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SENIOR LIVING

PAGE 7

Potomac ALMANAC



Masks for buyers and sellers at Potomac Village Farmers Market.

'Novel' Book Launch Allows for More Attendees

NEWS PAGE 3

Potomac Week in Covid

NEWS, PAGE 4

Potomac Village Farmers Market

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REAL ESTATE MAP, 2 ♦ KENNY LOURIE, PAGE 7

ALMANAC FILE PHOTO

MAY 27 - JUNE 2, 2020

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Potomac REAL ESTATE

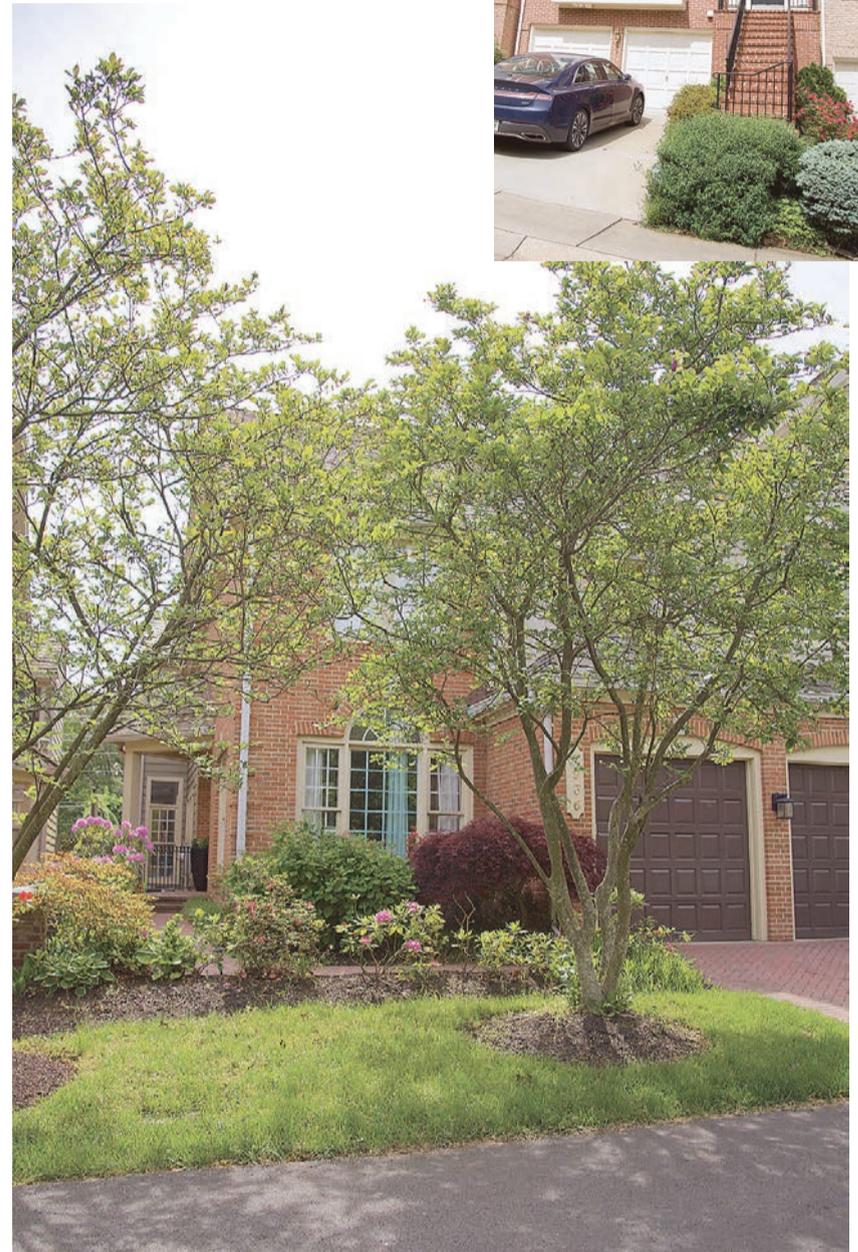
March, 2020 Sales, \$949,000~\$864,990

IN MARCH, 2020, 49 POTOMAC HOMES SOLD BETWEEN \$2,079,000-\$593,000.

7 10211
COLEBROOK
AVE



8 11429
Cedar Ridge Drive
— \$864,990



1 7936 Turncrest Drive — \$949,000



4 9716
Brimfield Court
— \$925,000

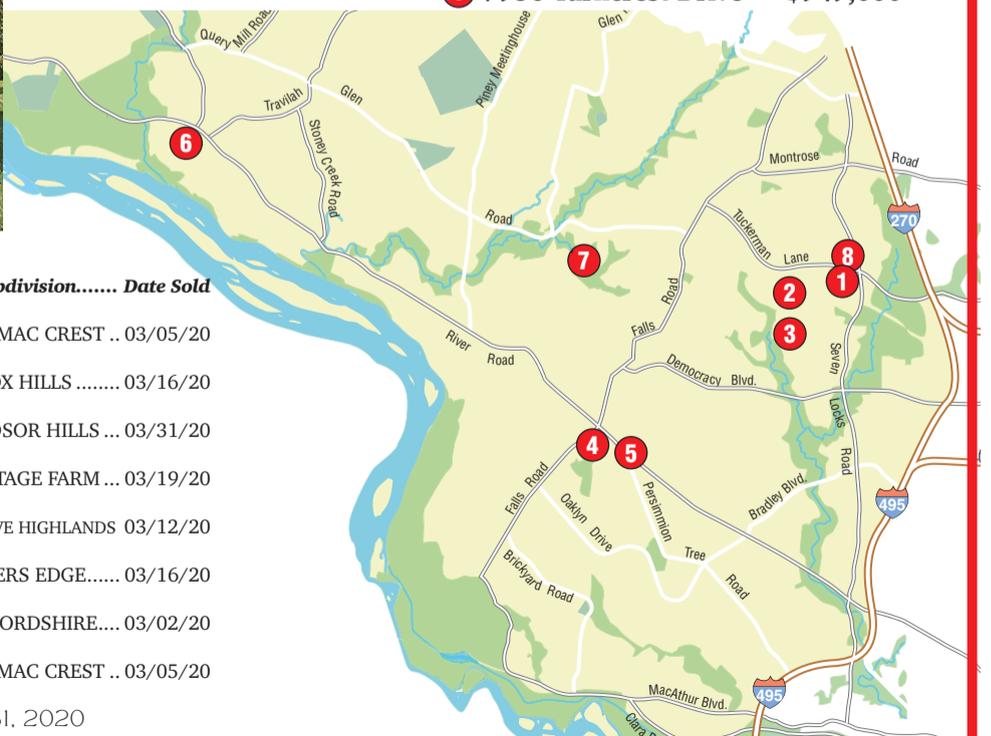
5 9605
Persimmon Tree Road
— \$900,000



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

1	7936 TURNCREST DR.....	3... 3... 1..	POTOMAC.....	\$949,000Townhouse...	0.10	20854.....	POTOMAC CREST ..	03/05/20
2	10914 CANDLELIGHT LN 4...	2... 2..	POTOMAC.....	\$945,000Detached...	0.24	20854.....	FOX HILLS	03/16/20
3	8416 BELLS MILL RD.....	4... 3... 1..	POTOMAC.....	\$940,000Detached...	0.29	20854.....	WINDSOR HILLS ...	03/31/20
4	9716 BRIMFIELD CT	4... 5... 1..	POTOMAC.....	\$925,000Detached...	0.35	20854.....	HERITAGE FARM ...	03/19/20
5	9605 PERSIMMON TREE RD 4...	2... 1..	POTOMAC.....	\$900,000Detached...	0.44	20854.....	MASS AVE HIGHLANDS	03/12/20
6	12405 RIVERS EDGE DR. 5...	3... 1..	POTOMAC.....	\$885,000Detached...	2.00	20854.....	RIVERS EDGE.....	03/16/20
7	10211 COLEBROOK AVE. 4...	2... 1..	POTOMAC.....	\$879,000Detached...	0.35	20854.....	BEDFORDSHIRE....	03/02/20
8	11429 CEDAR RIDGE DR 3...	3... 1..	POTOMAC.....	\$864,990Townhouse...	0.07	20854.....	POTOMAC CREST ..	03/05/20

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Local Author Uses Novel Approach for Book Launch

BY PEGGY MCEWAN
POTOMAC ALMANAC

Just in time for a good summer read, Potomac author Aimee Agresti planned to introduce her new novel, *The Summer Set*, in all the usual ways.

Planned was a bookstore interview with Agresti and author chat with fellow D.C. author Ann Mah. There would be plenty of questions and answers followed by a book signing.

Then the Coronavirus COVID-19 appeared, changing lives and closing stores. Changing, for sure, gatherings such as a bookstore get-togethers.

Still, Agresti wanted to share her latest work with the public.

"I'm glad it's coming out now," she said. "It's just fun. I've always loved the theatre world. I spent my early career as an entertainment journalist."

So, a virtual book launch was planned

for May 16 hosted by Loyalty Books, an independent bookseller with stores in D.C. and Silver Spring.

"It was kind of nice to have a virtual book launch," Agresti said. "I have a lot of friends and family across the country who have never been to one of my book launches."

The Summer Set is Agresti's second novel for adults. Two years ago, she published *Campaign Widows* and she is also the author of the *Gilded Wings* trilogy for teens.

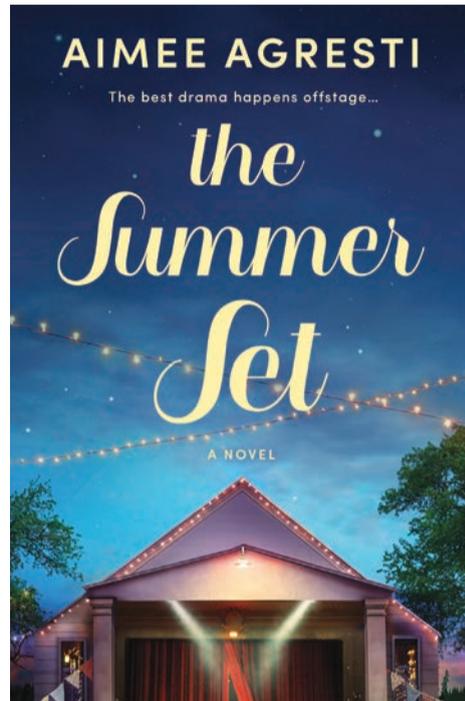
People could send in questions during the virtual conversation and they also sent pictures of themselves attending the launch.

"It was really nice, really cute, some got dressed up," she said. "I was really touched, I felt really close."

Agresti said she had the idea for *The Summer Set* for a long time. She grew up in Olney and worked summers at the Olney



Aimee Agresti



PHOTOS BY / ABBY GREENAWALT

Theater, behind the scenes, she said, never on stage. The theater had a house for the summer actors to stay in and, Agresti said, she always wondered about their off-stage lives. Those long-ago wonderings were the seeds for *The Summer Set*.

Her more recent research into summer theater included a stay at the Williamstown Theatre Festival in Williamstown, Massachusetts where she said she was inspired by the theatre scene and the landscape of the Berkshires. Outside, her characters could get away from their work and intrigues and enjoy the revitalizing power of nature.

The Summer Set was released May 12 from Graydon House/HarperCollins. It is available through loyaltybookstores.com and other online sources.

Potomac writer Aimee Agresti launched her second novel "Summer Set" last week, just in time for the summer reading season.

Many Struggling: Learning To Cope in the Pandemic

EveryMind offers Mental Wellness Town Hall Thursday.

BY PEGGY MCEWAN
POTOMAC ALMANAC

Kids are home from school, many parents are working at home and there are few places to go. All circumstances that come with a cost, mostly stress and anxiety.

EveryMind, formerly the Mental Health Association of Montgomery County, is holding a Mental Wellness Town Hall from 7-8 p.m. Thursday, May 28 on Facebook Live to discuss tools for combating stress and anxiety caused by COVID-19.

"Building Resiliency – Managing

the Impact of Prolonged Stress During COVID-19," the town hall will discuss strategies for building resiliency, an important tool for navigating uncertain times, Karen Duffy, EveryMind chief development officer, said. "What we want to hammer home to our community is that you are not alone" Duffy said. "There are a lot of resources."

It is important to develop resilience in order to cope with times of adversity, tragedy, or trauma according to EveryMind.

EveryMind also sponsors a Mental Health Hotline – 301-738-2255. Duffy said phone calls are up significantly since the stay-at-home directive was imposed in March to

help contain the spread of the coronavirus.

People have been suffering, she said. "People fear the uncertainty, the idea that there is no light at the end of the tunnel, they want to learn to navigate the new normal."

The Town Hall will discuss many of the questions people ask and offer hope for their fears.

"One of the biggest fears to combat," she said, "is knowing you are not alone."

Contributing to Thursday's Town Hall discussion are:

Gabe Alborno, Montgomery County Councilmember and chair of the Council's Health and Human Services Committee;

Dr. Norvell V. Coots, President and CEO of Holy Cross Health; James Gilmore, LCSW-C, Montgomery County Department of Health and Human Services, and Lisa Luse, LCSW-C, mental Health Therapist and EveryMind Board Member.

To register for the Facebook Live event, visit very-mind.org/registration-forms/mental-wellness-town-hall.

You do not have to have a Facebook account to participate.

For further information on maintaining mental health during this time of stress or for help with other issues visit every-mind.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.

WHERE'S MY BALLOT?

Missing Ballot Information: If you haven't received your election ballot by May 22, 2020, contact the Montgomery County Board of Elections at 240-777-8580. Or email elections@montgomerycountymd.gov. You must include your name, address, DOB, and Party. Or visit the Maryland State Board of Elections website to request a ballot. Or go to <https://www.montgomerycountymd.gov/Elections/WhereisMyBallot.html>

COUNTY APPROVES FY21 OPERATING BUDGET

The Montgomery County Council this week voted unanimously to approve the County's \$5.8 billion Fiscal Year (FY) 2021 Operating Budget and a \$4.4 billion FY21-26 Capital Improvements Program (CIP) to fund school construction, infrastructure improvements and community projects. The Council's focus throughout its budget work

was on providing continuity of services for County government and residents.

Council President Sidney Katz, Vice President Tom Hucker and Councilmembers Gabe Alborno, Andrew Friedson, Evan Glass, Will Jawando, Nancy Navarro, Craig Rice and Hans Riemer voted to approve the operating budget and capital budgets.

SWIMMING POOLS TO REMAIN CLOSED

Montgomery County health officials announced that public and private community pools will not open Memorial Day weekend for the traditional start of summer, due to COVID-19 restrictions affecting the health and safety of patrons and employees. Restrictions apply to pools operated by Montgomery County Recreation, as well as apartment and condominium complex pools, and private swim clubs. Indoor pools will remain closed.

PRIDE TOWN HALL

Montgomery County Public Schools will hold its first-ever virtual Pride Town Hall from 6-8 p.m. on Wednesday, May 27. The forum will be broadcast live on the MCPS website and on the MCPSTV YouTube channel. The event is open to all MCPS students, families, staff and community members. The purpose of this town hall is to reconnect with MCPS LGBTQ+ youth, families and community during the COVID-19 crisis. During the event, community partners and organizations will share resources available to students and families, and also discuss the challenges LGBTQ+ youth may be facing during the extended school closure. MCPS staff and representatives from Casa Ruby, the Family Justice Center, GLSEN, the Montgomery County Council of Parent Teacher Associations (MCCPTA), MoCo Pride Center, MoCo Pride Student Organization, PFLAG and SMYAL will be available to answer

questions from participants in this webinar.

SUMMER CAMP CANCELLED

Montgomery County Recreation has canceled all summer camps and programs and is refunding customer pre-payments while also developing contingency plans for new camps in a COVID-19 environment. In addition, facility rentals through May 31 have been canceled and registrations for summer activities and classes have been postponed until further notice. Montgomery County Recreation is continuing to follow Maryland guidelines regarding the reopening of facilities and programs. It is working on restructuring a new set of summer camp offerings if guidelines will eventually allow those programs this year. Current updates for Montgomery County Recreation programs and services include:
Summer Camps: All summer camps are canceled and refunds are being processed. Summer camp payment

plans also have been canceled. Restructuring a new set of summer camp offerings—if they will be allowed this year. Details are not yet available on those possible offerings.

Facility Rentals: All rentals have been canceled through May 31, 2020.

Pass Holders and Memberships: Auto-renewals of passes and memberships have been canceled, including 12-punch passes. Once services resume, paid passes will be extended by 12 weeks from that time.

Summer Registration: Registration for summer activities and classes has been postponed until further notice.

In response to those seeking activities during the health crisis quarantine guidelines, Montgomery County Recreation launched a new "Virtual Rec Room" that offers hundreds of ideas for fun, creative activities for the whole family. The virtual Rec Room 24/7 is available at www.mocorec.com/recroom.

Potomac Week in Coronavirus

BY KEN MOORE
THE ALMANAC

Monday, May 25

Potomac 20854 Cases: 244
Montgomery County Cases: 10,111
Maryland Cases: 47,152
United States Cases: 1,622,114
Maryland Deaths: 2,187
Montgomery County Deaths: 526
United States Deaths: 97,049

Sunday, May 24

Potomac 20854 Cases: 232
Montgomery County Cases: 9,922
Maryland Cases: 46,313
Maryland Deaths: 2,162

Saturday, May 23

Potomac 20854 Cases: 230
Montgomery County Cases: 9,699
Maryland Cases: 45,495
Maryland Deaths: 2,130

Friday, May 22

Potomac 20854 Cases: 227
Montgomery County Cases: 9,432
Maryland Cases: 44,424
Maryland Deaths: 2,092

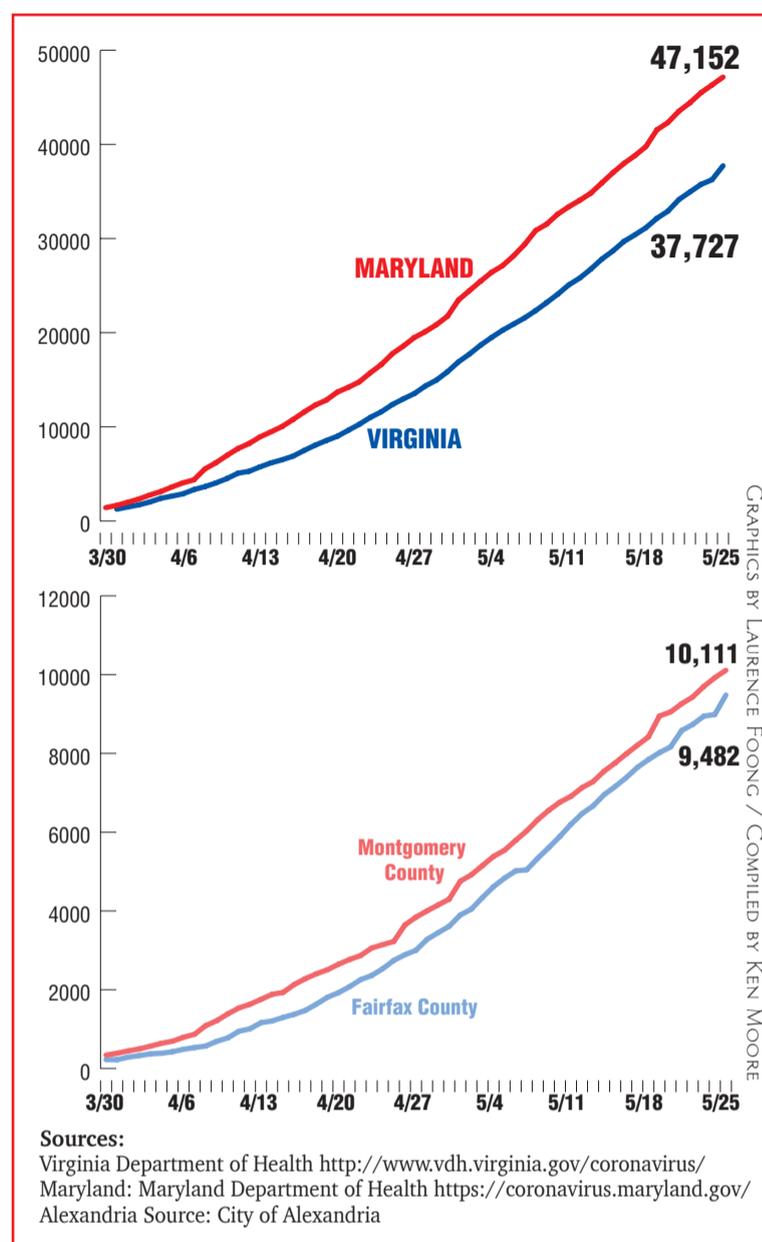
For listing of what is open and what is not, see <https://montgomerycountymd.gov/HHS/RightNav/Coronavirus-open.html>

MORE TESTING: Gov. Larry Hogan's emergency order earlier this week authorized the state's nearly 1,200 pharmacies to order and administer COVID-19 tests.

In Montgomery County, CVS Health is offering no-cost coronavirus testing available to qualifying residents at the following drive-thru sites, with more sites expected to be announced in the coming weeks: CVS Pharmacy, 7809 Wisconsin Avenue, Bethesda, MD 20814; CVS Pharmacy, 799 Rockville Pike, Rockville, MD 20852; CVS Pharmacy, 12215 Darnestown Road, Gaithersburg, MD 20878.

Universal COVID-19 testing is underway at all state-run correctional and juvenile facilities in Maryland. Maryland is also delivering more than 20,000 tests per week to nursing homes.

HELP FOR VETERANS The Montgomery County Commission on Veterans Affairs, which is aware that some veterans are having increased mental health issues during the COVID-19 health crisis, is urging veterans and their families to take advantage of the services offered by the Steven A. Cohen Military Family Clinic at



Easterseals in Silver Spring. The clinic provides high-quality and accessible behavioral health care to veterans, their families, the families of active duty service members and caregivers. The clinic is located at 1420 Spring St., Suite 300, in Silver Spring, although during the health crisis, the clinic is offering telehealth services. The clinic can be reached at 240-847-7500 or via email at info.mfc@eseal.org.

The Cohen Clinic at Easterseals offers free online workshops in association with the Chesapeake Shakespeare Company, from 6-8 p.m. on Wednesdays starting May 27 and continuing through July 29. Veterans can register for the workshops at chesshakes.com/cw-cohen.

NOT THE ONLY ONES: U.S. Rep. David Trone (Md.-6) in an opinion piece for The Hill:

"The Disaster Distress Helpline, a federal crisis hotline that provides counseling for people facing emotional distress during times of natural and human-caused disasters, has seen an 891 percent

increase in calls compared to this time last year. Dr. Joshua Gordon, the director of the National Institute of Mental Health (NIMH), told me that half of all Americans are experiencing moderate to strong anxiety, along the lines of the numbers we saw during Hurricane Katrina.

All the evidence suggests this will worsen. The jobless rate and our deteriorating economy are negatively affecting our mental health. For every one point increase in unemployment, the suicide rate trends up by 1.6 percent. This month we learned the unemployment rate rose 10.3 percentage points to 14.7 percent. We are going to lose people if we don't act now."

See full article at <https://trone.house.gov/>

TENNIS ANYONE: Montgomery County Public Schools outdoor tennis courts are open for walk-on use by the community. Scheduled or reserved use of tennis courts at public schools is not permitted at this time.

DON'T NICKEL-AND-DIME: U.S. Rep. Jamie Raskin (MD-08) joined more than 70 bipartisan lawmakers in urging the Department of Defense (DOD) to extend the activations of men and women in the National Guard for the duration of the President's emergency and disaster declarations so they can continue to assist with the nation's fight against the COVID-19 pandemic. Current activations are set to expire on June 24, 2020. The June 24 deadline would fall just short of the 90 days of service required for many members of the National Guard to qualify for certain federal benefits, including the Post-9/11 G.I. Bill. "To battle this unprecedented crisis, we asked our neighbors in uniform to serve our nation in its time of need, and we hope the Department has not—and will not—nickel-and-dime its Soldiers and Airmen."

Thursday, May 21

Potomac Cases: 223
Montgomery County Cases: 9,260
Maryland Cases: 43,531
Maryland Deaths: 2,045

NEW LOCAL TEST: A new COVID-19 testing plan is made possible by a contract with AdvaGenix, a molecular diagnostics laboratory located in Rockville. The self-administered oral swab test, developed by AdvaGenix, enables the County to expand testing to essential frontline workers, nursing home staff and residents, and the general public, with test results available within 48 hours.

The molecular testing will examine saliva collected by an oral swab or saliva tube to detect the presence of the virus. The test identifies all three genes within the SARS-CoV-2 viral genome. This oral test can be self-administered, making it easier to conduct more tests in a less-invasive with less staff.

In the first phase of the contract, which is underway, the County will receive a minimum of 7,500 tests per week. Priority groups to be tested initially will be first responders; nursing homes and long-term facility staff and residents; and employees of the County's Department of Correction and Rehabilitation. The second phase of the testing plan will begin the week of May 31 and will test County employees who are essential workers, and hospital workers and health care providers. Phase three begins June 8; and at that point, the County will begin receiving 20,000 tests per week. By then, testing is

scheduled to begin at sites such as grocery stores and other essential businesses for their employees; and testing will also be available for the general public.

CONTACT TRACING: Maryland's statewide contact tracing operation will be fully operational next week, according to Gov. Hogan. To launch this operation, Maryland will have more than 1,400 case investigators statewide. At the start of the crisis, the state had a total of 250 case investigators working at local health departments.

Fran Phillips, Deputy Secretary for Public Health at the Maryland Department of Health asks: "Please answer the phone if you see 'MD COVID' on the screen; working with our COVID-19 case investigators truly can help save lives."

When the phone rings, the caller ID will read "MD COVID." Depending on whether the contact investigator is calling directly from NORC or a local health department, there will also be a list of phone numbers provided to verify the caller's identity. The contact tracing caller will ask about one's health, any potential symptoms, and the duration of those symptoms. They may ask about an individual's whereabouts and interactions for a specific period of time. Guidance will be provided regarding self-isolation and monitoring for symptoms. They will ask for verification of date of birth and additional contact information, and if an individual has already tested positive for COVID-19, they may request details regarding that test.

A contact investigator will never ask for a Social Security number, financial or bank account information, or personal details unrelated to COVID-19. They will not ask for photographs or videos, passwords, or payment.

For more information on contact tracing in Maryland, please visit <https://coronavirus.maryland.gov/pages/contact-tracing>.

TERP LAND: University of Maryland received Rapid Research Response (RAPID) awards to conduct research related to the 2019 novel coronavirus. The funding was authorized by the Coronavirus Aid, Relief, and Economic Security (CARES) Act through the National Science Foundation (NSF). Projects include:

\$187,871 for a project to accelerate research into transmission patterns of the virus that causes COVID-19, informing efforts to improve contact tracing procedures as well as efforts to date the

SEE CORONAVIRUS, PAGE 6
WWW.CONNECTIONNEWSPAPERS.COM

NEWS



Shiitake mushrooms, asparagus, apples, microgreens, radishes from McCleaf's.



Mesisam The Ethiopian Eatery.

Potomac Village Farmers Market

Other vendors include Hillside Meadow Farm; Simply Delicious bread, cookies and other baked goods; Salt River Lobster for fresh fish; Stokers BBQ; Country Vittles local fresh meat and dairy products; Organic Gourmet baked goods, and more

Potomac Village Farmers Market,
Thursdays through October, 3-7:30 p.m.

Potomac United Methodist Church
9908 South Glen Road
Potomac, MD 20854
<https://www.potomac2-umc.org/potomacvillage-farmersmarket>



Connor from McCleaf's Orchard setting up for market day.



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Special Connections Calendar 2020

Advertising Deadlines are the previous Thursdays unless noted.

MAY

5/6/2020.....Mother's Day Celebrations, Dining & Gifts II

5/6/2020.....Wellbeing

5/13/2020.....HomeLifeStyle

5/20/2020.....A+ Camps & Schools

5/27/2020.....Senior Living

JUNE

6/3/2020.....Wellbeing

6/10/2020.....Father's Day Dining & Gifts

6/10/2020.....HomeLifeStyle

6/17/2020...A+ Graduations & Summer Education

6/24/2020.....Senior Living

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- Oak Hill/Herridon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

Potomac Community Village Offers Programs Open to Public

By PEGGY McEWAN
POTOMAC ALMANAC

Potomac Community Village is sponsoring two programs for the community in early June. The first, "It Takes a Community to Age Safely: The Vital Role of Villages in Safeguarding Older Adults against Abuse, Neglect, and Financial Exploitation," is a webinar scheduled for Tuesday, June 2 from 10 a.m. until noon.

Speakers Pazit Aviv, Village Coordinator for Montgomery County; Mario Wawrzusin, administrator for the County Health and Human Services, Adult Protective Services; and Sylvia Saunders, President of East County Village Seniors; will discuss the Village Movement in Montgomery County. Villages have been instrumental in supporting community members to safely age-in-place, offering services including transportation, assistance with household tasks, and sponsoring gatherings to promote social activities. The webinar will highlight the groundbreaking work of local villages, practical tips to successfully age-in-place and the debut of a new community resource guide created by

the ElderSAFE Center to better connect community members to the county resources.

The program is free and open to all, but advance registration is required.

To register, go to:
<https://www.smithlifecommunities.org/event/it-takes-a-community-to-age-safely-the-vital-role-of-villages-in-safeguarding-older-adults-against-abuse-neglect-and-financial-exploitation/>

Once you register, you will get Zoom access information.

On Wednesday, June 10 from 11:30 a.m. to 1 p.m. Potomac Community Village will host a live ZOOM lecture on The Art Theft of the Century,

about the theft of the Mona Lisa in 1911.

On August 21, 1911, the Mona Lisa, painted by Italian artist Leonardo da Vinci, was stolen from the Louvre in Paris, France. Someone entered the Salon Carré, lifted the painting off the wall and simply walked out with it. The painting was stolen on a Monday morning, and baffling as it may be, it was not until Tuesday at noon that anyone noticed that the masterpiece was missing. Who stole the Mona Lisa and why? How did

the authorities recover the painting? For the answers to these questions, join the lecture for a richly illustrated presentation about the theft of the most famous painting in the world.

Barbara Evans will lead the discussion. Evans has taught in Montgomery College's Lifelong Learning Institute for more than 30 years. She has a double Bachelor of Arts degree from American University in British History and Art History, attended the University of Maryland with a specialization in 17th-century Northern Painting and a minor specialization in 19th-century European painting, advancing to candidacy, but says she will "forever be All But Dissertation."

This lecture is free and open to PCV members, volunteers and non-members. Zoom access information will be sent to members and volunteers but Non-members must register at info@PotomacCommunityVillage.org by Tuesday, June 9 at noon and will be sent the link.

Potomac Community Village (PCV) serves the 20854 zip code. It is a non-profit network of neighbors and friends geared to enabling older Potomac residents to age in place in

their existing homes. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org or www.facebook.com/PotomacCommunityVillage.

Seniors Please Share

High school and college seniors are invited to tell their graduation story for the Potomac Almanac June 10 issue. What are your plans for the fall and next year? What were your favorite things about the school year past? How do you feel about virtual graduation? Are you hoping for an in person graduation in the future? Do you have plans to say goodbye to your school, teachers and classmates in a special way?

Please share your thoughts and feelings by Email peggymcewan@aol.com. Please use graduation in the subject line.

Potomac Week in Coronavirus

FROM PAGE 4

origins of outbreaks in regions where contact tracing is not effective.

\$91,938 for research into the effects of reduced human activities on forests in North America as a result of the pandemic, informing projections of the environmental impacts of future emissions reductions. This project will be conducted using existing infrastructure and data provided by the Smithsonian Environmental Research Center as well as the U.S. Forest Service.

\$86,177 for the development of a knowledge resource to help entrepreneurs and manufacturers to assemble the supply chains and processes to produce new types of products as a result of the pandemic, in particular Personal Protective Equipment (PPE).

Wednesday, May 20

Potomac Cases: 218
Montgomery County Cases: 9,052
Maryland Cases: 42,323
Maryland Deaths: 2,004

VENTILATORS INCLUDED:

Montgomery County Executive Marc Elrich and County Health Officer Dr. Travis Gayles introduced a new COVID-19 data dashboard. The dashboard provides information on hospitalizations, the number of patients

in intensive care units (ICU), and the number of ventilators in use, as well as previously available information regarding the number of confirmed COVID-19 cases and deaths. This information will help guide the County's decisions on when to lift its Stay-at-Home Executive Order. Should the data continue to improve, Gayles and Elrich said Wednesday, May 20 that they expect a phased-in approach to reopening could take place within the next week or two.

Lifting the stay-at-home order and beginning to slowly reopen the county will be based on a variety of measures that include the following:

The number of new cases in the setting of increased testing;
COVID-19 related hospitalization rate;
COVID-19 related ICU rate;
COVID-19 related deaths;
COVID-19 like and influenza-like illnesses presenting to the health care system;

Percentage of acute care beds used by patients with COVID-19;
Percentage of ICU bed used by patients with COVID-19; and
Percentage of emergency/critical care equipment used by patients with COVID-19 (e.g. ventilators).

ON OPENING: "We are making positive strides. We're moving in the right direction. We are closer to reopening in some capacity and we will continue working with our

partners and neighboring to discuss what that will look like," said Montgomery County Chief Health Officer Travis Gayles. "We want to make sure that all of the different measures that we are looking at are being experienced by all segments of our population and all of the efforts that we plan in terms of our recovery pieces are looked at through a lens of equity."

County Executive Marc Elrich said: "Assuming the data generally continues the way it is, the way it has been, we should be able to accomplish this within the next week or two.

"The Executive Order that I issued, and the Council approved, extended the Stay-at-Home order for Montgomery County. This came after Governor Hogan lifted the statewide Stay-at-Home order on May 15. In lifting the statewide order, the Governor acknowledged that individual jurisdictions might need to maintain the stay-at-home order. This is the case in Montgomery County.

DISPARITIES: To help address the disproportionate impact of COVID-19 on communities of color in Maryland, members of the Maryland congressional delegation urged Gov. Hogan to use race and ethnicity data to develop a plan. Led by U.S. Sen. Chris Van Hollen and Congressman Anthony G. Brown, including Sen. Ben Cardin and U.S. Reps. Steny H. Hoyer, Dutch Ruppersberger, John P.

Sarbanes, Kweisi Mfume, Jamie B. Raskin, and David Trone.

Data shows the pandemic's disproportionate impact on Black and Hispanic residents.

"We believe a critical element of any plan developed must seek to understand the unique needs and cultural and sociological differences of various communities in coordination with a trusted research partner. The plan should follow the lead of other states like New York and Michigan and integrate partnerships with trusted community-based organizations, such as churches and other members of the faith-based community, and bolster the existing public health workforce with members of these communities."

For the 33,138 COVID-19 cases that have race and ethnicity data available as of May 19, nearly 38 percent of patients are Black, and Black residents make up more than 43 percent of COVID-related deaths, while African Americans only make up 30 percent of the state's population. Similarly, despite only comprising 10% of the State's population, Hispanic Marylanders make up nearly 29% of positive COVID-19 cases.

Tuesday, May 19

Potomac Cases: 217
Montgomery County Cases: 8,950
Maryland Cases: 41,546
Montgomery County Deaths: 465

Maryland Deaths: 1,963

GRADUATION, VIRTUAL, UNIVERSAL: Montgomery County Public Schools plans for a Universal Virtual Graduation Celebration. More information with specifics concerning the program, date and time will be sent to students and families soon.

"Recently, we surveyed seniors and their families about their preferences for graduation ceremonies.

In early June, we will host a universal virtual graduation for the entire Class of 2020 and their families. We will share details on the virtual commencement celebration in the coming days," according to Montgomery County Public Schools. "Additionally, from May 14 to May 22, we will celebrate our seniors on social media. Students are encouraged to share short videos or photos on Twitter telling us their post-secondary plans-whether they are heading off to college, the military, taking up a trade or apprenticeship, or going straight into the workforce. Staff, parents, guardians and family members are encouraged to share messages and best wishes for seniors through videos or photos. Be sure to use the hashtag #MCPSCClassof2020. If family and friends prefer to email a video or photo, send it to pio@mcpssmd.org

Organizing Boxes of Old Photos

The daunting project can be broken down in to smaller tasks.

By MARILYN CAMPBELL
POTOMAC ALMANAC

Stacks of boxes containing thousands of photographs line the walls of the basement in Alice Denson's Fairfax home. For the past five years, the 73-year old mother and grandmother has promised herself and her family that she would begin the monumental task of sorting and organizing the photos. Still, the boxes stand, covered by layers of dust that grow thicker as the years pass.

"I even have photos of my grandparents," she said. "I want to leave them in order for my daughter and grandchildren. My daughter has been pushing me start and she's offered to help since we're not getting out of the house much these days. She's even offered to hire someone to help me, but it just hasn't happened yet."

Coronavirus-induced stay at home orders have resulted in unexpected free time, particularly for those who are most susceptible to contracting COVID19. Like Denson, many believe that this is an ideal time to sort old photos. Mustering the wherewithal to begin the project is the hard part.

Starting monumental and often emotionally charged organizational tasks like sorting a lifetime of photographs can be daunting, says organizer Susan Unger, CPO and Owner of Clutter SOS who specializes in working with seniors. "My clients are often dealing with organizational challenges, medical issues, mental health issues, perfectionism or life crises," she said.

Life experiences, the very events that photos are meant to capture and preserve, can also be the roadblocks that keep these memories stored in boxes indefinitely.

"Photos are intrinsically linked to our emotions and can be tough to get rid of," said photograph organizer Jody Al-Saigh, owner of Picture Perfect Organizing. "They can even be hard to look through if they bring up a painful memory for someone, so sticking them in a box on a shelf is just easier for some."

Unlike re-organizing a closet that's bursting with obvious clutter, photographic items like slides or film are easy to pile-up unnoticed. "Photos are often an after thought when it comes to organizing," said Al-Saigh. "Prints don't take up much room, and digital photos take up no physical space. So, they can be put to the side in order to prioritize organizing larger areas such as a garage or basement."

After deciding to begin the daunting task the first step is scouring the nooks and crannies of one's home, gathering all of the photos and



PHOTO COURTESY OF JODY AL-SAIGH

Tackling the task of organizing decades of photographs and storing them in acid free, archival boxes and photo albums can prevent yellowing and deterioration.

bringing them together in one place, advises Al-Saigh. "You will get a true indication of what you have to work with," she said.

Knowing the amount of items that need to be organized can assist in setting a realistic goal and a deadline by which to reach it. "Don't try to take on too much at once," said Al-Saigh. "Work in small batches over time."

Creating categories such as the year a photo was taken or the holiday it captures can be useful in the sorting process, suggests Al-Saigh. She recommends her 'ABCs' method for deciding which photos to keep and which to discard.

"A' is for albums which should hold the best photos in your collection. You don't need everything to go in an album, just the gems," she said. "B' is for box which hold photos that add to the story but can be saved separately as needed. 'C' is for can, as in trashcan. Discard blurry, bad or duplicate photos, landscapes and any photos you just don't like."

"Photos are intrinsically linked to our emotions and can be tough to get rid of."

— Jody Al-Saigh, *Picture Perfect Organizing*

The 'S,' she says are for photos that are not of the best quality, but that help to tell a story. Those photos should be categorized as an A or a B.

"Save, scan and enjoy prints," said Al-Saigh. "Make albums from prints, put photos in archival storage boxes or sleeves, make back-ups of scanned images by using a cloud storage."

To prevent another photo backlog, "Make a schedule for yourself to do photo maintenance on a regular basis.

Maybe it's monthly, quarterly, or every six months," said Al-Saigh. "Digital photos are easy to get backlogged because there's no limit to how many you can take."

Use moments of unavoidable idle time, such as waiting for a medical appointment and delete unwanted digital photographs. "It's time better spent cleaning off your phone rather than watching TV in a waiting room or reading an old magazine," said Al-Saigh. "Also, be mindful of the photos you take. When on a vacation, take pictures with people that you'll cherish into the future, rather than a landscape or scenery that holds less meaning."

Time Will Have Been Told



By KENNETH B. LOURIE

In two days I will have completed four weeks on my low iodine diet (no chocolate, no salt, no dairy, no bread) with four days remaining until my one-night hospital admission and subsequent seven-day medical quarantine at home. If I remember correctly the substance of the hour-long phone conversation we had with a doctor from the Nuclear Medicine department previous to my beginning this thyroid cancer treatment process, on Friday the day after my "radioiodine therapy," my eating can return to its previous abnormal. I just have to hope that the supermarket shelves are fully stocked that day. Unfortunately, in our present pandemic pressure cooker, the chances are above average that my hearts of desire will be missing and not in action.

To assuage any anxieties I have concerning this non-military "D-Day"-type invasion by yours truly, perhaps I should try and set an appointment with the store manager for my local Giant Food to prepare them for the onslaught and provide a list of my demands. I know they're open and sensitive to customer requests as under vastly different circumstances, I have made them with excellent results.

These requests would not be for items unfamiliar to their inventory. It would be more about dotting all the "Is" and crossing all the "Ts" and avoiding any slip-ups to guarantee as much as possible the delivery of my future prized possessions. Though I'm not a commercial customer, I am nonetheless in the desired demographic, the one who primarily makes the food-buying decisions in our home and who's interest and consumption of said items would make me most definitely a person of interest.

The items to which I finally refer are branded by Nabisco, Keebler, Hostess, Drakes, M&M/Mars, Entenmann's and Tastykakes. I won't self-indulge myself any further by offering any more specifics as I'm still almost a week away from "the return." But suffice to say, it's likely any adolescent would offer fairly similar details if asked. However, in addition to the availability issue, there is one extremely important challenge remaining: the actual shopping. Given my underlying lung cancer and/or thyroid cancer, I am an ideal target for the covid-19 virus: over age 65, lung disease and a weakened immune system. In fact, I hit the trifecta. As a result, and according to Dr. Bix's most recent press briefing about the virus, Maryland, my state of residence, is one of the few states not exhibiting the kinds of statistical declines that many other states are. Ergo, by order of Dina Lourie, I am under lock and key. And while under lock and key I will not be doing the shopping - and buying, and therefore will be unable to soothe the savage beast raging inside me.

That's not to say I won't see a family size bag of Nabisco's Double Stuf Oreo Cookies on her shopping list, it's more that I won't see any other Kenny preferences on that list. Nor is it likely that while in-store, she'll wander around the pertinent aisles - as I might, and update me by phone on what other potentially interesting items might be stacked on the shelves/end caps. And quite frankly, if she were to surprise me with some other Kenny necessities, she would likely monitor my intake ("Kenny, what happened to that bag of Oreos I brought home yesterday?") and my joie de vie would be mort. Not exactly would she be denying a dying man his last wish, but for a few weeks at least, after such a long, world-record-breaking interval (for me, anyway) of not eating any of my go-tos, let me have some time to myself. Granted, it won't be pretty, but it's not entirely your business.

After all, if the roles were reversed, I would definitely do the same for you. Desperate times call desperate/uncharacteristic measures. What's good for the gander would certainly apply to the goose. Please don't fowl up this future feasting. Just leave me to my own devices, for a bit, anyway?

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

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