Plant sale by the Potomac Garden Club held at the Potomac library last Saturday, May 6. Large selection of native plants and other plants, raising funds to help maintain the grounds of the Potomac Library.

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Kenny Lourie, Page

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PAGE

ENTERTAINMENT,

Page 2 💸

Real Estate.

Kimm

Photo by Mary

Plants for Plants at Plants at The Library PAGE 6

Farmers Market Is Back каттеитіон Розтикатек: Тіме зеизітіve матекіа. КS-II-20 амон иі дэтгайдэ?

otomac



May 10-16, 2023

PAGE 4



March, 2023 Sales

In March, 2023, 27 Potomac homes sold between \$5,825,000-\$660,000.





7 1006 Willowleaf Way — \$929,500





2 12500 Park Potomac Avenue #702N — \$1,060,000
3 12500 Park Potomac Avenue #208 — \$1,040,000

6 8112 Whites Ford Way

- \$950,000



AddressLot AC. Postal Code Subdivision Date Sold Price TypeLot AC. Postal Code Subdivision Date Sold
11419 BEDFORDSHIRE AVE42 POTOMAC\$1,165,000 Detached 0.24 BEDFORDSHIRE 03/21/23
2 12500 PARK POTOMAC AVE#702N221 POTOMAC\$1,060,000 Apartment
3 12500 PARK POTOMAC AVE#208221POTOMAC\$1,040,000Apartment
4 8725 WANDERING TRAIL DR.421 POTOMAC\$1,025,000 Detached 0.24
5 8810 TALLYHO TRL
6 8112 WHITES FORD WAY421 POTOMAC
7 1006 WILLOWLEAF WAY431POTOMAC\$929,500Detached 0.19
8 ROYAL OAK CT 4 2 1 POTOMAC
Copyright 2023 MarketStats for ShowingTime. Source: Bright MLS as of March 31, 2023.
http://potomacalmanac.www.clients.ellingtoncms.com/news/2023/apr/17/potomac-home-sales-march-2023

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News

Collection of Durable Medical Equipment

he Montgomery County Department of Environmental Protection is now accepting durable medical equipment at the Shady Grove Transfer Station and Recycling Center. The collection site held a formal dedication on April 27 as part of the County's Earth Month celebration.

This is a statewide program by the Department of Aging's Maryland Durable Medical Equipment Re-Use to promote the refurbishing and reuse of wheelchairs, canes, shower chairs, and other gently used medical equipment.

The Shady Grove Transfer Station is located at 16101 Frederick Road in Derwood.

"There is an ongoing need for medical equipment in our County," said County Executive Marc Elrich. "Many of us have medical equipment in our basements, garages or attics that is no longer used, but is too good to throw away. This program helps our County's efforts to reduce, reuse and recycle, while providing critical assistance to those in need. I encourage everyone to donate if they have any equipment that can still be used. This program isn't just helping our planet — it is also helping our neighbors."

The average wheelchair or walker has a usable life span of more than five years. However, this type of equipment is often only used for a few months before being discarded, taking up valuable landfill space while many people don't have the resources to get the medical equipment they desperately need.

The collection site at the Shady

Grove Transfer Station is the eighth satellite collection container put in place by Maryland DME Re-Use. The 20-foot container holds up to 95 pieces of equipment. Technicians with Maryland DME Re-Use will collect the equipment and transport it to a 56,000-square-foot facility located in Cheltenham, where it will be sanitized, repaired and stored for future distribution. Non-functional equipment will be broken

waste. "One of the greatest aspects of this program is that all the equipment is redistributed free of charge to anyone with any disability or at any income level," said Maryland Department of Aging Secretary Carmel Roques.

down for parts that are saved and

later used, further minimizing

In addition to County Executive Elrich, among those attending the dedication ceremonies were Maryland State Senator Ben Kramer, Maryland Department of Aging Durable Medical Equipment Re-Use Director Ian Edwards, County Department of Environmental Protection Acting Director Willie Wainer, County Department of Health and Human Services Area Agency on Aging Director Patrice L. McGhee and Maryland Environmental Service Maryland Environmental Service Director Charles Glass.

To find out more about Maryland DME Re-Use, including collection site locations, acceptable donations or how to apply to receive durable medical equipment, go to dme.maryland.gov, call 240-230-8000 or email dme.mdoa@ maryland.gov

Summary

There is almost no difference in runtime for the J2 along Old Georgetown Road pre and post road diet/ bike lane project. Avg. runtimes are identical pre and post construction in the Eastbound direction and have decreased slightly in the Westbound direction.

Eastbound

Old Georgetown + Bells Mill to Cedar Lane + Old Georgetown Old Georgetown + Oak PI to Democracy Blvd + Old Georgetown

Westbound



Post (1/01-3/31 Pre 9/01-12/09 Avg. Run Time 6.8 6.4 -0.4 Avg. 4.7 4.6 -0.1 Overnight Run Time Estimated 30.9% 28.1% .2.8%

* - Delay is estimated by taking the difference between the Avg. Run Time and Avg. Overnight Runtime to simulate the buses travel

M

Road Diet and Bike Lanes Are Not Slowing the Bus

Controversy over the "road diet" and new bike lanes on Old Georgetown Road have led to a search for data on possible delays caused by the changes. What impact is the Old Georgetown Road/MD-187 bike lane changes having on the J2 bus service? "Metrobus was kind enough to provide this analysis which basically shows no impact (actually a minor improvement in one direction but that may not be causation)," says Del. Mark Korman.

 $More at https://www.facebook.com/story.php?story_fbid=pfbid02TuRuazzmgmEZfBNwuCLk5PHP-1p1LLBxUNTpfd8C8p7YvaHf2jYsxKe2rZTLiLD5ql&id=100057876948925\&mibextid=qC1gEa$



District 16 Virtual Town Hall

The District 16 legislative team will conduct a virtual town hall meeting on Wednesday, May 17, from 7 pm-8:30 pm. The meeting is open to all via Zoom. Register at bit.ly/d16-05-17.

With Sen. Ariana Kelly and Del. Marc Korman, Del. Sara Love, and Del. Sarah Wolek.

Potomac is split between District 15 and District 16. The District 15 legislators, Maryland Se. Brian Feldman and District 15 delegates Lily Qi, Linda Foley, and David Fraser-Hidalgo are speaking to the West Montgomery County Citizens Association on Wednesday, May 10 at 7:30 p.m. via ZOOM

https://us02web.zoom.us/j/87851217093?pwd=VnRpSjJaeTJ3TE9BNDVJTTNjV0hzUT09 A recording of this meeting will be available on the website: www.WMCCA.org

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.

ARTISTS & MAKERS STUDIOS PRESENTS "FRANKENSTEIN'S LITTLE BEAUTIES"

Artists & Makers Studios on Parklawn Drive in Rockville will host Goodloe Byron with his fantastical paintings in the Invited Artist Gallery with two additional exhibits and an Open Studio event for the month of May. The show, Frankenstein's Little Beauties, runs from May 3rd through May 24th at Artists and Makers Studios.

HYBRID DC SOUTH ASIAN LITERARY FESTIVAL FROM MAY 8-14, 2023

The D.C. South Asian Arts Council Inc (DCSAA-CI) is a 501(c)(3) non-profit dedicated to hosting, producing, and promoting South Asian arts and culture programming. The 3rd Annual Hybrid DC South Asian Literary Festival (DCSALF) – Virtual is from May 8-14, 2023.

DCSALF is a neutral and inspirational platform for artists and writers to voice their stories. South Asian fiction and non-fiction authors, poets, screenwriters, and biographers from all over the world are invited to participate and enrich our community. We envision DCSALF to be a forum that stimulates important discussions about inequality, divide, immigration, LGBTQ challenges, social justice, and other South Asian Diaspora issues and challenges. Authors will have an opportunity to promote and read from their books and engage with the audience in conversations, panel discussions, and Q&A sessions. The Annual DC South Asian Literary Festival started in 2021 with Opening Discussion with Honorable Javed Akhtar and in 2022 with Honorable Gulzar and Late Dr. Gopi Chand Narang.

The DC South Asian Literary Festival will feature well-known authors Chitra Banerjee Divakurni, Rakhshanda Jalil, Arundhathi Subramaniam, Dr. Meenakshi Mohan, Dr. Anita Nahal, Dr. Ali Madeed Hashmi, Raza SEE BULLETIN, PAGE 5

FARMERS MARKET

Potomac Village Farmers Market Begins



Fruit, vegetables, flowers, plants and herbs from Westmoreland Produce. Westmoreland Produce is a family owned and operated farming business that offers a good variety of fresh local produce, with over 20 years of experience with farmers markets around the area. https://www.westmorelandproduce.com/



Honey and juice from McCleaf's.



he first Potomac Village Farmers Market of the year took place Thursday, May 4, and will run every Thursday into November, 3-6:30 p.m. Potomac Village Farmers Market is hosted by the Potomac

United Methodist Church at 9908 S Glen Rd, Potomac, MD 20854, at the corner of S. Glen and Falls roads. The market offers fresh seafood, art, plants and cut flowers, fruit and vegetables, fresh baked desserts, breads and rolls, home made meals, wood fired pizza and more. It's a small market, not too small, not too big, just right.



LIFFE WOODFIRED PIZZA

El Jefe Woodfired Pizza menu.



Strawberries from McCleaf Orchards



Apples from McCleaf Orchards



Country Vittles: Local, all-natural, free-range, and hormone-free meats and eggs Country Vittles sells meats from animals raised on the family farm, such as beef, pork, goat, rabbit, chicken, and turkey, as well as brown eggs from free-range chickens. https://www.countryvittlesfromcritterhill.com/ 4 🔹 Ротомас Аlmanac 🗞 May 10-16, 2023

FARMERS MARKET



Simply Delicious Desserts, fresh breads, rolls, biscuits, pound cakes, pies, cakes, cheesecake, brownies, cookies, muffins, quiche, chicken pot pie, sides and entrees. https://www.simplydeliciousdesserts.org/



Kora Lee's Dessert Cafe, https://www.koralees.com/





Asparagus from **McCleaf's Orchard**

BULLETIN BOARD

From Page 3

- Mir, Naheed Phiroze Patel, Sara Chansarkar, Dr. Harish Naval, Sunanda Mehta, Narendra Chauhan, Sunavana Kachroo Bhide, Surinder Deol, Soma Bose, Lopa Banerjee, Gopal Lahiri Basudhara Roy, and Seema Sirohi.
- Dr. Hashmi is from Lahore Pakistan (grandson of Faiz, he will talk about his book Faiz Ahmed Faiz). Arundhathi Subramaniam, a Sahitya Academi Award
- are arriving from India. The schedule is available on the website https://www.dcsaaci.org. The nine-day festival has many in Conversation and panel discussions.

BETHESDA FINE ARTS FESTIVAL The Bethesda Fine Arts Festival returns this May 13 and 14 to downtown Bethesda. See Bulletin, Page G



An Outdoor Springtime Art Festival on John Carlyle Square SCAN ME TO LEARN MORE **300 JOHN** CARLYLE STREET Alexandria, VA



3rd Annual Art Festival

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News

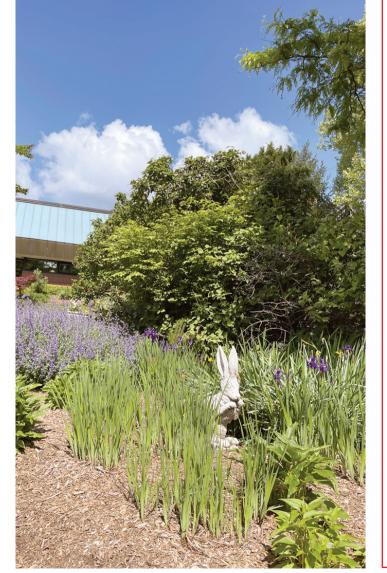


The Potomac Garden Club plants and maintains the grounds of the Potomac Library.



Plant sale by the Potomac Garden Club held at the Potomac library last Saturday, May 6. Large selection of native plants and other plants, raising funds to help maintain the grounds of the Potomac Library.

G ♦ Ротомас Аlmanac ♦ May 10-16, 2023



Bulletin Board

From Page 5

- Featuring 120 of the nation's best artists, live entertainment and Bethesda restaurants! Admission to the event is free.
- Bethesda Fine Arts Festival Entertainment The Bethesda Fine Arts Festival features 120+ artists and continuous entertainment! Stop by the stage on Norfolk Avenue to hear live music by some of the region's best musicians. Saturday, May 13 10am - 11:30am: Sara Jones Duo 12pm - 1:30pm: The Walkaways 2pm - 4pm: Carley Harvey 4:20pm - 6pm: Was Tucker & The Skillete

4:30pm - 6pm: Wes Tucker & The Skillets

Sunday, May 14 10am - 12pm: Jay Byrd and The Musical Trust

12:30 - 2:30pm: Eric Scott 3pm - 5pm: Jarreau Williams More details - https://www.bethesda.org/

arts/artsfestival.htm

MONTGOMERY **RECREATION SUMMER REGISTRATION BEGINS MAY 15**

- REGISTRATION BEGINS MAY 15 Montgomery County Recreation's summer program registration begins at 6:30 a.m. on Monday, May 15 for County residents for most programs and activ-ities. Registration for Bone Builders, Day Trippers and Senior Outdoor Adventures in Recreation (SOAR) will begin at 9 a.m. Non-County residents will be able to register for Recreation's programs
- register for Recreation's programs beginning at 6:30 a.m. on Wednesday, May 17.
- Summer programs and activities are tailored to a variety of interests, skill levels and ages. Offerings include aquatics, fitness, sports, visual and performing arts, therapeutic recre-ation, adult 55+ programming and more. There are hundreds of programs available that promote an active, healthier lifestyle.
- Programs will become viewable online Friday, May 5, and residents can once again build their own guide. A digital guide will also be available online.
- Applications are currently being accepted for the Department's financial assistance program, Rec Assist, which provides eligible County residents with \$200 per eligible family member to use toward Recreation programs and activities.
- While online registration is encouraged, registration will also be available by mail, drop-off or in person. On May 15, in-person registration will be available at 6:30 a.m. at four of the County's aquatic centers and at the administrative offices in Wheaton. In person registration will also be available at all other Recreation facilities during regular business hours.

SATURDAY/MAY 20

NAMIWalks Spring United Day of Hope. May is Mental Health Awareness Month and many Americans need resources, services and support for themselves or a loved one to manage a challenging mental illness. The Montgomery County affiliate of the National Alliance on Mental Illness, known as NAMI Montgomery County or NAMI MC, invites the community or NAMI MC, invites the community to join them at NAMIWalks Spring United Day of Hope on Saturday, May 20 at RIO Lakefront in Gaithersburg, Maryland. This fun, community-build-ing event generates funds for NAMI's top-rated programs and raises awareness about mental illness to reduce stigma and strengthen community support. To join NAMIWalks, visit www.namiwalks.org/montgomerycountymd.

www.ConnectionNewspapers.com

TRADITION



Horses race around the turf jumping steeplechase fences at top speed together.

Fun and Festive Tradition At Potomac Hunt Races

he Potomac Hunt Races, an annual tradition, celebrates horse country and the sport of steeplechase racing. Race day festivities include mounted police demonstrations, a Kid Zone and Vendor Village.

"Enjoy the camaraderie of friends and colleagues, the beauty of nature, and the majesty of the equine athletes — all within the pristine rolling fields of the Kiplinger estate in Poolesville, Md."

For optimum tailgating, railside parking passes must be purchased in advance. We also offer Premium Unreserved Parking for those who wish to park in the lot on the race grounds. All other attendees must purchase a Shuttle Pass take a shuttle from the Polo Grounds at 15598 Hughes Road, Poolesville MD. https://www.potomachuntraces.com/passes.html#shuttle-passes

WHAT TO WEAR: Dress at the Potomac Hunt races is eclectic. Jeans and boots of all kinds are the most common dress, but you will see ladies in picture hats and sundresses and men in dress pants and sport coats. Footwear is very important at the Potomac Hunt races. Experienced race goers wear sturdy boots in both good weather and bad.

Potomac Hunt Races Sunday, May 21, 2023

Gates open at 10 a.m. Activities start at 12 p.m. Race course closes at 7 p.m. https://www.potomachuntraces.com/passes.html

BENEFITTING TAPS. The Tragedy Assistance Program for Survivors (TAPS) is the national organization providing compassionate care for the families of America's fallen military heroes and has offered support to more than 100,000 surviving family members of our fallen military and their caregivers since 1994. TAPS provides peer-based emotional support, grief and trauma resources, grief seminars and retreats for adults, Good Grief Camps for children, case work assistance, connections to community-based care, online and in-person support groups, and a 24/7 resource and information helpline for all who have been affected by a death in the Armed Forces. Services are provided free of charge. For more information and resources go to TAPS.org or call the 24/7 TAPS National Military Survivor Helpline at 800-959-TAPS.



Mounted police offer a chance for families to greet horses. www.ConnectionNewspapers.com

POTOMAC ALMANAC

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Number Us Among the Millions



By KENNETH B. LOURIE

Just welcomed a new member, family friend, Sherrill, into the cancer club. And though it's a club nobody wants to join, it is never at a loss for new members. If only there were dues (there's already plenty of don'ts). The accumulation of cash would rival the lottery. When you consider that now it's projected that up to half the population will likely be diagnosed with some kind of cancer over their lifetime, and an even higher percentage will know someone diagnosed with cancer, cancer is – and will continue to be, the dominant medical currency – a currency which often costs patients their lives. A life that becomes a daily struggle.

A struggle to endure the treatments, before, during and especially after the medication has been administered. I can still recall the worst pain I ever experienced. I was sitting in a Barcalounger at the Infusion Center psyching myself up to start my six-hour infusion which can only begin after the actual chemotherapy is prepared (it's not exactly off the shelf, it must be mixed/created chemically). Because chemotherapy is so expensive, the medicine is not available until after the patient has arrived at the Center and has been approved for treatment (this approval is a function of the preceding day's lab work, one's appearance that day and their on-site vitals). This wait/assessment occurs out of an abundance of caution as well as fiscal responsibility. If the infusion drug is prepared/mixed in advance of the patient's arrival/medical approval, and it happens for one of the reasons listed above that the patient is unsuitable for treatment that day, the medicine is wasted as it was specially prepared for this patient and can't exactly be undone and returned to inventory for the next patient. In effect, the money is spent with nothing to show for it.

As a result of this qualification period (for lack of a better description), patients must wait for their chemotherapy drug to be prepared and delivered to the Infusion Center. Moreover, given the volume of business many of these centers are experiencing (I was told "Obamacare" was responsible for increasing the numbers of patients; my center even has Saturday hours now), the wait can be up to an hour, so far as I've experienced anyway. And given the cost of these drugs, mixing them is hardly routine (anything but). Therefore, the process plays out very carefully. There's no hurrying it. You just must wait for your drugs, like it or not (and usually, not).

And what's to like? Everything that one equates with a cancer diagnosis/treatment: the hair loss, the nausea, the fatigue, the muscle weakness, the eating challenges, the neuropathy, the fear, the anxiety, the worry and on and on and on are unpleasant. Being diagnosed with cancer is all it's cracked up to be. Any help I've been given over the years to help me cope/understand/survive what is an ordeal, I am happy to pass it on. It's not quite paying it forward, it's more like prepaying. And every little bit of information helps when you consider the road ahead is long, hard, and extremely bumpy - with all sorts of obstacles and without any guarantees, generally. And by welcoming a new member, I hope to draw strength from their commitment. And all of us cancer patients need to draw strength from whomever and wherever we can find it. Encouraging and sharing experiences with new cancel patients as they begin their journey is beneficial to both.

As so I shared with Sherrill the worst pain, I ever experienced was at the Infusion Center. I was sitting in my Barcalounger. I was approved for my infusion. My oncology nurse put an intravenous line into my forearm (I've never had a port) and hung my medicine on the hook above the intravenous pump - through which the chemotherapy drips and ultimately moves its way into my arm/body. The nurse pressed several buttons on the pump which controlled the flow into my arm. One time, the nurse apparently must have hit the wrong flow speed and it increased the pace at which the drug went into my arm. It was like being attacked from the inside out, a burning sensation. I sort of screamed and within a few seconds the readjustment to the medicine's flow had been made. But for a second or two, I was at level 10-ish (patients are often asked to rate their pain on a scale of 1 - 10).

Sherrill understood and appreciated my chemo story. And she shared some of her experiences with me. This "the cancer talk", as friends have described it, is the bond that exists between us cancer patients. We all have a common enemy. I just hope there is strength in numbers because the numbers keep growing, exponentially it seems.

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

POTOMAC PIZZA.



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