

Potomac ALMANAC

Potomac Hunt Races, an annual tradition,
will take place Sunday, May 21, 2023.
<https://www.potomachuntraces.com/>

See the Horses Run and Jump

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REAL ESTATE, PAGE 2 ♦ ENTERTAINMENT, PAGE 4 ♦ KENNY LOURIE, PAGE 7

PHOTO BY ROBERT KELLER FOR POTOMAC HUNT RACES



Lineup Starts for U.S. Senate Seat

PAGE 3

Water Exercise For Your Joints

PAGE 6

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Potomac REAL ESTATE

PHOTOS FROM BRIGHT MLS

March, 2023 Sales

IN MARCH, 2023, 27 POTOMAC HOMES SOLD
BETWEEN \$5.825,000-\$660,000.

2 9905
Autumnwood Way
— \$1,600,000



1 12037 Great Elm Drive — \$1,600,000



5 11333 Berger Terrace — \$1,252,000



3 11205 Fall River Court — \$1,375,000



6 10905
Haislip Court
— \$1,250,000



8 8417 Kingsgate Road — \$1,200,000

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

1	12037 GREAT ELM DR541	...	POTOMAC\$1,660,000Detached2.00	20854	.GREAT ELM FARM ESTS	..03/22/23
2	9905 AUTUMNWOOD WAY541	...	POTOMAC\$1,435,000Detached0.44	20854GLEN OAKS03/27/23
3	11205 FALL RIVER CT441	...	POTOMAC\$1,375,000Detached0.51	20854PINE KNOLLS03/13/23
4	8606 HIDDEN HILL LN531	...	POTOMAC\$1,350,000Detached0.28	20854	EAST GATE OF POTOMAC	..03/25/23
5	11333 BERGER TER431	...	POTOMAC\$1,252,000Detached0.29	20854BEDFORDSHIRE03/28/23
6	10905 HAISLIP CT431	...	POTOMAC\$1,250,000Detached0.32	20854	.KENTSDALE ESTATES	..03/17/23
7	12500 PARK POTOMAC AVE#N40822	1POTOMAC	\$1,200,000	Apartment	20854	.PARK POTOMAC CODM	..03/16/23
8	8417 KINGSGATE RD541	...	POTOMAC\$1,200,000Detached0.35	20854	FAWSETT FARMS MANOR	..03/07/23

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[HTTP://POTOMACALMANAC.WWW.CLIENTS.ELLINGTONCMS.COM/NEWS/2023/APR/17/POTOMAC-HOME-SALES-MARCH-2023/](http://POTOMACALMANAC.WWW.CLIENTS.ELLINGTONCMS.COM/NEWS/2023/APR/17/POTOMAC-HOME-SALES-MARCH-2023/)

Sen. Cardin's Announcement Echoes Locally

BY MARY KIMM
POTOMAC ALMANAC

The last time a U.S. Senate seat opened up in Maryland, it was on March 2, 2015, when U.S. Senator Mikulski said she would retire and not seek reelection in 2016. A significant cast of characters lined up as possible successors. What happened? Potomac's member of the House, Chris Van Hollen (D) representing Maryland congressional 8th district got 53% of the vote in a crowded primary and moved on to become Maryland's junior Senator in 2016.

One thing that has changed since then is that Potomac is split between two congressional districts, the 8th and the 6th. What hasn't changed is that both House members are mentioned as possible contenders for the new Senate opening. Both U.S. Rep. Jamie Raskin (D-8) and U.S. Rep. David Trone (D-6) are on the lists, long and short.

County Councilmember at-large Will Jawando also represents Potomac and the rest of Montgomery County, and Jawando has announced that he will run for the U.S. Senate seat.

U.S. Senator Ben Cardin, Maryland's senior senator, said this week that he will not seek re-election at the end of his current term.



Councilmember Will Jawando (D)



U.S. Sen. Chris Van Hollen (D)



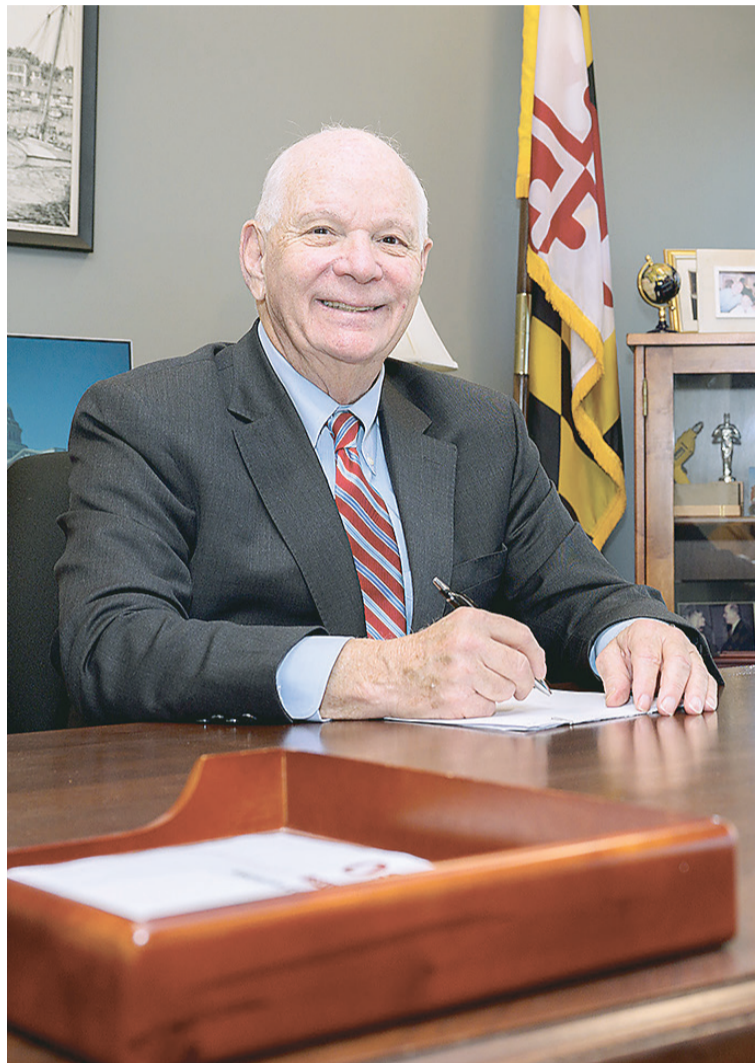
U.S. Rep. David Trone (D-6)



U.S. Rep. Jamie Raskin (D-8)

One thing for sure, there will be many more names discussed and on the list between now and the 2024 Democratic primary in Maryland.

Will Potomac need a new representative in the House or new County Councilmember(s) by then? Wait to see.



U.S. Sen. Ben Cardin (D)

May 17 Education Forum

Join on Zoom or In-Person
Montgomery County Council Building
3rd Floor Hearing Room
100 Maryland Avenue
Rockville, MD 20852

Upcoming forum on the education budget Wednesday, May 17 from 6:30pm to 8:30pm. You can attend on Zoom or in-person (details below). The Forum will discuss education from kindergarten to college with MCPS Superintendent Dr. Monifa McKnight and Montgomery College President Dr. Jermaine Williams.

Budgets are moral documents and Montgomery County's budget reflects our priority on education and opportunity for everyone, says Will Jawando in the invitation. These forums will provide an opportunity to exchange ideas and engage in a discussion about how we keep education at the forefront in Montgomery County. Click here to join the forum. <https://docs.google.com/forms/d/e/1FAIpQLSfdDgUAdqddf-Ba0U1ggR4a3ayLgbXqrmY1LvW23She->

Education Budget Forums

May 2 & 17
6:30-8:30pm
Attend in-person or online

Do you have a question about the county's education budgets?

Mark your calendars for the first education budget forum on **May 2** at **Wheaton High School** and virtual.



Councilmember Will Jawando



Dr. McKnight
Montgomery County Public Schools



Dr. Williams
Montgomery College

with opening remarks from
President Karla Silvestre
Montgomery County Board of Education







Translation services will be provided.

HjzO-uA/viewform
Translation services will be provided.
"I'm proud to continue the tradition of

former Education Committee Chair Craig Rice by hosting these important budget forums," said Jawando.

Free Opera

Maryland Lyric Opera (MDLO) will offer a free performance Friday, May 5 at the Washington National Cathedral as part of the All Hallows Guild Flower Mart to benefit the gardens and grounds of the Cathedral. Soprano Melissa Mino, mezzo-soprano Amanda Fink, tenor Kevin KJ Webb and baritone Javier Arrey and pianist Husan Park will perform selections from La Bohème, Carmen, Don Giovanni, Lakmé, La Traviata, and Rigoletto.

The Washington National Cathedral is located at 3101 Wisconsin Avenue, NW and is accessible by any No. 30 Metrobus; for those traveling by car, limited parking (\$10 fee) will be available at the Cathedral's underground parking garage.

Through its robust education and community outreach programs, including free performances like this one, MDLO seeks to share the beauty of opera with the broadest possible audience, from newcomers to longtime fans.

About Maryland Lyric Opera

Maryland Lyric Opera is a regional opera company created "for musicians, by musicians." Founded by accomplished pianist and local philanthropist Brad Clark, MDLO combines a diverse performance schedule of fully staged grand opera, concert opera with the MDLO Orchestra center stage, and intimate recitals featuring acclaimed soloists.

TRADITION

PHOTOS BY ROBERT KELLER FOR POTOMAC HUNT RACES



The hounds of the Potomac Hunt



Mounted police offer a chance for families to greet horses.

Fun and Festive Tradition at Potomac Hunt Races

The 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.



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

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>

Footwear is very important at the Potomac Hunt races. Experienced race goers wear sturdy boots in both good weather and bad.

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](https://www.taps.org) or call the 24/7 TAPS National Military Survivor Helpline at 800-959-TAPS.

BULLETIN BOARD

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

WEDNESDAY/MAY 3

Montgomery County will hold a career fair for job seekers 18-and-over from 3-7 p.m. on Wednesday, May 3, at the Silver Spring Civic Building. The County is searching for candidates to fill more than 30 types of available positions across a variety of industries. The Silver Spring Civic Building is located at 1 Veterans Place in Silver Spring. Registration is not required to attend, but attendees are encouraged to register in advance at www.montgomery-county.md.gov/JOBFAIR.

'BIKE & ROLL TO SCHOOL DAY' ON MAY 3

Montgomery County will join the national celebration of the annual “Bike & Roll to School Day” on Wednesday, May 3, with a fun-filled event from 8:15-9:15 a.m. at Rock Creek

Valley Elementary School in Rockville. Montgomery County Council President Evan Glass, Councilmember Natali Fani-González, Department of Transportation Director Chris Conklin and representatives of the County’s Vision Zero Initiative are expected to attend the event.

Among the activities at Bike & Roll to School Day will be the distribution of safety materials. The special guests will greet students and parents and encourage biking to school.

On May 3, thousands of schools across America—from all 50 states, the District of Columbia and Puerto Rico—will participate in Bike & Roll to School events. The initiative focuses on healthy lifestyles and safety. Schools and the surrounding neighborhoods participate in the campaign by raising awareness of traffic rules, increasing physical activity and raising awareness

of drivers to share the road with cyclists.

Partners for the event include the Montgomery County Police Department, the Montgomery County Fire and Rescue Service and Montgomery County Public Schools.

For more information on Bike & Roll to School Day and event ideas for schools, visit <https://www.walkbiketoschool.org/plan/event-ideas/>.

THURSDAY/MAY 4

The Montgomery County Commission on Aging will join in the celebration of May as “Older Americans Month” by hosting its annual free forum on Thursday, May 4, at the Bohrer Park Activity Center in Gaithersburg. This year’s theme is “Smart Homes—Smarter Care: Technology that Supports Aging in Place” and it will be held during the City of Gaithersburg’s Active Aging Expo.

The forum will be held from 9:30 a.m.-2:30 p.m. at Bohrer Park, which is located at 506 South Frederick Road in Gaithersburg. The event also will be available virtually through Zoom. Although the event is free, registration is encouraged. Register at <https://tinyurl.com/CoA2023PublicForum>.

The event will offer insights into how ‘Smart Homes—Smarter Care’ devices can enable doctors and caregivers to remotely monitor a patient’s vital signs, signal remote alerts, monitor mental and physical states in real time, and provide rapid intervention when the situation is warranted.

MAY 5-14

3rd Annual Hybrid DC South Asian Literary Festival (DCSALF). In Person from May 5 to 7th, 2023, and Virtual from May 8-14, 2023. The schedule is available on the website <https://www.dcsaaci.org>.

The nine-day festival has many In Conversation and panel discussions. The In-Person May 5th discussion is at the Jewish Community Center in Rockville, and May 6th and 7th at the Writers Center in Bethesda.

ANNUAL LITERARY FORUM ON MAY 7

The Olney Writer’s Group will present its Seventh Annual Literary Forum at 2 p.m. on Sunday, May 7, at the Olney branch of Montgomery County Public Libraries. At the forum, which is open to the public, 10 members of the group will read short excerpts of their work, spanning memoirs, fiction, science fiction, fantasy and poetry. The Olney Library is located at 3500 Olney-Laytonsville Rd. in Olney. Advance registration for

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BULLETIN BOARD

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this free program is not required to attend, but seating is limited. A question-and-answer session will be part of the workshop. Light refreshments will follow.

- Participating writers in the forum will be:
- Patrick Boyle, excerpt from A Tale of Two Pats
 - Bryan M. Byrd, excerpt from Surviving Paradise: The Perils and Pleasures of the Caribbean
 - Min He, Calling from Shambhala
 - Francene Hill, excerpt from Tiny Tots in Tiaras and Tuxedos
 - Shani Hinton-Miller, an excerpt, Fair Folly, from her work-in-progress, Walking Behind the Broken-Down Dog
 - Laura Kahn, excerpt from Thorns: When Earth Refugees Are The Aliens
 - DJ Lee, excerpt from his poem, An Ode to my Grandfathers
 - Linda R. Moore, three poems from her upcoming chapbook, Reaching for Resilience
 - Lindsey OBrien, excerpt from Friendship Through the Darkness
 - Emily Wood, excerpt from her work-in-progress, Binding Enchantments

OUTDOOR CONCERTS AT CABIN JOHN REGIONAL PARK

Montgomery Parks hosts four outdoor concerts on Sundays this spring in Cabin John Regional Park in Bethesda. The concerts are free and registration is not required. The concerts take place at the amphitheater from 10 to 11:30

a.m. The series, Sunday Serenade, features local jazz musicians. Patrons are encouraged to bring lawn chairs, blankets, and picnics to enjoy the concert. Food trucks serving pastries and coffee will also be available. Cabin John Regional Park is located at 7400 Tuckerman Lane in Bethesda.

Performance Schedule

May 7: Eric Scott Duo
Washington, DC, singer/songwriter and bassist Eric Scott has thus far had an interesting musical and life journey. As an artist and sideman, he has toured internationally, sharing the stage with B.B. King, Mavis Staples, Aaron Neville, REO Speedwagon, Pink Floyd's Roger Waters, and many more.

JOB FAIR SUNDAY, MAY 7

Montgomery County Recreation is hiring part-time seasonal employees to work during the 2023 summer season. Available positions include lifeguards, camp counselors, camp directors and more. Job Fair, Sunday, May 7, noon - 4 p.m. at Wheaton Community Recreation Center, 11701 Georgia Ave., Wheaton

The part-time/seasonal pay rate begins at \$15.65 an hour and increases based on experience. Applicants must be at least 15 years of age. Bilingual applicants are encouraged to apply.

As a condition of employment, applicants will be required to pass a criminal background investigation. The investigation will include state, federal and sex offender background checks.

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, with an opening reception on Friday, May 5th, 5 - 9 p.m.

MAY 13 AND 14

Save the date! The Bethesda Fine Arts Festival returns this May 13 and 14 to downtown Bethesda. Featuring 130 of the nation's best artists, live entertainment and Bethesda restaurants! Admission to the event is free. More details - <https://www.bethesda.org/arts/artsfestival.htm>

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 to join them at NAMIWalks Spring

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4th Annual Art Festival

CHEVY CHASE FINE ART FESTIVAL

An Outdoor Art Festival at Bloomingdale's Plaza

Artfestival.com
Howard Alan Events
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by ANDERSEN
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MAY 6-7
Saturday 10am-5pm
Sunday 10am-5pm

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Chevy Chase, MD

SCAN ME TO LEARN MORE

- FREE ADMISSION -

From the Pavement to the Pool

Running group turns to aquatics for fitness and fun.

BY MARILYN CAMPBELL
THE ALMANAC



PHOTO COURTESY OF MARJORIE ESKOW

When her physical limitations caused her running group to disband, Marjorie Eskow convinced the members to refocus their efforts on water exercises.

Once an avid runner, Marjorie Eskow stopped pounding the pavement taking a toll on her joints and exacerbating her arthritis. She and several of her friends met every morning for a two mile jog around their Bethesda neighborhood, until most of the women were unable to participate due to physical limitations

“We all decided that we needed to scale back, but we wanted to maintain our fitness,” said Eskow who is 73. “My orthopedist recommended water exercise. I thought ‘Why not. I have a pool.’ So I invited our running group to join me.”

Eskow’s longtime friend Rita Hair has been a partner in fitness for more than 30 years. Even though the women live on opposite sides of the river they managed to run

together once a week and have competed in multiple 5k and 10k races. Those sessions came to a halt after 72-year-old Hair’s physician encouraged her to stop.

“I developed arthritis in my lower spine and that really limited the exercise that I can do,” said Hair, who lives in McLean. “I’m not supposed to do anything that requires me to bend or twist, and of course running is out of the question. Our water workouts are perfect.”

Water also gives resistance, so you don’t need heavy weights in the water to perform strength exercises. Though staying active, particularly when done with a group is vital to both mental and physical health, it can

become more difficult with limitations that often come with age, advises Helen King, MSW, Director, Arlington Agency on Aging. Water offers both aerobic and strength exercises simultaneously because it requires resistance, but not heavy weights.

“Water exercise provides a safe way to stay active and healthy without the added stress on joints,” King said. “Some of the benefits are increased strength, balance and flexibility, which are important to reduce the risk of falls.”

Never having learned to swim, 67-year-old Bobbie McDaniel once avoided any exercise that required water. As a result, she turned down Eskow’s initial invitation. “I guess you

“Water exercise provides a safe way to stay active and healthy without the added stress on joints.”

— Helen King, MSW, Director,
Arlington Agency on Aging

could say that I was a landlubber, but most of what we do is in the shallow end of the pool,” said McDaniel. “I can stay there and get as much of a workout as some of the ladies who can swim laps.”

Eskow and her friends often have a post-workout coffee or lunch. These gatherings give the women a sense of a community. “This is a fun group,” she said. “We get together after our time in the water and talk about everything from the books we’re reading to the funny things that our grandchildren do.”

The emotional gains of the group are as important as those that are physical, advised King. “It’s also social and fun, which improves your sense of well-being,” she said.

BULLETIN BOARD

FROM PAGE 5

United Day of Hope on Saturday, May 20 at RIO Lakefront in Gaithersburg, Maryland. This fun, community-building 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/montgomery-countymd.

SATURDAY/MAY 20

GreekFest 2023. 11 a.m. At 7701 Bradley Blvd., Bethesda. Event by the Greek Orthodox Church of Saint George, Bethesda. Join in the food, fellowship and dancing.

SATURDAY/MAY 20

Gaithersburg Book Festival is an annual all-day celebration of books, writers and literary excellence. One of the premier literary events in the Washington, D.C., metropolitan area, the 2023 Festival is scheduled for Saturday, May 20, at Bohrer Park at Summit Hall Farm (506 S. Frederick Ave.) in Gaithersburg, Md., from 10 a.m. to 6 p.m.

CELEBRATION OF ‘PUBLIC WORKS WEEK’ ON SAT., MAY 20

The Montgomery County Department of Transportation (MCDOT) will kick off “Public Works Week” on Saturday, May 20, with Truck Day at the MCDOT Depot and Salt Barn in Gaithersburg. Truck Day is a free, family-friendly event that invites members of the commu-

nity to touch, climb and explore the many first-response, construction and transportation vehicles that make the county run.

Truck Day will take place from 10 a.m.-3 p.m. on May 20 at the MCDOT Truck Depot and Salt Barn, which is located at 17000 Crabbs Branch Way in Gaithersburg.

Truck Day will offer the opportunity for a hands-on experience with MCDOT vehicles including a bucket truck, tractor, semi-truck and bus. The event also will feature first responder vehicles and a fire engine, with the chance to meet the essential workers who operate them. MCDOT Highway Services will be available to answer questions and share how their vehicles work and the role their vehicles serve.

As part of the event, MCDOT will showcase entries in the annual “Paint the Plow” contest. Middle schools from across the County participate in the competition to name and decorate a snowplow to recognize the roles of essential workers.

SUNDAY/MAY 21

Public Safety Day. 11 a.m. to 6 p.m. At Montgomery County Fairgrounds. Join the Montgomery County Police Department, and allied agencies, including @mcfcrs for this free event, on Sunday, May 21, 2023, from 11 a.m. - 6 p.m. at the Montgomery County Fairgrounds.

SUNDAY/MAY 21

Potomac Hunt Races. 10 a.m. gates open. Activities start at 12 p.m. At Bittersweet Field, Partnership Road, Poolesville. Held in the heart of Montgomery County’s horse country, the Potomac Hunt Races is an annual tradition, celebrating the sport of steeple-

chase racing. Amidst the thrill of thundering hooves and soaring horses, 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, Maryland.

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.

The Potomac Hunt Races offers customized Sponsorship Opportunities for companies wishing to entertain clients and/or employees.

CRISIS PREVENTION SERVICES

EveryMind Crisis Prevention and Intervention specialists are available by phone, text and chat every hour of every day. The community can also look to EveryMind for mental health professionals who are prepared to talk about warning signs and ways anyone can help to prevent suicide from ending lives far too soon. EveryMind is an independent 501(c)3 nonprofit organization. Visit Every-Mind.org. More resources include:

- ❖ Call or Text Montgomery County Hotline: 301-738-2255
- ❖ Chat: Crisis Prevention Chat: <https://suicidpreventionlifeline.org/chat/>
- ❖ Call: National Suicide Prevention Lifeline: 1-800-273-8255
- ❖ www.every-mind.org/services/crisis/
- ❖ [www.every-mind.org/wp-content/](http://www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf)

[uploads/2017/12/Talking-to-Kids-about-Suicide.pdf](http://www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf)
❖ suicidpreventionlifeline.org
* www.suicidology.org

ONGOING

24/7 Homeless Information Line.

Montgomery County’s Department of Health and Human Services, in partnership with EveryMind, has launched a 24/7 Homeless Information Line, with trained specialists to provide information on County homeless services and shelter resources. Callers can also provide information about the location of individuals in the community experiencing homelessness. The reports will be forwarded to community outreach partners who will attempt to locate the individual and offer support and resources. The information line number is 240-907-2688. Visit www.montgomerycountymd.gov/homelessness for more.

Members Wanted. The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the area. Visit www.potomacnewcomers.com

Senior SmarTrip Card. There is a SmarTrip card, for those 65 and older, that may be used to ride Metrorail at senior fares, ride free on Ride On buses and some Metrobuses in Montgomery County Monday-Friday, 9:30 a.m.-3 p.m. and Saturday, 8:30 a.m.- 4 p.m. or half fare at all other times. The cost of the Senior SmarTrip card is \$2. There is no value on the card at the time of purchase. Visit any

library in Montgomery County, the Silver Spring TRiPS Store, the Mobile Commuter Store, or the Montgomery County Treasury Office and bring proof of age (state ID, birth certificate or passport). For more information, call 311.

Seeking Applicants. Rebuilding Together Montgomery County is looking to increase their service to the veteran community and all Veterans or spouses if Veteran spouse has died who meet our income limits are encouraged to apply. Applications are accepted year round. The application is at rebuildingtogethermc.org/wp-content/uploads/2017/07/FY18-Homeowner-Application.pdf. Income requirements are listed on the first page.

SUPPORT

Master Gardener Plant Clinics.

Montgomery County Master Gardeners are available to answer gardening questions at walk-in plant clinics. Bring plant and insect samples, garden problems and questions. Drop off plant and insect samples, Monday-Friday, year-round, 8:30 a.m.-4:30 p.m. at 18410 Muncaster Road, lower level, Ballard Phone Room.

English Classes. The Literacy Council of Montgomery County is offering free day and evening English classes (beginning, intermediate and advanced levels) to adult county residents at several locations. Prospective students must attend a 3 1/2 hour orientation in Rockville. The Literacy Council is always looking for volunteers to help in a variety of ways. For more information email info@literacycouncilmd.org or call 301-610-0030.

OPINION

West Montgomery County Citizens Association May 2023 Newsletter

VIRTUAL MEETING

Wednesday, May 10, 2023 at 7:30 p.m. via ZOOM
<https://us02web.zoom.us/j/87851217093?pwd=Vn-RpSjJaeTJ3TE9BNDVJTTNjV0hzUT09>
or call in with 301-715-8592 (Meeting ID: 878 5121 7903, Passcode: 278680)

A recording of this meeting, and hotlinks within the Newsletter, will be available on our website: www.WMCCA.org

SPEAKERS:

Maryland Senator Brian Feldman (D-15)
District 15 Delegates: Lily Qi, Linda Foley, and David Fraser-Hidalgo

Each year the District 15 Delegation briefs us on the completed legislative session. In these four, we have a team that works well together and supports one another. In housing, health care, and education, bills were passed to insure reproductive freedom and trans health equity and others address student debt and affordable prescription drugs. Like WMCCA, the Delegation makes the environment a priority. This session they helped or sponsored the passage of a number of bills critical to addressing climate change and lost biodiversity including a bill called Maryland the Beautiful Act which will protect 30% of Maryland lands from development by 2030. A hard fought bill was passed on Forest Preservation and Retention, as well as bills that establish a native plant program to educate and encourage the use of native plants and discourage the sale and use of invasive species and a Greenspace Equity Program that promotes natural spaces in underserved communities. Bills were passed that allow local jurisdictions to control and ban the sale of invasive bamboo species and others address solar and offshore wind energy, electric vehicle recharging reliability, and a Clean Trucks Act that requires Maryland Department of the Environment (MDE) to establish requirements for new zero-emission medium and heavy duty trucks in the State.

We look forward to welcoming and learning from our hard working District 15 Delegation. The public is most welcome to participate.

Preserving the C&O Canal

President's Letter by Barbara Brown

Congratulations to Joe Reed, P.E. on receiving the 2022 Federal Engineer of the Year award for the National Park Service given by the National Society of Professional Engineers. For the last three years, Joe has served as engineering lead stationed at the C&O Canal National Historical Park. One of his projects has been working on preserving and updating the 1,015 foot Log Wall on the Canal, originally constructed from 1828 to 1831. Go to the WMMCA.org meetings page for a PDF of his presentation on February 8, 2023. The work on the C&O Canal is long overdue. We must be patient with the inconvenience as they struggle to update the Canal to accommodate the thousands of people who use it — from hikers, paddlers, bikers, campers, climbers, fishermen, historians, and visitors to the lock houses and the Great Falls. The 184.5 mile long Park is central to the health of the Potomac River.

Time to Ditch Gas-Powered Leaf Blowers

submitted by Carol Van Dam Falk

It's no fun clearing tons of leaves from our yards and trying to avoid the tedious work of raking them into piles, then hoisting them into containers for disposal, but there is a huge environmental price to be paid for using gas-powered leaf blowers. Several states have considered banning gas-powered blowers; more than 100 cities and towns have enacted bans on the product. Not surprisingly, California recently announced a gas-powered leaf blower ban to be enacted in 2024.

A bill to do just that was yanked at the last minute in Montgomery County this year. Bill 18-22 would have prohibited the sale and use of gas-powered blowers by a certain date and would have authorized a grant program to partially offset the cost of replacing the product with an electric leaf blower.

Gas-powered blowers emit hydrocarbons at rates up to nine times higher than those generated by electric blowers. It's estimated that using a commercial leaf blower for one hour emits as much pollution as driving a 2016 Toyota Camry from D.C. to Miami. The problem lies in the two-cycle engine which burns a mixture of oil and gas unlike the 4-cycle engines in cars which only burn gas.

That's not to mention the noise pollution with engine-powered blowers which bother humans and critters alike. Some of the most powerful ones exceed 112 decibels*, which can cause hearing damage in just one minute. It's time we and the landscaping companies switch to electric leaf blowers and urge our communities to ban gas-powered blowers.

❖ Noise is measured in units of sound pressure levels called decibels using A-weighted sound levels (dBA). The A-weighted sound levels closely match the perception of loudness by the human ear. Decibels are measured on a logarithmic scale which means that a small change in the number of decibels results in a huge change in the amount of noise and the potential damage to a person's hearing.

Typical A-Weighted Sound Levels:

- 30-40 dBA – Soft Whisper at 2 meters
- 50 dBA – Urban Residence
- 60 dBA – Conversation at 1 meter
- 70-80 dBA – Vacuum Cleaner at 3 meters
- 80-90 dBA – Heavy Truck at 15 meters
- 90-100 dBA – Jackhammer at 15 meters
- 110 dBA – Dance Club
- 120-130 dBA – Jet Takeoff at 100 meters
- 140 dBA – Threshold of Pain

2023 ELECTION OF WMCCA

OFFICERS AND BOARD OF DIRECTORS:

The election of the WMCCA Officers and Board of Directors will occur at our May 10th General Meeting. The Nominating Committee proposes the following slate of Officers and Directors to the membership for a vote.

Nominations may also be made from the floor.

President: SUSANNE LEE

Treasurer: BARBARA HOOVER

Immediate past President: BARBARA BROWN

Secretary: KATHY PETITT

President Elect: GINNY BARNES

Newsletter: NANCY MADDEN

Nominees for a two-year term:

CAROL VAN DAM FALK, THEODORA SCARATO

To serve 2nd Year of their two-year term (no action needed): KEN BAWER

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Newspaper of Potomac
A Connection Newspaper

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

1606 King Street
Alexandria, Virginia 22314

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Potomac Almanac is published by Local Media Connection LLC

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

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

Kicking the Bucket - List



By KENNETH B. LOURIE

Whether it's literally been true or not, it feels like I've been off the Kenny-with-cancer-go-round for a few months, especially since I've been focused/preoccupied with my brother's death and its impact on me (see lots of previous columns). And if the reason for the break-in-the-cancer action wasn't so horrible, I might have enjoyed the past few months of non-cancer centrality. Because if there's one thing a cancer patient needs are time/life when cancer isn't front and center, but rather back and to the side. These non-cancer moments may be a delusion, but oh, what a feeling!

And therein lies the key to surviving/trying to thrive with cancer. Living like you're living, not "Living like you were dying," as Tim McGraw sang in 2004. Moreover, for me, it's living as if you have something to live for, not just die from. And while you're living, not just dying, let's stop blaming the cancer. God knows (and everyone else knows to) that cancer is a great excuse for not doing a whole host of things. Nevertheless, as much as possible – and it's not always possible, I've tried not to use it as an excuse. If it were used, it's so easy, so acceptable; using it as the ultimate excuse becomes almost narcotic. Once you start using it, it's hard to stop. Although a cancer diagnosis is hardly a privilege, it is an explanation for whatever you don't want to do. Be it household, personal or business. And these decisions are not always intended. The cancer has a way – through its many emotional tentacles – and physical challenges, to control one's subconscious. Without really thinking about it, doing – or not doing, almost is out of your control. And so, you blame the cancer.

But I don't want to. I want to blame me. I want to take responsibility for myself/my actions – or lack thereof. In addition, I don't want to be seen as Kenny-with-cancer. I want to be treated as if I didn't have cancer: for good, bad, or indifferent. Nor do I want to do things/go places/make lists just because I'm diagnosed with a "terminal" form of cancer. Again, I don't want to live like I'm dying because if I do, I know I'll do whatever I'm doing because I'm dying, and I want/need a certain experience. To me, that would be reinforcing a negative (premature death; although aren't they all?) which is exactly the vibe I don't want in my life. I want normalcy. 'Normalcy,' to me doesn't equate with dying. It equates with living. You just have to work in the cancer stuff as if it's just another variable, not an end-of-life, do-and-die set of insurmountable hurdles. If I've accomplished anything in my 14+ years as a cancer patient, it is that I never (or tried to never) let it get the best of me or have it be the dominant reason for my decisions/choices. I've tried to treat cancer as just another blip on life's radar. Sometimes, it has mattered, and other times, it has not.

Even watching my brother's struggles to survive and then overcome the septic shock that hospitalized him for six-plus weeks didn't adjust my thinking. I was doing exactly – by visiting him every day, what I wanted to do, cancer be damned. The diagnosis was not going to interfere with my responsibility to my brother. And being there every day for a few hours, being in surgical intensive care, medical intensive care, a regular room or in the rehab center adjacent to the hospital, my cancer situation was so far onto the back burner that it was completely out of sight. In fact, it was so far out of my mind that Kenny-with-cancer was replaced by Kenny-whose-brother-was-possibly-dying. And for the nearly three months in total, until his death on Dec. 3rd, I was a complementary player of sorts. I was living to benefit my brother and trying to help him in any way he needed.

And I wouldn't have had it any other way, other than wishing he had survived. I was a cancer patient who for the many moments that transpired during Richard's nearly three-month struggle to survive, did not ever think I needed to be anywhere else because I was "terminal" and needed to check an item off a list. Hardly. My brother was my list. My brother was – despite my cancer diagnosis, the most important consideration in my life and I was going to do everything I could to help him. I did for him everything I would have done regardless of my cancer diagnosis. I was going to treat his situation as normally as possible. I didn't necessarily neglect my own health but rather didn't let it get in the way of my priorities: Richard's recovery. "Cancer sucks," for sure. But septic shock turned out to be worse.

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

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