date Sold
1 9606 FALLS RD.....	9..	10..	1	POTOMAC	\$3,550,000	Detached..	2.20.....	20854..	POTOMAC MANOR	04/28/21
2 11013 CRIPPLEGATE RD.....	4...	4...	2	POTOMAC	\$3,500,000	Detached..	5.35.....	20854..	GREAT FALLS ESTS..	04/16/21
3 11720 CENTURION WAY	7...	6...	3	POTOMAC	\$3,200,000	Detached..	2.00.....	20854.....	PALATINE	04/30/21
4 10 STANMORE CT	5...	6...	2	POTOMAC	\$3,100,000	Detached..	2.61.....	20854..	GREAT FALLS ESTS..	04/30/21
5 8404 RAPLEY RIDGE LN	6...	5...	3	POTOMAC	\$3,075,000	Detached..	0.50.....	20854.....	AVENEL	04/09/21
6 9315 RAPLEY PRESERVE DR.	5...	5...	2	POTOMAC	\$2,500,000	Detached..	0.54.....	20854.....	AVENEL	04/21/21
7 10839 PLEASANT HILL DR .	6...	6...	1	POTOMAC	\$2,460,000	Detached..	2.09.....	20854...	POTOMAC FALLS...	04/16/21
8 8918 HARVEST SQUARE CT	8...	5...	1	POTOMAC	\$2,450,000	Detached..	2.00.....	20854...	KENTSDALE ESTS ..	04/09/21

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24th Juneteenth Celebration with Music, Artistic Performances, Educational Activities, African American Living Legend Awards and More

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.

"Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to

1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863." <https://juneteenth.com/history/>

The African American Living Legend Awards will honor distinguished individuals who are living legends in Montgomery County and have helped shape the cultural heritage of the African American community. The honorees have dedicated their lives to service and excellence, with accomplishments in areas including business, health, media, sports, education, law, ministry, community organizations, medicine or politics.

"The end of slavery not only meant freedom for a people, it meant freedom for a nation, however, nothing is guaranteed; as we see efforts at voter suppression nationwide, confrontation with law enforcement and excessive force issues for black and brown people, social justice crisis and an attempted insurrection and end of our democracy," said Office of Human Rights Director James Stowe.

Information and details on how to register for the event will be available on the Office of Human Rights website as more specifics become available.

For more information call James Stowe at the Office of Human Rights at 240-888-5502.

Councilmember Andrew Friedson Named 'Legislator of the Year'

The Montgomery County Chamber of Commerce honored Montgomery County Councilmember Andrew Friedson as the Legislator of the Year at its 2021 Annual Awards Broadcast on June 10. The Legislator of the Year Award recognizes elected officials who have demonstrated an outstanding commitment to helping County businesses succeed and grow. Friedson represents county District 1, including Potomac, Bethesda and parts of the upcounty.

"Councilmember Friedson has been a tremendous champion for all businesses in our community - both before and during the pandemic - and has worked closely with our chamber on many pressing issues impacting the future of our economic growth," said Georgette "Gigi" Godwin, president and CEO of the Montgomery County Chamber of Commerce. "We are proud to recognize him during



Councilmember Andrew Friedson.

our 2021 Annual Awards broadcast, and look forward to continuing our work together in the years to come."

"This is a well-deserved distinction for Councilmember Friedson, who has routinely demonstrated his commitment to the Montgomery County business community throughout his years of public service," said Antonio Franco, managing partner of PilieroMazza and chair of the chamber's 2021 Annual Awards Selection Committee. "His support and commitment have been critical - particularly over the last year when businesses have needed more support than

ever before."

"Throughout the pandemic, Councilmember Friedson made his mark as the champion of economic recovery and his actions in support of businesses and all employers have shown that he is innovative, committed to economic growth and prosperity, and dedicated to our community," said Dr. Anne Khademian, executive director of the Universities at Shady Grove. "With policymakers like Councilmember Friedson leading the way, I am optimistic about Montgomery County's economic future."

"I'm deeply humbled and extremely grateful to the Montgomery County Chamber of Commerce for this recognition and for their strong partnership as we've tried to help County employers through one of the most challenging years in our history," Councilmember Friedson said. "These businesses are our partners and their success is central to our ability to provide a high quality of life to our residents, support the most vulnerable in our

community, and achieve our social and environmental goals."

Friedson has worked extensively on legislative and government reform efforts to improve the County's business environment and has been recognized as "the economic and fiscal center of the Montgomery County Council."

At the outset of the COVID-19 pandemic, Friedson led the creation of the County's Public Health Emergency Grant program to help struggling small businesses and nonprofits facing revenue losses; the Telework Assistance Program to help businesses purchase equipment needed to transition to telework; and the Reopen Montgomery program to help reimburse businesses for the costs of equipment to reopen with health and safety precautions in place.

He worked with his Council colleagues and the County Executive to create the Childcare Recovery Grant program to help restart the economy and was the co-lead sponsor of legislation to lower the

County's annual Trader's License Fee to a flat rate of \$15 charged to all retailers and restaurants.

He spearheaded landmark legislation to ensure all Council bills go through a thorough economic analysis to gauge potential impacts on businesses and taxpayers.

Friedson was named among Maryland's 2020 Election Day Winners after authoring an overwhelmingly successful ballot initiative to reform the County's 30-year-old property tax system that promotes the importance of economic growth. Previous winners of the Legislator of the Year Award include Senator Ben Cardin, Montgomery County House Delegation Chair Del. Marc Korman, State Sen. Brian Feldman, and former Montgomery County Councilmember Nancy Floreen.

Learn more about Councilmember Friedson here.

NEWS



A first year white-tailed buck greets a visitor in the C&O Canal National Historical Park.



Tuesday, June 15 was picture perfect, offering serenity along the C&O Canal.



The trail is closed, warns a first year white-tailed buck between MacArthur Boulevard and C&O Canal.



Why are parts of the Billy Goat Trail closed? This trail is closed to allow for habitat protection and erosion control.

PHOTOS BY KEN MOORE
THE ALMANAC



A Great Blue Heron taking a brief break from fishing.



Peace, serenity and a visit with nature are available along the Potomac River and the C&O Canal, especially if you pick your day and spot.



A family of Canada Geese, nearly all grown up, float along on the C&O Canal between Old Angler's and Carderock.



Peace, serenity and a visit with nature are available along the Potomac River and the C&O Canal, especially if you pick your day and spot.

This Summer Will Be a Balancing

Parents face a dilemma give much needed mental break vs. boosting skills.

BY MARILYN CAMPBELL
THE ALMANAC

As camps, swimming pools and simply spending time with friends were cancelled last summer and then followed by a tumultuous school year filled with uncertainty, parents are left to grapple with how to walk the fine line between catching up academically and tending to the overall well-being of their children. Students from preschool to high school might benefit from less focus on summer brain drain and more on brain breaks.

“[Students] are absolutely experiencing exhaustion and burnout from this school year during the pandemic,” said Dianne Galasso, LMSW, a mental health therapist with an online practice. “They have been pushed to their limits. In order to give your child an emotional and mental break, parents could try to lower expectations and really listen to what they are needing.”

Creating that balance requires creativity, said Sonia Pruneda-Hernandez, Director of Early Childhood Education Initiatives at Montgomery College, who suggests enrolling in activities that are designed to offer fun experiences while also adding a subtle element of academics such as summer reading or other programs. “There are activities that families do within the home and outside of it that can be turned into fun, intentional learning experiences at no cost,” said Pruneda-Hernandez. “Allowing a child to help with cooking ... [and] grocery shopping while having conversations about what they are doing not only promotes learning but can strengthen the relationship.”

“For older children, an activity like cooking with a simple recipe is a great way to learn fractions. Learning a new musical instrument cultivates creativity and improves memory,” said Lisa Turissini, Ed.D., Director of Maryland University’s School of Education. “High school students can always start researching colleges and creatively draft those college essays.”

“Over the summer, children need time to reconnect with friends and to practice their social skills. Summer programs and camps provide an opportunity for kids to socialize, visit new places, explore and engage in activities that connect to academics. But parents can create these same experiences with their children over the summer by visiting parks, the zoo or other places of interest.”

While underscoring the need to maintain and develop writing skills, parents can do so in a way that is light-hearted and fun, said Brandon C.S. Wallace, Associate Professor, Montgomery College School of Education.

“Children may want to explore writing short stories or scripts for their favorite television show or YouTube

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PHOTO COURTESY OF DIANNE GALASSO.

Therapist Dianne Galasso, pictured here with her grandchildren, says that many children are burnt out after the pandemic school year and supporting their emotional and mental wellbeing should be the priority this summer.

influencer, ensuring that whatever is written richly describes main characters, settings as well as uses vocabulary from the character’s typical speech patterns,” Wallace said. Additionally, many museums are opening or, at least, providing virtual tours; that may be an opportunity to either physically or virtually visit museums near and far.”

While enjoying unstructured free time children, Wallace warns parents to be mindful of excessive screen time. Developing and maintaining a schedule is one way to create a healthy balance between activities. “Have your child create a comic strip with paper and coloring supplies,” he said. “Think about helping your child write a letter and send it through snail mail to relatives that they may have not been able to see because of the pandemic.”

Not all students have academic deficiencies this summer. “Parents know their children best, but I would advise to not overly focus on learning lost,” said Turissini. “Some students actually excelled academically during the pandemic. Many will quickly pick up what they’ve missed once things resume in the fall.”

“Over the summer, children need time to reconnect with friends and to practice their social skills.”

— Lisa Turissini, Ed.D.

Potomac Community Village continues to be active.

Our Help Desk is ready for you at 240-221-1370

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CALENDAR



Thursday June 17, 2021

POTOMAC VILLAGE FARMERS MARKET. Thursdays, 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.

More Hours on The Carousel

10 a.m. - 4 p.m. Wednesday through Friday, 10 a.m. to 6 p.m. Saturday and Sunday. 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://glenechopark.simplertix.com/>. \$5 per person for a four-hour time slot. See <https://glenechopark.org/carousel/> for additional information regarding covid protocols. Additional Wednesday through Friday hours began on Wednesday, June 16. Repeats all Wednesday, Thursdays, Fridays, Saturdays and Sundays.

VISIT LOCUST GROVE

Locust Grove Nature Center, 7777 Democracy Blvd. Outdoor exhibits, natural features, and trails are open every day from dawn to dusk. In the Upper Meadow, look for Monarch butterflies, caterpillars and eggs on the milkweed in summer. Check out the dogbane for iridescent dogbane beetles. Listen for wrens and bluebirds near the bluebird nest boxes. Watch for box turtles crossing the path in the early morning.

In the Lower Meadow, watch for bats hunting in late afternoon or early evening. Sit under the shade of the 200-year-old sycamore, and imagine what the park looked like when it was part of a large farm. Watch as Cabin John Creek flows briskly by. In the spring, listen for the calls of spring peepers and other frogs from the vernal pools. You might also spot minnows, crayfish, bathing birds, or signs of beaver activity.

Visit with the giants as you follow the trails through the Mature Forest. Towering white oaks and tulip trees dwarf the younger understory.

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.

WAVERLY STREET GALLERY. 1-4 p.m.

(Also on Saturdays, 1-4 p.m.) Early Summer Show featuring Waverly Street Gallery artists. 4600 East-West Hwy #102. No appointment necessary but masks are required.

See <https://www.waverlystreetgallery.com>

Repeats Thursdays and Saturdays through July 3, 2021.

GLEN ECHO FOLK DANCERS. Virtual.

Thursday 7:30 - 9 p.m. lesson, followed by dancing from 9-10:15 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.

FRIDAY, JUNE 18

WEED WARRIORS. 3-5 p.m. Bethesda Urban Partnership, 7700 Old Georgetown Road. Bethesda Green and Bethesda Urban Partnership are working together to pull weeds from sidewalks and tree boxes all through Bethesda. No prior knowledge needed - team leaders will help distinguish between weeds and wanted plants! Participants will be provided with tools, water and lunch. This event will be repeated on Saturday, July 17 from 10 a.m. to noon, Friday, Aug. 20 from 3-5 p.m. and Saturday, Sept. 18 from 10 a.m. to noon. Free, open to all. See <https://www.bethesda.org/events-calendar>

I DON'T FORGIVE YOU. Writer's Center, virtual. Free virtual chat with Aggie Blum Thompson about the craft of fiction and her debut novel, *I Don't Forgive You*. See <https://www.writer.org/> to register and receive links for the Zoom session. Free.

JOSIAH HENSON MUSEUM AND PARK. 10 a.m. to 4 p.m. 11410 Old Georgetown Road. The life and challenges of Reverend Josiah



Potomac Day Back Oct. 23

Mark your calendars for Oct. 23, 2021 because Potomac Day is back with the traditional business fair, parade, car show and more. Reserve your spot early as these sell out quickly and everyone is excited to be back in action. Call Jennifer at the Potomac Chamber of Commerce at 301-299-2170.



Celebrate Bethesda's 150th Birthday and Father's Day

Sunday, June 20, 2021 - 6:00 pm

Shirley Povich Field - 10600 Westlake Drive, Bethesda

Join the Bethesda Historical Society

for an evening of baseball and baseball history

with Walter "Big Train" Johnson's grandson and biographer Hank Thomas



Bethesda 150th Celebration at Big Train on Sunday ...

FATHERS DAY Sunday, June 20, 6 p.m., at Big Train Baseball with the Bethesda Historical Society and Hank Johnson, grandson of the late great Walter Johnson, whose farmhouse in Bethesda still stands on Old Georgetown Road. Click here for tickets and more info. Shirley Povich Field, 10600 Westlake Drive, Bethesda.

<https://bethesdahistoricalsociety.org/fathers-day-at-big-.../>

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, Formerly 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.montgomeryparks.org/parks-and-trails/) -- \$2.50. (Children two and younger ride for free with an adult.) See <https://www.montgomeryparks.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. Live music each Friday to enjoy while also enjoying outdoor dining. For precise locations and

details and musical acts, see <https://www.bethesda.org/bethesda/bethesda-streeterly> Repeats Friday evenings.

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://glenechopark.org/events>. Repeats Fridays.

SATURDAY, JUNE 19, 2021

JUNETEENTH CELEBRATION. 10 a.m. to 10 p.m. Black Rock Center for the Arts, 12901 Town Commons Drive. Montgomery County's 24th Juneteenth Celebration. 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.

The Montgomery County Office of Human Rights and the County Executive's African American Advisory Group are coordinating the program with support from the 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.

FREEDOM WALK. 12-4 p.m. Josiah Henson Museum and Park, 11410 Old Georgetown Road. A celebration of Reverend Josiah Henson's birthday week and Juneteenth. When asked, "How do you plan to use your freedom?" Henson answered, "I will use my freedom well." See <https://www.montgomeryparks.org/parks-and-trails/josiah-henson-park/>

JUNETEENTH CELEBRATION CONCERT. Lift Every Voice. The New Orchestra of Washington (NOW), believes in the transformative power of music to bring us closer and connect us to one another. This concert celebrates the music of Black composers of the past including George Walker, William Grant Still, Florence Price, and a vibrant Black composer of today, Jessie Montgomery. \$120-\$160 for table seating one to four. <https://www.strathmore.org/what-s-on/summer-2021/now-juneteenth-celebration/>

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BULLETIN BOARD

Submit civic/community announcements at Connection-Newspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

NOW THRU JULY 29

Thursdays in the Park Free Concert Series. 5:30-7:30 p.m. At Grand Park Ave. and Market Street (by Montgomery Country Conference Center Garage), 5701 Marinelli Rd., North Bethesda. Enjoy free outdoor live concerts every Thursday evening from 5:30 - 7:30 p.m. Fun lawn games will also be available as well as food and drinks for purchase. 2-hour free parking in the Montgomery County Conference Center garage for concert attendees.
June 17th -- Performer: Driven to Clarity Duo.
June 24th -- Performer: Phil & Elizabeth Kominski of The Breakaways.
July 1st -- Performer: Emma & Joey J Duo.
July 8th -- Performer: Chasing Autumn Duo.
July 15th -- Performer: Eli Lev & Megan Leigh Duo.
July 22nd -- Performer: Timmie Metz Duo.
July 29th - Performer: Juliet Lloyd Duo.

LIBRARIES OFFER FREE ONLINE WORKSHOPS

Montgomery County Public Libraries is offering free online workshops and one-on-one sessions geared toward assisting job seekers and entrepreneurs throughout June. All workshops are free and offered virtually.

An internet connection and a device (such as a smartphone, tablet or computer) is required for participation.

Throughout June – Every Monday 9:30-11:30 a.m. H.I.R.E. (Helping Individuals Reach Employment) Sessions

Sign up to meet virtually/confidentially one-on-one with a career counselor for advice and assistance with your job search.

Register:

Monday, June 21: <https://mcpl.libnet.info/event/5140863>

Monday, June 28: <https://mcpl.libnet.info/event/5142784>

Wednesday, June 16; 10:30 a.m.-12:30 p.m. How to Apply for Jobs with Montgomery County Government

Find out everything you need to know about applying for jobs with Montgomery County Government.

Register: <https://mcpl.libnet.info/event/4842046>

Tuesday, June 29; 12:30 p.m.

Proctored Northstar Assessment Test; Assess your Digital Literacy Skills

Demonstrate your digital literacy skills by taking a proctored Northstar Assessment test during a scheduled test session. If you score 85% or higher, you'll earn a Northstar Digital Literacy Certificate to share with your employers. Tests will be administered and monitored remotely – allowing you to take the test from the convenience of your home. Registration is required.

Register: <https://mcpl.libnet.info/event/5126177>

WEDNESDAY/JUNE 30

Premiere of Blaire Postman: Struggling Chartist. 7:30 p.m. At the Silver Spring Black Box Theatre, Silver Spring. This 90-minute performance combines Postman's uproarious signature flip chart stand-up comedy pieces with running commentary about her life with long-undiagnosed A.D.D. (Attention

Deficit Disorder). Viewers will get a rollicking tour inside Blaire's brain, including the patterns and connections she sees in ordinary things that go unnoticed by most people and the lessons learned from navigating life with a "tornado brain." This show is directed by area comedian and storyteller Chelsea Shorte and is Improbable Comedy's first performance indoors since March 2020. Information and tickets at www.improbablecomedy.com/strugglingchartist

RIDE ON FLEX ON-DEMAND SERVICE TO RETURN

Ride On Flex, a unique on-demand transit service that was piloted in 2019 into early 2020, but has been suspended due to the COVID-19 health crisis, will be returned to operation by the Montgomery County Department of Transportation's (MCDOT) on Monday, July 19. Flex operates in defined zones in Rockville and Glenmont/Wheaton.

Flex offers transit on demand. The service without a fixed route and without a fixed schedule was the first of its kind in the Washington Metropolitan Region. The Flex fleet of 11 passenger buses provides service within the defined geographical zones at specific times of the day. Riders can request trips from a designated pickup location to a drop off location within the same service zone using the app or the call center.

Curb-to-curb service also is available for those with disabilities. Riders will be given an estimated time for pick up and drop off and directed to a nearby virtual bus stop.

Flex will operate in the Rockville zone from 9 a.m.-3:30 p.m. and in the Glenmont/Wheaton zone during peak periods (6-9 a.m. and 3:30-7 p.m.). The zones offer connections between households, transit hubs, commercial centers and public services.

Details about the service zones can be viewed at Ride-OnFlex.com. While residents cannot book rides until service resumes on July 19, they can download the app from the Apple or Google app stores to familiarize themselves with the interface.

NEW ROCKVILLE SKATE PARK IS NOW OPEN

Featuring concrete ramps and bowls, and rails, the new Rockville Skate Park is officially open for community use.

In addition to the concrete design, the new 15,000-square-foot concrete skate park located in the Rockville Swim and Fitness Center outdoor pool parking lot, at 355 Martins Lane, features an entrance building with a family/gender-neutral restroom, lighting, landscaping, parking, a stormwater management facility and access road improvements.

The new venue replaces the old wood and steel park, which opened in 2001. The old park had deteriorated after close to two decades in operation and was demolished.

The new park features a kidney bowl, manual pads, quarter pipes, radius wedge, rainbow grind rail, grind ledge, slappy curb and pole. It is designed to be fun for every rider, no matter their age, style, skill level or wheel type.

The park's hours are: 3-9 p.m. Tuesday-Friday; 10 a.m.-noon Saturday for family skating and noon-9 p.m. Saturday for general use; 10 a.m.-noon Sunday for BMX bikes only and noon-9 p.m. Sunday for general use. The park will be closed on Mondays. Visit www.rockvillemd.gov/skatepark for hours and more details.

POTOMAC ALMANAC

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Navigate This



By KENNETH B. LOURIE

(All these times are approximate- or they're not. It depends. It's sort of an all hands on deck kind of thing. Everybody, everywhere has to be flexible. All of the following appointments/procedures have to be completed this day - or else. If not, it could adversely affect the timing and suitability of my treatment going forward. Not to exaggerate too much but, my life could be at risk if all of the following are not adhered to:)

Lab work at 9am-ish required for my every-four week-bone-strengthening shot. Nuclear medicine at 9:30 for the isotope injection for my 12:45 bone scan. After leaving Nuclear Medicine, I head to Radiology where I have a 10:30 am CT scan. When my scan is completed (it only takes a few minutes but generally speaking, they're not on time), I then go to the Infusion Center where I will get my every-four-week bone strengthening shot. (Again the shot itself and vitals only takes a few minutes, but again, the process can take up to 30 minutes depending on the activities of the oncology nurses and the pharmacy's availability to prepare the medicine and the printing of my usual and customary paperwork.) Next - and finally, I go back to Nuclear Medicine for my actual bone scan at 12:45. This scan will read the nuclear isotopes injected into my body at 9:30. The scan takes about 40 minutes as it crosses my body head to toe to assess the condition of my bones. (The condition of my bones is not great. Unfortunately, it's a side effect of my thyroid cancer medicine as well as the 11 previous years of miscellaneous chemotherapies.) When this last scan is completed, my medical day is done and I will then be free to go. I will likely get home at approximately 3 pm, seven hours after I left home.

This jam-packed day is a first and hopefully will be a last. On occasion, I have had a CT scan and a brain MRI on the same day (BOGO I jokingly refer to it), but never have I had medical madness (five separate appointments) as I will on June 24th, the consequences to my health notwithstanding. Hopefully, by the end of the week - before the weekend of worrying, I will have heard back from my oncologist and then we'll deal with the consequences of all these previous actions. The waiting is not a huge deal. I have been there and done that for 12 and half years going back to late February, 2009 when I was initially diagnosed.

However this is not "concierge care." Any one of these five appointments could be missed for any number of to-be-expected complications when medical care is scheduled. Emergencies, double-booked appointments, staff shortages and longer than anticipated appointments could all affect my day of semi-judgment. And if any one of these appointments/procedures doesn't occur as scheduled, my care/my life expectancy could be jeopardized. From experience I can tell you, when this cancer patient has experienced delays and rescheduled appointments due to lab work (low white blood count, high creatinine levels, high or low calcium, above-normal potassium and on occasion low magnesium), treatment is stopped until levels return to a more normal number. In the interim, after your treatment has been stopped, your life begins to pass by you as you (at least I did) think that a delay in treatment puts your survival at risk. I mean, if your treatment is stopped at all, how does that stop the cancer from damaging you worse than it already has? Whether a week or two delay really matters, no one can say for sure. However, for the patient, especially yours truly; despite the reassurances from medical staff, in my head anyway: IT REALLY MATTERED.

After receiving a "terminal" diagnosis in February, 2009, I just didn't feel I had any margin, life expectancy-wise, for error, missed appointments, rescheduled treatment, et cetera. I figured that the information about my health - and as a result, any subsequent change in that treatment, needed to be known in an extremely timely manner. And when it wasn't -or isn't, I feel my pain, if you what I mean? Nevertheless, there are no guarantees in the cancer-treatment world. One has to learn to go with the flow and hope that flow doesn't turn into a flood.

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

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