

Hanna Ayoub

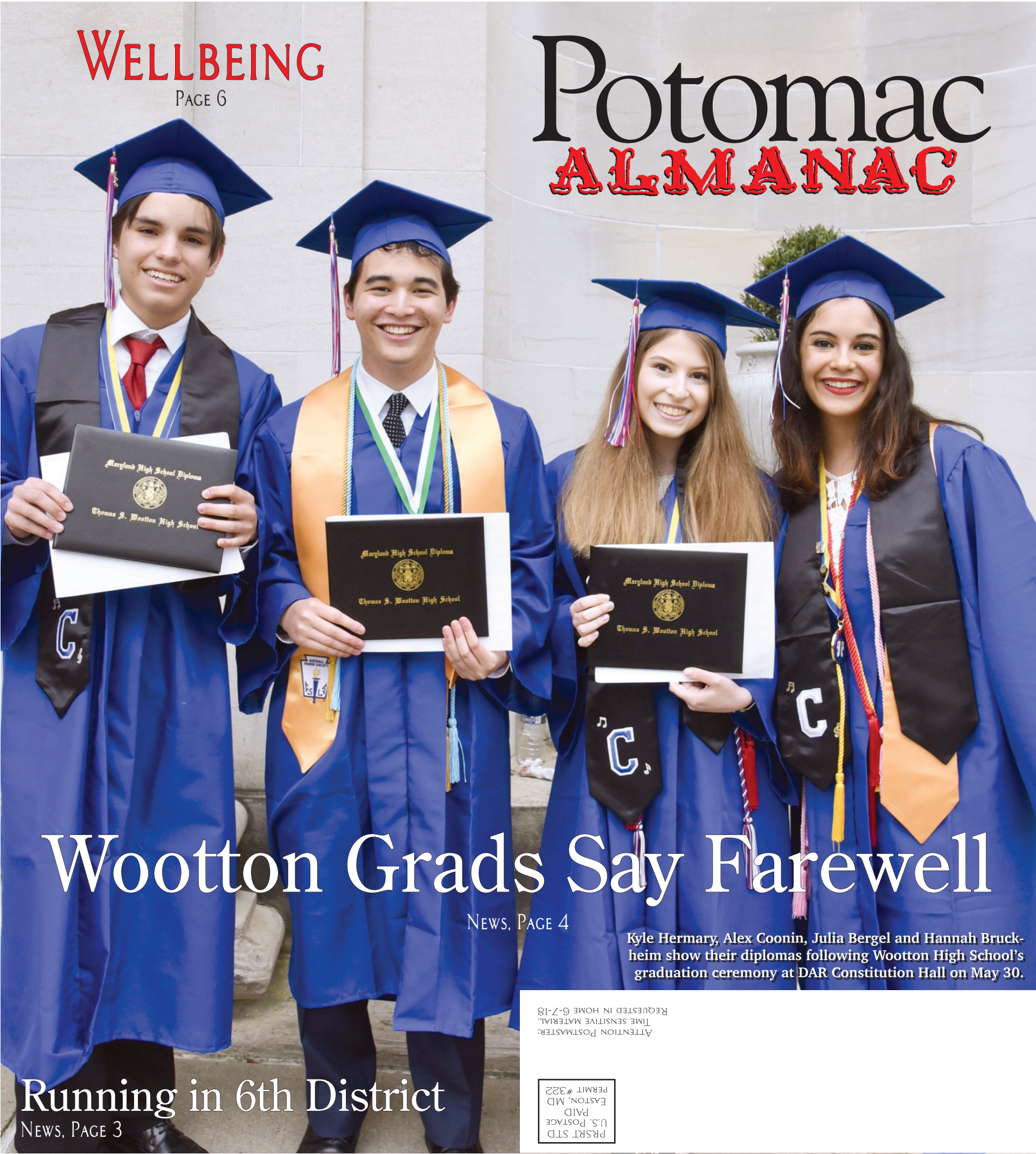
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WELLBEING
PAGE 6

Potomac ALMANAC

Wootton Grads Say Farewell

NEWS, PAGE 4

Kyle Hermary, Alex Coonin, Julia Bergel and Hannah Bruckheim show their diplomas following Wootton High School's graduation ceremony at DAR Constitution Hall on May 30.

Running in 6th District

NEWS, PAGE 3

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March, 2018 Sales, \$900,000~\$1,040,000

IN MARCH 2018, 61 POTOMAC HOMES SOLD BETWEEN \$3,000,000-\$500,000.



3 11732 Canfield Road — \$1,000,000



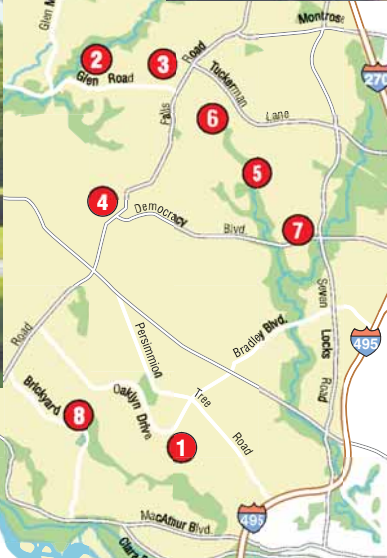
2 11801 Hunting Ridge Court — \$1,032,000



6 9001 Rouen Lane — \$939,000



4 10005 South Glen Road — \$995,000



5 8506 Hunter Creek Trail — \$950,172



8 8504 Horseshoe Lane — \$900,000

Address	BR	FB	HB	Postal City	Sold Price ...	Type	Lot AC ..	PostalCode	Subdivision	Date Sold	
1 9415 TURNBERRY DR	4	..	3	1	POTOMAC	... \$1,040,000	... Townhouse	0.08	20854	AVENEL	03/15/18
2 11801 HUNTING RIDGE CT ...	5	..	3	1	POTOMAC	... \$1,032,000	... Detached	0.35	20854	GLEN OAKS	03/30/18
3 11732 CANFIELD RD	4	..	3	1	POTOMAC	... \$1,000,000	... Detached	0.36	20854	WINTERSET	03/19/18
4 10005 SOUTH GLEN RD	4	..	3	1	POTOMAC	... \$995,000	... Detached	0.46	20854	POTOMAC OUTSIDE	03/14/18
5 8506 HUNTER CREEK TRL.....	5	..	2	1	ROCKVILLE	... \$950,172	... Detached	0.25	20854	FOX HILLS	03/08/18
6 9001 ROUEN LN	4	..	3	1	POTOMAC	... \$939,000	... Detached	0.43	20854	LAKE NORMANDY ESTS	03/23/18
7 10226 DEMOCRACY LN	4	..	2	1	POTOMAC	... \$905,000	... Patio Home	0.10	20854	EAST GATE OF POTOMAC	03/16/18
8 8504 HORSESHOE LN	4	..	3	1	POTOMAC	... \$900,000	... Detached	2.00	20854	POTOMAC RANCH	03/02/18

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Candidates Running for 6th Congressional District

Democrats, Republicans hold their primaries on June 26.

BY PEGGY McEWAN
THE ALMANAC

Since John Delaney announced last July that he would not run for re-election to represent Maryland's 6th Congressional District, 17 people have filed as candidates for that position.

Four Republicans: Kurt Elsasser, Amie Hoeber, Lisa Lloyd and Bradley Rohrs; eight Democrats: Andrew Duck, George English,

Chris Graves, Nadia Hashimi, Christopher Hearsey, Roger Manno, Aruna Miller and David Trone; plus, Kevin Caldwell, Libertarian; George Gluck from the Green Party and two unaffiliated candidates: Ted Athey and Chin Yeh are official candidates.

Caldwell, Gluck, Athey and Yeh will be on the November ballot but are not involved in the primaries as Maryland has closed primaries for both the Democratic and Republican parties, meaning voters must be

registered with a party to vote in that party's primary.

Potomac area voters are in either the 6th or the 8th Congressional District.

The Potomac Almanac attempted to contact all the major party candidates to do candidate profiles for this issue. Those who did not respond are listed along with website information for use in making choices.

Kurt Elsasser, Republican,

www.elsasser4Congress.com
Bradley Rohrs, Republican, bradrohrs.com
Andrew Duck, Democrat, www.duckforcongress.org
Chris Graves, Democrat, chrisgravesforcongress.com
Roger Manno, Democrat, www.rogermanno.com.

Primary Election Day is June 26, 7 a.m.-8 p.m. See www.777vote.org.

George English

Democrat, Silver Spring

Qualification and motivation of George English for Congressional Office:

My higher education with degrees in Business Administration and Banking, International Management, and Masters Degrees in Economics and Marine Affairs, with Federal and private sector employment have enabled me to comprehend and propose sound alternatives to reverse the ever worsening distribution of national income and wealth. Too much money into too few hands caused the Great Depression. The real incomes of most citizens are declining, exacerbating social discord and creating political paralysis.

I am an Army veteran and a retired economist with a career extending over 30 years, mostly with the Federal government but also with the airport development industry. I believe that serious changes must be made to the way politics are conducted and issues are debated and resolved. The recent severe economic crisis was the consequence of decades of criminally destructive mismanage-

SEE ENGLISH, PAGE 7



Nadia Hashimi

Democrat, Potomac

Writing novels around themes that I think deserve our attention (education, poverty, drug addiction, inequality, immigration) has put me on an incredible path. We've had profound conversations in living rooms, libraries and places of worship.

But the political landscape of the past couple of years has propelled me to do something more. I've decided to run for office - the Congressional seat for Maryland's 6th district to be specific. Here's a fairly personal video (www.youtube.com/watch?v=a_WXEqJbwd0&feature=youtu.be) introducing my intentions. There's a whole lot more information on my website (https://nadiashimi.com/). Our institutions and systems are failing our families. I know we can do better.

Please consider following my journey and watching me challenge the status quo on Facebook, Twitter, or any other social media platform under @HashimiForUs. I've already been told that I'll have a hard time breaking into this good-old-boys-club that is Maryland politics. But my characters wouldn't back down from a challenge like that, so here I go.



Chris Hearsey

Democrat, Gaithersburg

My name is Chris Hearsey and I am a Democrat running to represent Maryland's 6th congressional district. I am 38 years old, an aerospace executive and research scientist, and I reside in Gaithersburg.

What sets me apart in this race is that I grew up in rural and small towns as much as big cities. I understand those who seek new opportunities in urban areas as well as those who stay behind to keep the community alive. I have seen the culture of resentment bubble up when politicians don't recognize what rural and urban communities need. But most importantly, I am neither a billionaire seeking to buy this seat nor in the pocket of special interests. I am an independent progressive Democrat. I am someone who has succeeded understanding that hard work alone can't get you all the way in life. In our communities, we depend on each other to get by — whether it's neighborly kindness and respect or social services to help you up when life knocks you down. No matter where you live in western Maryland, I will fight for you in Congress

SEE HEARSEY, PAGE 7



Amie Hoeber

Republican, Potomac

My name is Amie Hoeber. I live in Montgomery County and I'm a Republican running for Congress for Maryland's Sixth Congressional District. I'm a mother, a stepmother and a grandmother. I am a national security expert and author, small business owner and an advocate for women in business, politics and the military. I have spent my life working for the national security of our country in both Government and the private sector. As a member of the Board of the House of Ruth Maryland, I have for more than a decade helped women facing adversity. The breadth and depth of my experience gives me the right tools to address effectively both national and Maryland's 6th Congressional District issues. I am the only candidate with Federal management experience. As U.S. Army Deputy Under Secretary, I allocated billions of dollars. Through that experience I gained understanding of Federal processes and will use this to get Federal money for the Sixth District. I also have a deep understanding of the unique needs of the entire District. My

SEE HOEBER, PAGE 7



Lisa Lloyd

Republican, Potomac

I am running for office because I am concerned about the policies that are chipping away at our American way of life as established by the founders of this country. As a nurse practitioner I work in private practice, urgent care, home infusions and volunteer in clinics for the uninsured. I've raised four children and all have attended local public schools. I am a registered provider with Maryland's CRISP database, confronting daily the elements of the opioid epidemic. With an MBA in International Business, and fluent in Spanish, I worked in Mexico as a government liaison so I have a deep understanding of immigrations issues. I am on the front line dealing personally with major issues facing our nation every day, which makes me the best candidate for the job.

I am concerned about the lack of affordable healthcare, illegal immigration, and current disregard for the Constitution. We cannot be the sanctuary nation for the world. State and federal government must enforce immigration laws and Voter ID. Our 1st and 2nd amendment rights are

SEE LLOYD, PAGE 7



Aruna Miller

Democrat, Darnestown

Throughout my career in public service, my guiding principles have been empathy, compassion, and fairness. I have dedicated my adult career to public service, which is why I am running for Congress. As a legislator I have fought to increase funding to support a balanced, equitable, and efficient transportation system that can create jobs, encourage businesses to invest in our state, and enhance the quality of life for our residents. During this time in the General Assembly, I put a heavy emphasis on constituent service and listening directly to my constituents. Nearly 80 percent of the legislation have introduced in the Maryland General Assembly, came directly from speaking with my constituents. This is a dedication to public service which I have held for my entire career. Before becoming a state legislator, I served as a transportation engineer for 25 years with the Montgomery County Department of Transportation. I had chosen this path of public service because, as an immigrant, I wanted to give back to the country that had given me so much, the country which in



SEE MILLER, PAGE 7

David Trone

Democrat, Potomac

I grew up on a struggling family farm cleaning hog and chicken pens. After the farm went bankrupt, I took out student loans to earn an MBA at The Wharton School of Business. Starting with one store, I built Total Wine & More which is the largest independent wine retailer in the United States and will end the year with close to 7,000 team members in 191 stores across 22 states, including 650 at our headquarters in Montgomery County. I've spent my career in business investing in people. In most retail 25 percent of employees are full-time and get benefits. 75 percent of our employees at Total Wine are full-time and get full benefits like family medical leave, paid time off, healthcare, and GED and college programs. I'm running for Congress because I believe that government needs to invest in people by providing universal pre-K, expanding the Affordable Care Act so everyone has health coverage, funding medical research at the NIH to find cures for diseases like Alzheimer's, and investing in infrastructure projects like widening I-270. And I'm not taking any money from special interest PACs or lobbyists. The only interests I'll be accountable to in Congress are those of the Sixth District voters.



Ready to Vote?

Early voting starts June 21. Not sure where to vote or what choices will be on the ballot? Check your mail. If you are registered to vote, the Montgomery County Board of Elections is mailing you a personalized sample ballot, with all the information you will need to vote in the 2018 Gubernatorial Election, depending on which political party you are registered with and where you live. The State of Maryland conducts partisan Primary Elections — you may only vote for candidates of the party with which you are affiliated or in nonpartisan contests — School Board. Don't mistake the sample ballot for junk mail — it is an 8 1/2" x 11" booklet and has information on Early Voting locations on the front cover and your Election Day polling place on the back cover.

Review your sample ballot carefully for the following information:

❖ The locations of the Montgomery
SEE READY TO VOTE?, PAGE 7



PHOTO COURTESY OF KEVIN JAMES SHAY

Wootton High School seniors in DAR Constitution Hall for their graduation on May 30. The 2018 graduating class was made up of 536 students.

Wootton Grads Say Farewell

Olympic gold medalist offers advice.

BY PEGGY MCEWAN
THE ALMANAC

Graduation Day. A goal achieved for 536 Seniors from Thomas Sprigg Wootton High School at DAR Constitution Hall May 30.

"This class is just really sweet, and they take care of each other," Principal Kimberly Bolden said of the 2018 graduates. "To a kid, each one who came across the stage said 'thank you'."

Bolden addressed the students and guests at the graduation ceremony, reminding them of the challenges the class faced together. They had to come to grips with the unexpected death of the school's long time principal Dr. Michael Doran as they began their sophomore year, and again, before senior year, the death for Joseph DuBoyce, a Wootton vice principal and Class of 2018 administrator.

Using an expression typical of DuBoyce, Bolden started her remarks to the students with "It's going to be a great day."

"That was how [DuBoyce] set the tone and expectation for his day," she said. "You graduates have the skills and tools to make each day your personal best."

"Thank you for doing great things at Wootton," she said as she wrapped up her talk.

Of course, Bolton said after the

ceremony, a highlight of the graduation was having Haley Skarupa, 2012 Wootton graduate and member of the 2018 Olympic Gold Medal women's ice hockey team, address the graduates.

Skarupa said she was honored to be back at Wootton.

"This is home, and this is where it all begins," she said. "I remember [graduation] wondering about my life ... while thinking I had it

SEE THANK YOU, PAGE 5



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Courtney Carr and Estelle Casper



Erfan Jabari and Emily Kim



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

After graduation, Wootton High School graduates meet with family and friends outside DAR Constitution Hall.

POTOMAC ALMANAC

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EDITOR & PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

PRODUCTION EDITOR

Jean Card
jcard@connectionnewspapers.com

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
Colleen Healy, Kenny Lourie,
Peggy McEwan, Ken Moore

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager

Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

Display Advertising:

Kenny Lourie 301-325-1398
klourie@connectionnewspapers.com

Debbie Funk

National Sales & Real Estate
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
703-549-0004
jvernon@connectionnewspapers.com

CIRCULATION

circulation@connectionnewspapers.com

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'Thank You for Doing Great Things at Wootton'

FROM PAGE 4

all figured out."

She shared her story of becoming an Olympian ... the years of skating for Boston College, a school, she said, that challenged her to become a better version of herself.

Then the ups and downs of Olympic Trials: being invited to camp, being sent home, not one of the final 20 to make the team.

"I did not make the team," she said. "I had no plan, no feeling, I didn't know what to do."

So, she said, she walked dogs. Yes, she spent a summer as a dog walker, trying to decide what her next move would be.

Then came a call inviting her to work out with the team. Would she take the chance with no promise that she might get a position?

Yes, making the Olympic Ice Hockey team was her goal and she went for it.

"Whatever you are doing next with your life," Skarupa told the graduates, just attack it. You might be scared to fail but how will you ever know if you are afraid to try.

Courage is about feeling the fear and doing it anyway."

Wootton, she too told the students, has given them the tools necessary to grab hold and run with whatever they want in life.

Skarupa ended her talk with five things students' should know

about becoming an Olympic Gold Medalist:

- ❖ It is the longest job interview ever, pretty much a lifetime;
- ❖ We are a family, achieving anything in life is not nearly as fun alone ;
- ❖ We get nervous, we are hu-

man too;

- ❖ We eat a lot, we train a lot;
- ❖ There are no guarantees, have confidence to keep going, believe in yourself, it will be worth it.

Finally, she added, "Create your own stories. Go out there and get what's yours."



Wootton High School graduate Haley Skarupa, Class of 2012, addresses the school's 2018 graduating class during commencement May 30 at DAR Constitution Hall. Skarupa was a member of this year's Olympic Gold Medal winning ice hockey team.



Preston Shay and Jose Pataquiva pose before entering DAR Constitution Hall for their graduation from Wootton High School May 30.



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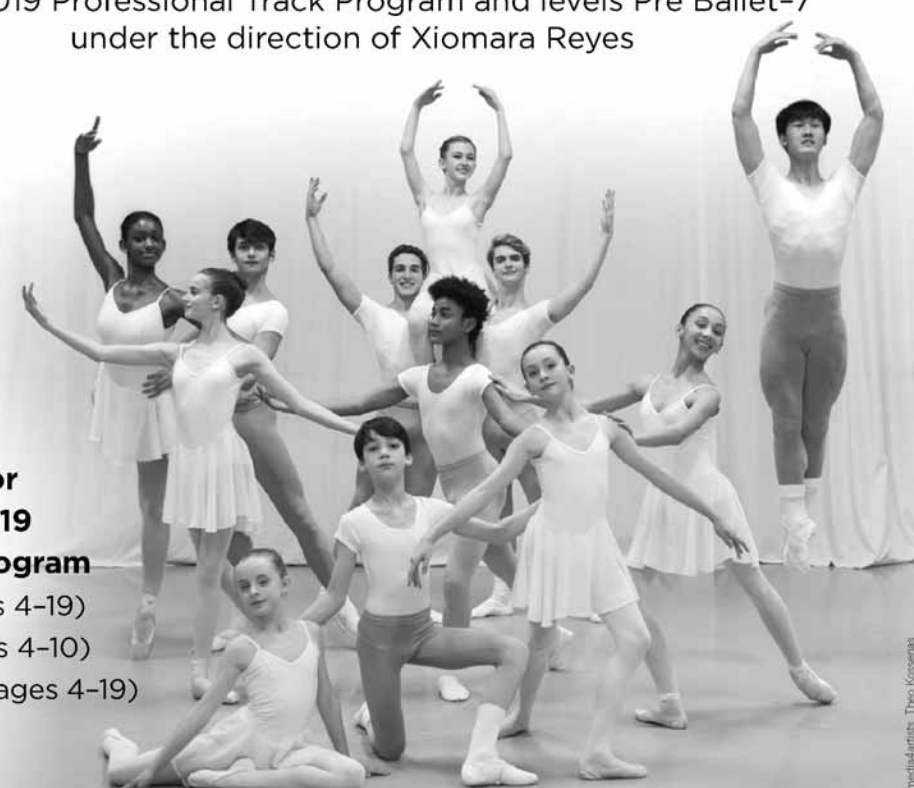
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WELLBEING

Families Meditating Together

Family mindfulness practices can boost overall wellbeing.

BY MARILYN CAMPBELL

Sitting on cushions in a dimly lit corner of the living room, a family of five struggles to relax. But when a lithe woman in flowing yoga pants and a pale grey ballet-wrap top brings her hands together and the gentle sound of Tibetan meditation cymbals fills the air, their eyes close, their shoulders relax and they begin to breathe deeply.

"This is how I like to begin all of my family sessions," said meditation teacher Pleasance Baechli of Transcendental Meditation and Mindfulness Center in Bethesda, Md. "It allows people to calm their minds and bring their attention to the breath and what's going on in their bodies. For a moment, there's nowhere else they need to be and nothing that they need to do."

This is the nature of a family mindfulness session, a chance for families to unplug and disconnect from a world of tablets, smart phones, long commutes, sports practices, homework and errands. Such sessions, says Baechli, offer opportunities for families to reconnect with one another and strengthen their bonds, and are not as difficult to establish as one might think.

"Mindfulness can sound complicated and confusing, especially for children," she said. "But it's simply a state of awareness, and that just means noticing what we're feeling and what we're sensing at the present moment. And it's noticing those thoughts and feelings without judgement or criticism. It's accepting them and letting them pass through our bodies."

Carving out time to meditate in a overloaded schedule can be tall order, but simplicity can help overcome that roadblock. "Unfortunately, the older the kids get and the more activities they have, the harder it gets to make time for quiet and meditation, even though we need it more, of course," said Elizabeth Rees, a mother of three and the associate rector and leader of meditation practices at Saint Aidan's Episcopal Church in Alexandria. "I try to teach my kids breathing techniques and we have a few favorite meditations that we practice periodically before bed. There are also some great [smartphone] apps [like] Insight Timer, Calm and Headspace."

Understanding what mindfulness is and what it is not can help avoid frustration from unmet expectations. "Grasping the concept of mindfulness is tough for some kids and sitting still for long periods of time to practice can be torture," said Baechli. "Mindfulness is simply focusing on your thoughts and feelings as they are right in this moment. That's it. Mindfulness is not a cure-all. Don't expect it to turn your high-energy son into a quiet child or your daughter



PHOTO BY MARILYN CAMPBELL

Cymbals and meditation cushions are tools that mindfulness teacher Pleasance Baechli uses in her family mediation sessions.

who has trouble paying attention and is struggling in school into a straight-A student. That's probably not going to happen."

What it can do however, when practiced over time, is help regulate emotions and strengthen one's ability to concentrate and focus, advises Anne Navolio, Ph.D., a child psychologist based in McLean. She points to a 2012 study by researchers at the University of Washington which credits weekly mindfulness sessions with an improved ability to concentrate. She also references a 2016 study by the University of Wisconsin which showed that even a five minute meditation session each day can increase one's ability to deal with stressful situations. "For beginning a daily practice, start with shorts sessions, especially for young children. Even one-minute of sitting can be beneficial," she said. "And if your kids aren't even interested in that, don't force it."

Incorporating meditation music and concepts that children can understand can make the process easier, advises Baechli. "I like to use cymbals at the beginning of a practice or sound a bell," she said. "Those sounds usually last about 30-45 seconds and sometimes I tell kids to sit quietly and focus on what they're hearing until they can no longer hear it. I also tell kids, especially boys, to use their superhero senses to determine what they can hear and smell all around them."

Spending time outside, either on a hike, nature walk or a trek through the park, can be an opportunity to practice mindfulness as a family, says Navolio. "Simply walking in silence for even a few short minutes and noticing birds, squirrels and cars that are passing or even the scents of freshly mowed grass or food cooking in a restaurant you pass can be a mindfulness practice."

Leading by example can get children engaged in mindfulness practices. "I encourage and model gratitude and attention to small things in the world around us," said Rees. "I definitely think the more mindful and present we can be, the less angst we will have about the past and the future, neither of which we have much control over."

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Art Exhibit: Color Combustion.

Through June 27, office hours at Serendipity Labs, 4500 East West Highway, Suite 125, Bethesda. The Abstract Artists' Collective presents a group exhibition of work by women painters at Serendipity Labs. Eleven painters are included in the show: Tory Cowles, Lauren Chelec Cafritz, Camilla David, Jennifer Duncan, Patsy Fleming, Eleanor Glatty, Marthe McGrath, Michele Morgan, Hester Ohbi, Debra Perkins, and Helen Power. Visit serendipitylabs.com/our-locations/serendipity-labs-bethesda-md/.

Mule-Drawn Canal Boat Rides, Great Falls Tavern. Through August, Call the C&O Canal National Historical Park at Great Falls visitor center, 301-767-3714 or visit www.nps.gov.

Pups on the Patio. 4-7 p.m. every Thursday at Silver, 7150 Woodmont Ave., Bethesda. Guests can enjoy drinks, appetizers and dinner with their pets outside on Silver's patio. Visit www.eatatsilver.com for more.

Children's Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children's stories. Free. Visit www.store-locator.barnesandnoble.com/event/4824850-21.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

JUNE 6-30

Bethesda Painting Award

Finalists. Gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Eight painters have been selected as finalists for the Bethesda Painting Awards, a juried competition and exhibition produced by the Bethesda Arts & Entertainment District. Nearly 300 artists from Maryland, Virginia and Washington, D.C. submitted work to the 14th annual competition created to honor regional painters. Visit www.bethesda.org for more.

THURSDAY/JUNE 7

Soul Crackers (Soul). 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Free. Part of weekly outdoor concerts produced by the Bethesda Urban Partnership. Contact 301-215-6660 or visit www.bethesda.org.



Wes Tucker & The Skilletts

Summer Concerts

Free evening concerts offer a range of music including rock, funk, jazz, swing, and reggae. Music by Wes Tucker & The Skilletts (Rock) with food and drink by Momo Chicken & Grill. Thursday, July 5, 6-8 p.m. in Veterans Park, at the corner of Woodmont and Norfolk avenues in Bethesda. Call 301-215-6660 or visit www.bethesda.org.

Yappy Hour with MCHS. 6-8:30 p.m. at Denizens Brewing Co., Beer Garden, 1115 East-West Highway, Silver Spring. Drinks, appetizers and fun with other pet lovers and their dogs. Unwind after work with plenty of four-legged companions, and support homeless animals at the same time. Admission is \$15 per person/\$25 per couple. Dogs are welcome guests, and attend for free. Visit www.mchumane.org/support/events/denizens-beer-tasting/ for more.

WEDNESDAY/JUNE 8

Opening: Bethesda Painting Award Finalists. 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Eight painters have been selected as finalists for the Bethesda Painting Awards, a juried competition and exhibition produced by the Bethesda Arts & Entertainment District. Nearly 300 artists from Maryland, Virginia and Washington, D.C. submitted work to the 14th annual competition created to honor regional painters. Visit www.bethesda.org for more.

FRIDAY-SUNDAY/JUNE 8-10

"Patience" Opera. Fridays and Saturdays, 8 p.m.; Sundays, 2 p.m. at the F. Scott Fitzgerald Theatre,

Rockville Civic Center Park, 603 Edmonston Drive, Rockville. The Victorian Lyric Opera Company brings back a classic production of one of Gilbert & Sullivan's most famous collaborations. Cost is \$28/adults; \$24/seniors; \$20/students. Call 240-314-8690 or visit www.vloc.org to purchase tickets.

SATURDAY/JUNE 9

Dulcimer Music. 2:30-3 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Boulevard, Potomac. Join the Mountain Dulcimers of Northern Virginia for live music and try playing this unique instrument. Park entrance fees may be charged at Great Falls Tavern Visitor Center but park ranger programs are free. Call 301-767-3714.

Summer Concert. 3 p.m. at Cedar Lane Unitarian Church, 9601 Cedar Lane, Bethesda. The National Institutes of Health (NIH) Community Orchestra and Chorus will present "A Summer Concert." This one-time only performance will feature timeless orchestral and choral classics, as well as two conductors. Free-will donations are welcome to benefit NIH charities. Visit www.nihco.org for more.

6th Annual Pups and Pints. 3-6 p.m. at Irish Inn at Glen Echo, 6119 Tulane Ave., Glen Echo. Pups and

Pints is an outdoor event for dogs and their people, benefiting local dog rescues and affiliated charities. These charities will be benefiting this year: Montgomery Co. Humane Society, Lucky Dog Animal Rescue, PetConnect Rescue and Wounded Paw Foundation. \$15. Visit eventbrite.com and search "Pups and Pints."

SUNDAY/JUNE 10

Waltz Dance. Workshop, 2:45-3:30 p.m.; dance, 3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring the ensemble Gyrations playing a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13. No partner required. Call 202-238-0230 or 301-634-2222, or visit www.WaltzTimeDances.org.

THURSDAY/JUNE 14

Hard Swimmin' Fish (Blues/Jazz). 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Free. Part of weekly outdoor concerts produced by the Bethesda Urban Partnership. Contact 301-215-6660 or visit www.bethesda.org.

FRIDAY-SUNDAY/JUNE 15-17

"Patience" Opera. Fridays and Saturdays, 8 p.m.; Sundays, 2 p.m. at the F. Scott Fitzgerald Theatre, Rockville Civic Center Park, 603 Edmonston Drive, Rockville. The Victorian Lyric Opera Company brings back a classic production of one of Gilbert & Sullivan's most famous collaborations. Cost is \$28/adults; \$24/seniors; \$20/students. Call 240-314-8690 or visit www.vloc.org to purchase tickets.

SATURDAY/JUNE 16

A Night of 1000 Laughs. 8 p.m. at The Highwood Theatre, 914 Silver Spring Ave., Silver Spring. Comedy for a good cause. Improbable Comedy presents A Night of 1000 Laughs with comedians Paris Sashay, Eddie Liles, Kasha Patel and Jon Yaeger. \$5 from every ticket sold will go to A Wider Circle. \$20 online, \$25 at the door; \$15/\$10 for students with ID. Drinks and snacks available for purchase. Visit eventbrite.com and search Improbable Comedy.

THURSDAY/JUNE 21

Jay Byrd & The Musical Trust (Alt. Country). 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Free. Part of weekly outdoor concerts produced by the Bethesda Urban Partnership. Contact 301-215-6660 or visit www.bethesda.org.

JUNE 18-AUGUST 24

CityDance School & Conservatory Camp. Ages 4-14. At 5301 Tuckerman Lane, North Bethesda. CityDance's themed children and youth camps offer learning and fun through culture and creativity. Young dancers learn multicultural myths and themes from around the globe and are invited to explore how the tales relate to their daily lives. They take daily classes in ballet, modern, jazz, hip hop and world dance forms and learn challenging choreography in multiple styles. Visit www.citydance.net or email summer@citydance.net.

SATURDAY-SUNDAY/JUNE 23-24

Heritage Days 2018. Noon-4 p.m. Visit 40 parks, museums, and historic sites all open with free admission highlighting local history, culture, and outdoor recreation with live music, demonstrations and exhibits, tours, and special children's activities. Local arts and culture as well as outdoor recreation, including biking, hiking, and walking tours, are also highlighted. Visit www.heritagemontgomery.org or call 301-515-0753.

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