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News

Beat the Heat with Library Activities

Rec centers, too but call first, closing for maintenance may limit the fun.

> BY EMILY RABBITT THE ALMANAC

ugust: Heat, humidity, restless children, and squirrelly adults. Longing looks at the calendar. Parents and caregivers have run through their exhaustive list of summer activities. What's left to do?

Often some of the most overlooked resources are the ones close to home. The Potomac Library is doing events all summer long. Its summer reading program, which runs through Aug. 31, is open for signups through Aug. 9. This year's theme is "Every Hero has a Story."

Legomaniacs of all ages can come by on Monday and use their creative and building skills in the library. It has a chess club for all levels that meets on Saturdays, and Thursday morning story hours for the little ones. On Aug. 22, it's hosting a sciencethemed demonstration of the solar system. "I would love to see more children getting involved with STEM," says children's librarian Helena Geary. A detailed calendar of events for the library can be found at http:/ /www.montgomerycountymd.gov/library/ branches/potomac.html.

"Sometimes it's like Union Station here," Geary said. Known as "Miss Helena" to her



A summer-themed display at Potomac Library.



A sample of reading recommendations for young-

pint-sized regulars, she says that the Potomac library is a haven for young readers - the children's playroom contains a playroom full of puppets and stuffed animals of literary characters such as Babar, Paddington Bear, Madeleine, and the Very Hungry Caterpillar.

If looking for something a little more active, Potomac boasts two recreation centers. The larger of the two with more activities and open hours is the Potomac Recreation Center. "We're open to the world," said Recreation Specialist Peter Selikowitz. He added, "We're slamming most of the year - in September we start up with 52 classes, but this is kind of a lull for us." August is the time many facilities undergo their regular maintenance, so the pickings are a little

Details

Scotland Community Center 240-777-8075 Potomac Community Recreation Center 240-777-6960

Clara Barton Neighborhood Recreation Center 240-777-4910 Potomac Library 240-777-0690

If looking to take advantage of offerings at the Potomac Rec center, adjacent to Potomac Park, plan for the end of August the facility undergoes its annual facelift from Aug. 3-16. But they plan to go out with a bang. There is one last chance to enroll kids in the Club Holiday Endless Summer Camp. "Coach Doug runs that," said Selikowitz, "he's really popular."

Campers can come from as early as 7:30

a.m. and stay as late as 6 p.m., with threequarter day, full day, and extended care options available and take advantage of sports, games, and arts and crafts. There are still openings for Aug. 17-21.

The Scotland neighborhood Recreation Center is also closed from Aug. 9-23. But, of you don't mind traveling outside of Potomac, members at the Potomac facility can use any other Montgomery County Recreation Centers. The nearby Clara Barton Center in Cabin John is open the first two weeks in August, and will close from the Aug. 15 and will reopen Aug. 31.

August doesn't make it easy to beat the heat, but if in town, the library and rec centers can help keep little ones occupied through the dog days.

Home Tour Raises Funds for Tourette Association

All ticket proceeds to benefit group's services, programs.

home tour in Potomac is supporting the Tourette Syndrome Association of Greater Washington, D.C. Halco Homes is presenting the Home of Distinction at 8601 Nutmeg Court, Potomac. Now through Aug. 9, the public is invited

While showcasing the latest building products and design trends, the tour will raise funds for the association which will receive 100 percent of the proceeds from tour ticket sales. Tickets for the tour can be purchased for \$10 at the home.

to tour this \$3.9 million home.

Professional grade Wolf-Subzero appliances, Cambria countertops, and extensive use of built-in cabinetry are just a few of the many features this 13,000-square-foot

The Tourette Association of America Greater Washington D.C. Chapter supports



Greater Washington, D.C. Board member **Tammy Starling and** volunteer Michael Chow in front of the **Home of Distinction** at 8601 Nutmeg Court, Potomac. Through Aug. 9, the public is invited to tour this \$3.9 million home to benefit the association.

Tourette Syndrome Association of

Syndrome through education and public 1400 families. awareness. Its programs include:

Details

For more information, see http://tsagw.org/

Tickets are \$10, and children under 12 are free.

event/07-24-2015/home-distinction-tour-and-

Sharing important information about research studies, chapter activities and valuable resources through its monthly newsletter

individuals and families living with Tourette sent to an email distribution list of over

❖ Instructing school personnel and stu-

dents about Tourette Syndrome, generally at the request of the parent of a newly diagnosed child or when symptoms have significantly in-



Tourette Syndrome Association of Greater Washington, D.C. Youth **Ambassador Caroline Christian** and her mom, Cynthia Christian.

* Preparing teens, ages 13-17, through the Youth Ambassador training program, to speak to peer groups, educators, legislators and public groups about life with Tourette

* Supporting individuals and their families through its support group network. Contact information for its support group leaders is at tsagw.org.

LET'S TALK Real Estate



by Michael Matese

Seven Tips to Buying a House

Choose the Right Realtor® As a buyer, typically you don't pay the real estate commission, the seller does. But a Realtor® with commission, the seller does. But a Realtor® with experience and knowledge will cost you less than someone who's just starting out in the business. A top producer's business is built on repeat clientele, people who've worked with them before and knows that the Realtor® knows what they're doing. Your Realtor® is your financial advisor for what will mos likely be the largest transaction of your life. Make

Location, location, location! The saying holds true and always will. You can re-model, re-design and landscape, but you can't change the location. Where ou buy a home is just as important as the home itself, if you've got appreciation of value in mind.

Home Inspections

A home inspection is the best investment you can make because it can save you, quite literally, thousands of dollars! A licensed home inspector will check structural, mechanical, electrical, plumbing and heating as well as a/c systems to check for defects the home owner may not be aware of and can help you make a decision on whether to close or not

Your Lender and Your Loan

Choose your lender wisely; make sure the loan program you apply for is appropriate for your needs and long-term goals. For example, if you know you're going to be in the home for less than five ye you move, why pay closing fees up front? Often, you can save money by raising the interest rate you pay by half a percent. Your monthly payment may be higher, but over time, this choice is more financially sound A good lender will take the time to find the loan that's best for you.

Your Own Agent

Always have your own agent in a transaction. New constructions are no exception. It costs you nothing and a good agent will save you money on loan fees

Buy a Home You Can Afford

Using a lender's guidelines, decide how much house you can afford. You want to get the most house for your money, but don't want to overextend yourself either. Be careful: a forced sale almost always guar

Buy a Home You Like

You'll be living in your home-not your relatives! No matter how well intentioned friends and family memrs are are, no one but you should be deciding on which home you choose to buy. You're the final word.

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newspapers.com POTOMAC ALMANAC

WELLBEING

Helping Aging Parents

Event highlights resources for longterm care planning.

BY MARILYN CAMPBELL The Almanac

ntonio M. Taguba says his life staff member changed forever during a family reunion in 2006, starting with an announcement from his mother.

"She said she wanted to have a family meeting," said Taguba, a retired Army major general, who lives in Alexandria, Va. "We thought she was healthy ... but all of a

sudden she told us that she was dying of cancer." The family, which also included seven children and a physically disabled father with dementia, had not thought about long-term care for the aging parents

who lived in Hawaii. Suddenly Taguba and his sibling were thrust into the role of caregivers. "My siblings and I were in constant arguments,"

he said. "I was going home to Hawaii every other month. Eventually I had to quit my job. Care giving is exhausting and can be very turbulent." In an effort to raise awareness of the need for ad-

vanced long-term care planning and the resources available to assist both caregivers and the elderly, Taguba, who is an AARP community ambassador, is sharing his story. He will speak at an event sponsored by AARP, Inc. and the Philippine American Foundation for Charities (PAFC) called Navigating the Caregiver's Maze: Finding Support and Planning for Your Caregiving Journey on Aug. 29. The forum will bring together experts in geriatric care and representatives from organizations that serve the elderly and the disabled.

"The goal of this event is that participants will walk away with knowledge of all the resources that are available for them to help them on their care giving journey," said Amber Nightingale Sultane, associate state director of Community Outreach, AARP Virginia. "Whether it's support groups for care givers or adult day care, this area is rich in resources.'

Those in the field of geriatric care says that like Taguba, many caregivers can be unprepared for the undertaking and unsure of where to turn for help. "Sometimes you're dealing with a caregiver who doesn't know how to make an assessment of the needs of the person in their care," said Grace Lynch, communications manager for the Fairfax County Division of Adult and Aging Services. "Sometimes you know you need help but you don't know what you need, or you have a diagnosis but don't know how it translates into a specific service."

Lynch says one tool that can help caregivers begin the task of sorting out needs is the county's Aging

Disability and Caregiver Resource Line: 703-324-7948. "When you call, you're talking to a social worker who can help you assess the situation," she said.

Safety and health issues are often the first sign that a parent or loved one needs help with self-care. "When

Margaret Estrada spends time with Afua Yankobah, an adult day health care at the Herndon **Harbor Adult Day Health**



you see that they're losing weight or having trouble remembering things. When you see that the house is falling down around them. These are the basic symptoms," said Andrew Carle, executive-in-residence, Program in Senior Housing Administration at George Mason University. "The biggest factor I always start with is whether or not they are safe?"

FOR SENIORS who have cognitive or physical impairments and cannot be left alone during the day, adult day care centers might be an option. Representatives from Fairfax County's Adult Day Health Care will be available during the Aug. 29 forum.

"Adult day health care offers a lot of socialization which is so important to stave off some of the decline we see in the elderly," said Jennifer Robinson of the Fairfax County Adult Day Health Care program. "The centers are full of activities to keep them stimulated.'

Denial and resistance, among both the caregivers and the person in need of care, are common hindrances in the creation and implementation of a longterm care plan. "The biggest thing we see and what takes the biggest emotional toll is the parent/child role reversal that takes place. This can be difficult to cope with," said Amy E. Coren, Ph.D., J.D., assistant professor of psychology at Northern Virginia Community College in Alexandria, Va. "What we really stress is understanding that the old relationship is finished and a new relationship must be established, where the previous parent is now an individual un-

Taguba believes that dynamic is one reason why the issue of long-term care is avoided, often until it is too late. "It's a topic that we don't want to touch because we think our parents are going to live forever," he said. "But it's part of a family cycle. Its never a good time to have to conversation, but it starts with a four letter word: love."

"Adult children often rationalize [a parent's situation] before they're ready to accept that a parent needs help," said Jackie Barnaby, a geriatric social

worker in Bethesda. "The danger in waiting too long is that you reach a point where you have to have an intervention."

'There's a wide availability of resources," said Taguba. "But it's about having the motivation to use them and not waiting until the last minute."

POTOMAC ALMANAC

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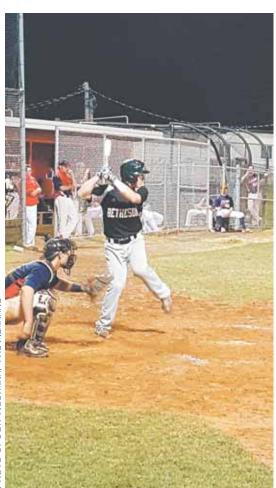
Navigating the Caregiver's Maze

Saturday, Aug. 29, (8:30 a.m. – noon) Fairfax County Government Center (Board Auditorium) For more information and a complete list of participants and vendors, visit: http://states.aarp.org/aug29/ Other resources:

Fairfax County: fairfaxcounty.gov/olderadults Arlington County: https://aging-disability.arlingtonva.us/ Alexandria: https://alexandriava.gov/Aging Montgomery County: www.montgomerycountymd.gov/

SPORTS

Big Train Loses in Championship Series



he Bethesda Big Train reached the Cal Ripken Collegiate Baseball League championship series for the seventh straight season in 2015 after sweeping the Herndon Braves in the semifinals.

On Aug. 1, however, it was the Baltimore Redbirds that walked away with their fourth consecutive league title.

Baltimore started the evening with a 3-2 victory in Game 1 — a 15-inning contest that had started the previous night — and ended the best-of-three series with a 5-2 win in Game 2. It was the fourth straight season the Redbirds defeated the Big Train in the Ripken League championship series. Bethesda won three straight league titles from 2009-2011.

In Game 1, Cody Brown and Chris Lewis each had three hits for the Big Train. Lewis had two RBIs.

In Game 2, Brown, Lewis, Harrison Crawford, Tim Yandel and Matt Toscano each had one hit for

The Big Train finished the regular season with a 29-11 record and captured the regular season title.

Zach Kirtley, seen during the **CRCBL** semifinals against Herndon, and the Bethesda Big Train lost to the Baltimore Redbirds in the championship series for the fourth straight year.

-Bulletin Board -

Email announcements to almanac@connectionnews papers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before

THURSDAY/AUG. 6

Stay Healthy on Vacation.

6:30-8 p.m. at the Sweet Life Wellness Clinic, 60 Market St., Suite 206, Gaithersburg. Seminar on travel tips focused on wellness and weight loss. Free. Visit

www.sweetlifewellness.com.

MONDAY/AUG. 10

Preschool Open House. 10-11 a.m. at Rockville

Community Nursery School, 100 Welsh Park Drive, Rockville. RCNS is a community-orientated learning space where parents get to be directly involved with each class' education. Visit www.rcnscoop.org

FRIDAY/AUG. 21

Back-to-School Event. 6-9

p.m. at Lincoln Park Community Center, 357 Frederick Ave., Rockville, Find backpacks with school supplies for sale for \$2. Visit www.rockvillemd.gov/.

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Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: Education, Learning, Fun pages, the third week of every month.

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Back On Track



By KENNETH B. LOURIE

Having reread last week's column a time or two now, I've realized that I neglected to update you regular readers - especially those of you who read my most recent pre- and post-scan columns: "Abyssful" Ignorance and Scant Know For *Sure Anymore* – on the previous week's scan results. Once again, I have defied the odds - maybe statistics would be a better word? Nevertheless, my tumors remain stable, as do I, and I remain amazingly lucky as well. As to the reasons why I continue to "thrive," perhaps it's due to the marketing campaign of the HMO that is responsible for my care.

Certainly I'm living proof that all is not lost when lost is where you seem to be. Six and a half years ago at my diagnostic ground-zero: 2/27/09, my oncologist offered little hope. Though he was honest and direct in his presentation of the facts, statistics, treatment, etc., he was not particularly encouraging. To invoke a quote from Lt. Col. Henry Blake from a long-ago M*A*S*H episode: my oncologist didn't exactly "blow any sunshine up my skirt." It was quite the opposite, in fact. When we questioned him further about my chances of living beyond two years or even beyond five years (two time frames he cited), he did acquiesce and agree that sure, it's possible I could be the one (almost literally) that could survive beyond the rather grim prognosis of "13 months to two years" that I was

Not that I doubted him, but when you're a lifelong non-smoker, asymptomatic with no immediate family history of cancer; being told at age 54 and half that you have late-stage lung cancer and have maybe two years to live, is not simply a hard pill to swallow, it's an impossible pill to swallow and yet swallowing now becomes the least of your problems, especially considering that heavy-duty chemotherapy was scheduled to begin in six days. That's when you realize you're not in Kansas anymore, and when your hair falls out a few weeks later and you start to look ashen gray in the face and hollow in the eyes – and feel even worse than you look, it's easy to start believing the extremely discouraging news given to you by your oncologist.

But somehow you must – not believe, because believing can be very disheartening. And "disheartening" leads to and creates negativity, and negativity is almost as harmful as the chemotherapy itself. Cancer may have a mind of its own (figuratively speaking), but so do you, and using it to "laugh, think and cry" as Jim Valvano encouraged ("a full day" as he called it) in his ESPY speech in 1993 while accepting the first-ever Arthur Ashe Courage and Humanitarian Award, is perhaps what makes one stronger - or possibly strong enough, emotionally. And given the ravaging effects of chemotherapy, you're going to need that emotional strength to compensate for the physical weakness you're likely to experience during your treatment. Cancer is difficult enough on its own; you don't need to make it any worse.

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

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ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/ or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

"The Parent Trap." Through Aug. 14, Various times at Imagination

Stage, 4908 Auburn Ave., Bethesda. Twins raised separately by divorced parents meet at summer camp and trade places. Tickets are \$10. Visit www.imaginationstage.org for more.

"Rust Sun Bible Corn." Through Aug. 16, Gallery hours at Gibbs Street Gallery at VisArts Rockville, 155 Gibbs St., Rockville. Photographer Kim Llerena has documented rural towns for this exhibit. Free. Visit www.visartsrockville.org for more.

Adventure Theatre MTC Presents: "Oliver." Through Aug. 16, Fridays at 7 p.m.; Saturdays at 2 p.m. and 7 p.m.; Sundays at 2 p.m. and 7 p.m. at Round House Theatre, 4545 East-West Hwy, Bethesda. Based on the classic Charles Dickens' story, "Oliver" chronicles the life of a young orphan in 19th century London. Tickets are \$35 for students and \$45

for adults. Visit www.adventuretheatre-mtc.org or call the box office at 301-634-2270.

Seasonal Walk. Through Sept. 30, 7 a.m.-7 p.m. at Safeway, Downtown Silver Spring, 909 Thayer Ave. Walk the sidewalk trails through residential and retail areas of Silver Spring and into Takoma Park. Follow either the 5 km or the 10 km routes. Trails suitable for wheelchairs and strollers. Free. Register at

www.sugarloafers.org. **The Bethesda Big Train.** Through
August. Shirley Povich Field in Cabin John Regional Park, 10600 Westlake Drive. The collegiate league baseball team The Big Train plays in the Cal Ripken Collegiate Baseball League, a wooden-bat collegiate league that has sent athletes to Major League Baseball. Visit www.bigtrain.org for

Home Tour. Through Aug. 9, 10 a.m.-5 p.m. Fridays and Saturdays; 12-5 p.m. on Sundays, at the Home of Distinction by Halco Homes, 8601 Nutmeg Court. Tour the "Home of Distinction," a \$4.2 million house, and help support the Tourette Association of America. \$10 at the

door. Visit www.tsagw.org for more. **Bugs Bunny Programs**. Aug. 1-16, Saturday and Sunday, at 11:30 a.m. at the AFI Silver Theatre, 8633 Colesville Road. Bugs Bunny programs presented by AFI. Tickets are \$5. To view show schedule, visit www.afi.com/silver/.

D.B. Stovall: Photographs of the

American Vernacular Exhibit. Through Aug. 16, during gallery hours at Gibbs Street Gallery. 155 Gibbs St., Rockville. Take in the photography of D.B. Stovall and Kim Llerena. Their work focuses on of the American landscape and environment from specific conceptual and physical vantage points. Free. Contact the VisArts at Rockville at 301-315-8200 or www.visartsatrockville.org for

Bobby Coleman Art Exhibit.

Through Aug. 16, during gallery hours at Common Ground Gallery, 155 Gibbs St., Rockville. View Bobby Colemans art exhibit, which will feature paintings of deconstructed objects, colors and symbols found within an urban landscape. Free. Contact VisArts at Rockville at 301-

"Garfield, The Musical With Cattitude." Various times and days through Aug. 23 at Adventure

Theatre, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Garfield the Cat sings and dances in a childfriendly production. Tickets are \$19.50 for children 1 and up. Visit www.adventuretheatre-mtc.org.

Art Exhibition. Through Aug. 30, Saturdays, 1-4 p.m., Sundays, 1 p.m.-8 p.m. at Photoworks Gallery & Photography School, 7300 MacArthur Blvd. View diverse artwork. Free. Visit www.glenechophotoworks.org.

Friday Night Live. Fridays through Sept. 4, 6:30-9 p.m. at Rockville Town Square. Find diverse music each week. Local restaurants will be selling food outdoors. Free. Visit www.rockvilletownsquare.com for a full schedule.

Nando's Spicy Saturday Nights. 6:30-8:30 p.m. on Saturdays through Sept. 26 at Fountain Square Plaza. Local bands perform. Free. Visit www.downtownsilverspring.com.

Yoga on the Plaza. 7 p.m. on Wednesdays through Sept. 30 at Fountain Square Plaza. Take a mixed-level vinyasa flow yoga class from Grace Yoga instructors. Free.

www.downtownsilverspring.com. **Butterfly Exhibit.** 10 a.m.-4 p.m. daily from through Oct. 25 at Brookside Gardens, 1800 Glenallen Ave., Wheaton. Free. Visitwww.montgomeryparks.org for

Art Walk in the Park. First Fridays through October. 6-8 p.m. Glen Echo Park. Enjoy pottery, calligraphy, glass work, and much more. Visit

www.glenechopark.org for more. **ExtendYoga Kids Camp: World**

Yoga Tour. 9:30 a.m.-2:30 p.m. at extendYoga. 12106 Wilkins Ave., Bethesda. Kids ages 5-9 will have the opportunity to learn yoga and about other cultures. \$200 per child. Visit www.extendyoga.com, email info@extendyoga.com or call 301-881-3320.

WEDNESDAY/AUG. 5

Open Mic Night hosted by Chris

Brooks. 8-11 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Sign up to perform at this rock 'n' roll music hall or sit back and enjoy listening to undiscovered talent. Free admission. Visit www.villainandsaint.com/shows/.

THURSDAY/AUG. 6

Celebration of Clash by Night.

7:30-9:30 p.m. at The Writer's Center, 4508 Walsh Street. Hear readings from a poetry anthology inspired by The Clash's "London Calling" album. Free. Visit www.writer.org.

Outlaws Concert. 7:30 p.m. at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. The Outlaws on their "Rockin' Country Tour" featuring Blackhawk. Tickets are \$40. Visit www.bethesdabluesjazz.com.

Oxymorons. 8 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Classic rock band with bluesy, New Orleans sound. Doors open at 6 p.m. \$7 admission. Visit www.villainandsaint.com/shows/.

The Gibson Brothers Concert. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. The bluegrass group has received awards from the International Bluegrass Music Association. Tickets are \$35-60. Visit

Machine Gun Kelly. 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Rapper and songwriter MGK performs. \$33 admission. Visit www.fillmoresilverspring.com.

The Gibson Brothers. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. The fivemember Gibson Brothers band will perform bluegrass classics and original pieces. Tickets are \$35. Visit www.ampybystrathmore.com.

FRIDAY/AUG. 7

Evening Stream Splash and Campfire. 6-7:30 p.m. at Locust Grove Nature Center, 7777 Democracy Blvd. Bring your own hot dogs to the campfire. S'mores are provided. Wear closed-toe shoes to explore the stream. Ages 4 and up. \$6 per person. Visit www.LocustGroveNature.org.

Fine Artists in Residence Class of 2015 Exhibition Opening

Reception. 7-9 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Featured artists will include painters, sculptors, printmakers and photographers. Free. Visit https:// www.strathmore.org.

A Bandhouse Gigs Tribute to **Jimi Hendrix.** 7:30 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Listen to over 40 artists pay tribute to iconic musician Jimi Hendrix. \$30-\$33 admission. Visit www.fillmoresilverspring.com.

Albert Lee Concert. 8 p.m. at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Lee features Cindy Cashdollar and Dave Chappell/ Johnny Neel Band in this concert. Tickets are \$25 in advance, \$35 at the door. Visit www.bethesdabluesjazz.com.

Emily Skinner. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Musical theatre actress and singer Emily Skinner performs "Broadway Her Way.' Tickets are \$35-45. Visit www.ampbystrathmore.com.

Comic Book Colors. 9 p.m at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Grateful Dead tribute band. Doors open at 6 p.m. \$10 admission. Visit

www.villainandsaint.com/shows/.
Black Muddy River Band Performance 9:30 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. The Black Muddy River Band is a three-member acoustic Grateful Dead tribute band. Tickets are \$10-12. Visit www.villainandsaint.com/

SATURDAY/AUG. 8

The Psychedelic Furs and The Church. 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Spend an evening listening to '80s-inspired alternative rock. \$37.50 admission. Visit

www.fillmoresilverspring.com.

"New World Order" Concert. 8 p.m.
at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. A variety of musicians play together. Tickets are \$25. Visit

www.bethesdabluesjazz.com. **Vi-Kings.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Classic rock cover band. Doors open at 6 p.m. \$10 admission. Visit www.villainandsaint.com/shows/.

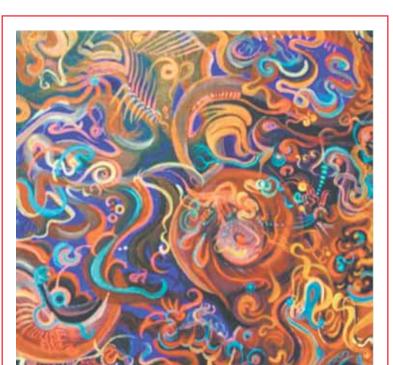
SUNDAY/AUG. 9

Miss Intercontinental USA 2015.

6:30 p.m. at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. A pageant promotes the are \$50-100. Visit www.bethesdabluesjazz.com.

WEDNESDAY/AUG. 12

Daniel Bennett Group. 7:30 p.m. at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda.



Abstractionist painter Kelly Posey titled her new exhibit at the Yellow Barn Gallery "Potpourri" because her early work informs her new work. The exhibit will be open Aug. 29-30, 12-5 p.m. at 7300 MacArthur Blvd., Glen Echo. Admission to the gallery is free. Visit www.yellowbarngallery.com for more.

Saxophonist Daniel Bennett and his group performs their new album The Mystery at Clown Castle. Tickets are \$20. Visit www.bethesdabluesjazz.com.

Open Mic Night hosted by Chris Brooks. 8-11 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Sign up to perform at this rock 'n' roll music hall or sit back and enjoy listening to undiscovered talent. Free admission. Visit www.villainandsaint.com/shows/.

THURSDAY/AUG.13

Wally Worsley Band. 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Ages 21 and over are welcome to enjoy the rock music of guitarist/vocalist Wally Worsley. Doors open at 6 p.m. \$7 admission. Visit www.villainandsaint.com/ shows/.

FRIDAY/AUG. 14

Trip to Barnes Museum in

Philadelphia. 7 a.m. at Glen Echo Park, 7300 MacArthur Blvd. The Yellow Barn Studio at Glen Echo Park is sponsoring a bus trip to the Philadelphia Museum of Art, Rodin Museum, and the Barnes Museum. The cost of the round-trip, museum admission, and lecture is \$115. Visit www.yellowbarnstudio.com or call 240-626-4981.

Great Wines You've Probably Never Heard Of. 4-6 p.m. at Washington ArtWorks, 12276 Wilkins Ave., Rockville. Learn about 'undiscovered" wines from various locations, price points, and pairings. Tickets are \$75. Visit www.washingtonartworks.com.

A Tribute to Billy Joel. 6-9 p.m. at Villain & Saint, 7141 Wisconsin Ave., 2017 perform a tribute set to artist Billy Joel, Ages 21 and over, Tickets are \$8-10. Visit www.villainandsaint.com.

Lee Greenwood Concert. 8 p.m. at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Country singer Greenwood has

released more than 30 albums. Tickets are \$45. Visit www.bethesdabluesjazz.com.

Crowded Streets. 9 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. All ages are welcome to enjoy Dave Matthews Band hits performed by this tribute band. Doors open at 6 p.m. \$15 admission. Visit www.villainandsaint.com/shows/.

AUG.14-22

Montgomery County Agricultural

Fair. 12 p.m.-12 a.m. at Montgomery County Fairgrounds, 501 Perry Parkway, Gaithersburg. Find carnival games and rides, a truck and tractor pull, monster trucks, animals and more. Admission to the fair is \$10 with additional fees for certain events. Visit www.mcagfair.com for more.

SATURDAY/AUG.15

Ukulele and Guitar Summit. 10

a.m.-12 p.m. at The Strathmore, 5301 Tuckerman Lane, North Bethesda. Hosted by Grammy-winners Cathy Fink & Marcy Marxer, the morning includes classes from novice to advanced skill levels, jam sessions, concerts, and an all-levels uke orchestra. Tickets and registration \$370. Visit strathmore.org.

Local Brews Local Grooves. 5 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Ages 21 and over are welcome to enjoy craft beer at this music festival featuring local talent. \$16 admission. Visit www.fillmoresilverspring.com.

Art Exhibit Opening. 6-8 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. View works of David Camero and Vatsala Menon, and get to talk to them at the evening reception. Free. Visit www.writer.org.

Roundabout Performance. 9 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Roundabout is a pop/rock band. Tickets are \$5-7. Visit www.villainandsaint.com/.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

June, 2015 Sales, \$1,300,000~\$1,485,000

In June 2015, 95 Potomac homes sold BETWEEN \$3,350,000-\$213,593.





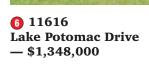




2 7806 Cadbury Avenue — \$1,451,000



11513 Front Field Lane — \$300,500







9808 Clagett Farm Drive — \$1,300,000

4 10101 Garden Way – \$1,360,000

