



Bannockburn Banner

AN EXCLUSIVE BCA APPROVED
PUBLICATION FOR THE RESIDENTS OF
THE BANNOCKBURN ESTATES

MAY 2015

MEET YOUR NEIGHBOR
JENNIFER KAWAR
ACCOMPANIED BY DEAR FRIEND/GUIDE RAINER

Cover Photo By: Gabi/Jennifer Kavar

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CONTRIBUTORS AT LARGE Some are included below—(please submit your pictures to be included)
Your BCA Board Members, Block Captains and the Residents of The Bannockburn Estates

Ted Garrett, Edith Miles, Jennifer Kavar, Jane Pettit, Maddie Menkes, John and Isabelle Hannula, Rod Cormier, Joyce Siegel, Pauline Reeping Nadol, Elizabeth Kellar, Julie Keefer, Leila Afas, Girish and Pavi Tumpabaura, Jane Pettit, John Noble, Lele McAdoo, Rebecca Kahlenburg, Henry Winokur and many others that I am gathering headshots from for inclusion here. I have left out many — send me your high resolution headshot and I will include it on this page for each submission!

We are always looking for residents to follow up on leads, find great stories and send us ideas. Let’s celebrate the great things happening in our community! No contribution is too small. Please call Timothy Beam 301.222.7361 or email timothy.beam@n2pub.com with your pictures, suggestions or requests.

Thanks for your participation in the Bannockburn Banner newsletter!



Edith Miles



Jennifer Kavar



Maddie Menkes



Ben Schlesinger



BCA Board President
Ted Garrett



Davison Duo — Madison
and Davis Gestiehr



Pauline Reeping Nadol
and Bernie



Jane Pettit



Rebecca Kahlenburg



Lele McAdoo and Katie



Isabelle Hannula and
Hailey



John Noble



Seth Goldstein, BCA
Environmental Commit-
tee Chair



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send in YOUR FAVORITE PICTURES

Email timothy.beam@n2pub.com
with your pictures, stories, news,
and events!

We want pictures of your little all-star! It does not matter if your child is a champion: make him/her feeling like one by submitting pictures of the proud moments on the playing field. All sports pictures are welcome for submission to the newsletter.

Are you in a book club, garden club, Bible study group, or a Bridge group; and if not, would you like to join one? Let us know about it!

We want your announcements! Whether you just celebrated a birthday or anniversary, welcomed a new baby in the house, or had any other special occasion, let us know and we will include it in the next issue.

Publisher's Note

HELLO RESIDENTS OF THE BANNOCKBURN ESTATES,

We are pleased to bring you your May 2015 issue of the *Bannockburn Banner* and hope you will embrace the subsequent monthly publications of the Banner.

In this springtime issue for 2015, I am pleased to introduce you to your neighbor, Jennifer Kavar! Thanks for sharing your Switzerland Trek led/guided by your dear friends Rainer and Gabi through the Upper/Lower Engadin in the Swiss Alps!

I would like to wish everyone a happy and prosperous 2015 as we turn our sights toward the May Flowers produced by April's showers. Please reach out to me regarding Garden Tours and sharing your gorgeous gardens with your neighbors. Call Timothy Beam at 301.222.7361 or email: timothy.beam@n2pub.com.

Also please note updates from your BCA Board President, Ted Garrett, in his Letter from the President, Check out the Art in your Community section featuring Ladies' Night Out event at All-Fired Up where Bannockburn, Chevy Chase and Kent residents shared varietal wine and cheese while decorating their "masterpieces." Special thanks to John Noble for continued support and creative direction for the *Bannockburn Banner* and to Seth Goldstein for an interesting article on beautification of the triangle at the junction of Broxburn and Crail Drives and the neighborhood's Dawn Redwood donated by Paula Stone. I would also like to thank the entire BCA Board and the Bannockburn Estates Residents for their direction and contributions to a successful neighborhood publication!

N2 Publishing is the leading provider of specialty publications for residents of exclusive communities across the nation. Our objective is to turn neighborhoods into communities with our monthly neighborhood magazines. Locally, we produce magazines for the Bannockburn Estates, Chevy Chase.

This publication is being provided free of charge to you as a homeowner as the cost of producing, printing and mailing each newsletter is covered by the advertising partners that you see in each issue. So be sure to support your neighborhood sponsors

as we screen our advertisers to ensure that they can provide the types of services that you may need or want as a homeowner. If you currently utilize a business that does excellent work, please let us know, as they may want to reach out to your neighbors as well. Also, if you own or run a business and would like information on reaching your neighbors each month, contact me for advertising information or to simply list your business for free in the Resident Business Guide.

Along with the magazine, we will host various free events to bring the community together for social events – free dinners out at top restaurants, salon reviews, golf tournaments and more.

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We will communicate to you the various events we are hosting through the newsletter and emails. Please call or email your *Bannockburn Banner* publisher, Timothy Beam at 301.222.7361 or email me at timothy.beam@n2pub.com to insure you get your invites to exciting new events to include:

Exciting New Neighborhood Programs in Development:
Junior Movie Review Program
Bannockburn Garden Tours
Spa Reviews Upcoming Couples Relaxation Night at NAVA Health and Vitality Center Featured
Event May 7th from 7-8:30PM. Limited Availability RSVP NOW!
Ladies' Nights Out

The events and publication are designed to increase social connections between residents and to develop a true sense of community — so don't miss out! By providing a well-designed publication full of stories and photos, we have seen N2

neighborhoods increase attendance at social events, create members that are better informed of rules and regulations, and allow residents to widen their circle of friends.

I'd like to personally thank all of our business sponsors who partnered with us making the magazine free to all residents, as well as the many residents who contributed to their first or subsequent issues. Just know this *Bannockburn Banner* magazine would not exist without the both of you!



Your publisher viewing Statue of Liberty from Brooklyn Bridge | Photo by Makenna Beam

I look forward to meeting and collaborating with each of you at our upcoming neighborhood events! I would love to get your feedback and story ideas for the Banner!

Timothy Beam
Area Director of the Bannockburn Banner
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LETTER FROM THE PRESIDENT }

TED GARRETT



President's Letter
May 2015

Spring is here and snow is a distant memory. We deserve a great spring and summer.

Meetings. As you know, the Aurora Energy solar energy presentation for our March 5 meeting was cancelled due to snow. As of mid-march when I write this letter, we are in the process of re-scheduling a meeting to hear from Aurora. I will send out an e-mail to all those who have registered on the BCA website. If you have not registered, please do so at: <http://bannockburncitizens.org/register/>

I am pleased to announce that the speaker at our meeting on June 4, 2015 at St. Mark's will be Bill Eichbaum, Vice President for Marine and Arctic Policy of the World Wildlife Fund US.

We welcome suggestions for speakers/topics that you find interesting and informative. Bonus points for suggested speakers who are Bannockburn neighbors.

★ **Dues.** BCA dues for 2015 were due on January 1. Please mail a check to Bonnie Garrett, BCA Treasurer, 6604 Broxburn Drive, Bethesda, MD 20817 or pay your dues online via our website: <http://bannockburncitizens.org/dues/index.php>

Neighborhood Gatherings: I know everyone is busy, but nothing would give me more satisfaction as BCA President than to see our neighbors get together more and create a better sense of community. Suggestions are welcome. Would you like to start a book club? A language club? A bridge club? Photography? Hiking? Dog walking? Cooking? Painting? Soccer? Travel? Send me your ideas (tgarrett@cov.com) and I'll circulate an email to all neighbors and we will see who is interested in getting together.

Construction. Our covenants committee, headed by Ben Schlesinger, continues to monitor construction and permit applications in the neighborhood. If you have questions about a new construction, renovation or sale, contact Ben at bschles@bsaenergy.com.

New Neighbors. Jane Pettit and Cecily Abrams welcome new BCA neighbors. If you would like to help on this committee or know of new arrivals to the neighborhood, please email janepettit1@verizon.net or call: 301-229-5932.

Seniors. Edith Miles is Chair of our very active Good Neighbors committee. The committee organizes various activities and works to help BCA seniors who want to continue to live in their homes in their senior years. You can contact Edith for information or suggestions at ewmiles@comcast.net.

Environment Committee. As you know, our BCA environment committee spearheaded a BCA resolution on best practices for tree preservation and removal. The committee worked on removing English ivy from our trees, and is also a resource to our covenants committee. Contact committee Chair Seth Goldstein sethgoldstein@verizon.net if you have suggestions or wish to volunteer.

Neighborhood Security. The committee acts works with the block captains and is considering other ways to improve neighborhood security. There is a new webpage with security information. We ask our block captains to get to know the neighbors on their block, to ask neighbors to keep an eye on each other's homes, and to register on the website. If you have suggestions or wish to volunteer to be a block captain, contact committee Chair John Hannula at john_hannula@yahoo.com.

Bannockburn Banner. The goal of this venture is to improve our communications and opportunities for neighbors to meet and interact. If you have questions or suggestions, please contact BCA board member John Noble at johnnoble@mac.com or Banner Publisher Timothy Beam directly at timothy.beam@n2pub.com or 301.222.7361.

Best wishes,
Ted Garrett
BCA President

Bannockburn Citizens Association

Please pay Calendar Year 2015 dues Now

★ Dues Payment Coupon

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Send to: Bonnie Garrett, Treasurer, BCA 6604 Broxburn Dr., Bethesda, MD 20817

Family spotlight

MEET YOUR NEIGHBOR

Jennifer Kawar

By Jennifer Kawar and Timothy Beam
Pictures by Rainer, Gabi and Jennifer

Many of you know Jennifer Kavar as a tireless force to be reckoned with — she helps to organize Bannockburn Citizens Association meetings and events as well as being an active member of the BCA Environmenat Committee. Jenny has been instrumental in introducing the Banner publisher to interesting families and stories in the Bannockburn Estates neighborhood (who chose to be featured in the publication)!

Now, Jenny has decided to share a cherished memory of hers with the neighborhood as she shares stories and pictures of her recent visit to Switzerland's Upper Engadin in late September/early October 2014.

Parc Naziunal Svizzer just celebrated its 100th anniversary and as Jenny noted: Everything in the park is spotlessly clean and nature-oriented in Switzerland's only National Park in the Upper/Lower Engadin in SE Switzerland's Alps.

The Swiss National Park, founded in 1914, is the oldest in the Alps. Park rules follow strict conservation of nature guidelines—one is not allowed to leave the hiking paths — protecting the habitat for ibexes, chamois, marmots, northern hares, lizards and innumerable birds which Jenny observed in the wild. Staying on the hiking trails suited Jenny just fine as she received her 100-mile award honoring two weeks of continuous mountain hiking with her good friends Gabi and Rainer as her hosts/guides through the Upper and Lower Engadin.

Jenny noted the park is full of changing exhibitions and multiple “exploration excursions” for children and families that lead far into the park and encourage the playful exploration and discovery of the environment by children and a deeper understanding and reverence for nature even the teenagers understand!

Rainer was an excellent guide taking the group to upper or lower Engadin trails based upon carefully monitoring weather forecasts and started the group in the valleys and worked up to steeper terrain as all became acclimated to the difficult hikes — although Rainer occasionally disappeared for an even steeper trek.

One of the highlights of Jenny's numerous hikes were the cows coming down to the valley from their summer pastures. Jenny noted the young boys herding the cows with the assistance of cracking whips and clanging bells to ward off evil did a surprisingly good job (given the shots of liquor they, by custom, consumed along the route and they also distributed many cookies to the crowd that were along the parade route. The cows (especially the older Grande Dames) looked majestic dressed up in their wreaths of flowers and customary bells around their necks.

Also along the way Jenny and her hiking compadres ran into a couple of stubborn horses that refused to give up the “right of way.” When Jenny did maneuver around the grey horse in rear, seemingly not paying attention as she grazed, decided to nudge them off “her” trail...maybe the “old grey mare” IS still what she used to be!

There are many more stunning pictures to share as Rainer's weather forecasting seemed to always insure the best views — but we will leave you with these pictures and a request for Jenny's permission to share others with her neighbors in the Bannockburn Estates at a later time!

Get to know your neighbors better by having your family featured in the next available issue! Email us at timothy.beam@n2pub.com.



Another lesson to be learned along the trail



Jenny and Gabi at one of their many stops designed to engage children



“Walk this Way” Gabi and Jenny



One of the Grande Dames



This guy likes to “toot his own horn.”



In awe of the vast beauty



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Preparing Grande Dames for parade



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Watch out for that Old Grey Mare.



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precious pets

Submitted by Jacqueline
and Jackson Barlow

MEET BARKLEY

You have already “met” Barkley in the family Spotlight of the April Banner. We just wanted to share some more pictures of Jackson and Barkley (Yellow Lab belonging to the Barlows – Principles of Vision Design Build). As hinted in April Family Spotlight, Barkley is an accomplished escape artist – but , no worries, he doesn’t go far! Here are some shots of Barkley in his element – on the Barlow’s grounds (still snow covered from one of those March snowstorms).

Exit stage left.



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Good boy, Barkley.



Stick to it!

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Do you have a pet and would like to share his/her story? Then call 301.222.7361 or email timothy.beam@n2pub.com to have them featured in the next available issue! Dogs, cats, horses, fish, and yes, even African Pygmy hedgehogs are welcome! Right Isabelle?

If you know someone who has a great home that should be featured please e-mail timothy.beam@n2pub.com or call at 301.222.7361.

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Having grown up in the Washington, DC suburb of Chevy Chase, Maryland, I am a fourth-generation Washingtonian. I chose to raise my family and grow my business here, as well, in Kensington, Maryland, surrounding myself with family, including my Mother and siblings. My lovely wife, Lu Merrick, Director of the Post High School program at Ivymount School, and I are the proud parents of three daughters. Our youngest, Emma, will be graduating from LaSalle University this spring and our oldest, Addie, has joined me at Merrick Design and Build. Our middle daughter, Isabel, recently had her first child, daughter Ryder, making me us proud grandparents, as well.

Growing up with a keen interest in construction, my parents encouraged me to attend architecture school. During my college experience, I found I was more of a builder than an architect. I worked for several major homebuilders and commercial contractors in the DC area, gaining hands-on experience before opening my own business in 1989.

When I was in college, the design build concept did not exist. It was not an accepted method of providing design and construction services, it was in fact, heresy! I was told, matter-of-factly, that architects “designed” and contractors “built,” and that there had to be a separation of responsibilities. I knew that the design build concept was the best way to provide residential remodeling services and so, from Merrick Design and Build’s inception, we have provided that “combined service” to all of our clients. I may

not have been the first design build contractor, but it would be safe to say that our business has been instrumental in defining design build as an industry, in and of itself. As an active member of NARI, the National Association of the Remodeling Industry, and through NARI I have worked to educate and inform other contractors about design build.

At Merrick, we strive to exceed every customer’s expectations! Most contractors complete a top quality project, and sure, the industry has a few “bad apples” that have tarnished the name from time to time, but most do respectable work. At Merrick, we excel in communication and the design process. Everything is planned, laid out in advance, before any construction begins. We work very closely with our clients, focusing on their budget and design, helping them realize their dreams. Our track record and satisfied customers tell the story more completely than I can.

Hiring a design build firm differs dramatically from hiring a time material or general contractor. Design build firms cannot provide bids or estimates, as the project has not been fully defined. Estimating comes later in the process during the design phase. Design build firms are hired based on reputation and trust. It is paramount when hiring a design build firm that they listen to you and are able to understand your needs, and be able to meet those needs through the design

build process. You do not want a firm that will impose their design style upon you simply because it is the project they are comfortable building. In the end, it really boils down to your trusting your “gut feeling” – who you want working on your home. Can you trust them with your most important asset, your home?

At Merrick Design and Build, Inc., everyone really enjoys their job, meeting new people, and working together as a team. Our clients often compliment us on our team, the friendly yet professional way that we all work together on their homes. Each member of the team brings their own experience and personality to the mix, creating a team that works well together to design and build the kind of projects Merrick is known for.

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Our Dawn Redwood

By Seth Goldstein BCA Environmental Committee Chair

When a half a dozen BCA members got together in May 2006 to beautify the triangle at the junction of Broxburn and Crail Drives, one of the tasks was to plant a small spindly tree donated by my wife, Paula Stone. When she had purchased it at Winterthur Gardens, all she knew about it was its name – Dawn Redwood, and that it looked like a tree in the neighborhood that we frequently passed on our walks. We subsequently learned that prior to 1944 this tree had been thought to be extinct for 50 million years!



Newly planted Dawn Redwood (donated by Paula Stone).



Our Dawn Redwood “in all her glory

and Europe as well as in eastern Asia. Most dawn redwoods outside of China are descended from these seeds– collected from trees thought to be extinct.

The two photos show the tree as planted, and later during this past winter. An unusual feature of Dawn Redwoods is that they are “evergreens” which lose their needles each fall after turning a beautiful golden brown color.

If you have an outstanding yard or garden or know a neighbor who does, we want to know about it (let us know if you would like to be part of Spring Garden Tours). All you have to do is snap a picture and email it to us at timothy.beam@n2pub.com or call at 301.222.7361 Please include names and the address so we can give you the proper credit for all your hard work!



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MAY 7th FEATURED EVENT COUPLES RELAXATION AT THE NAVA HEALTH AND VITALITY CENTER

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Junior Movie Review Program
Bannockburn Garden Tours

AN INFORMATIVE NIGHT ABOUT RELAXATION AT THE NAVA HEALTH AND VITALITY CENTER!

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an event that you do not want to miss!

Come and enjoy a relaxing 10-minute chair massage by Nava's
Licensed Massage Therapist. Light refreshments and wine will be
provided and one lucky guest will receive a \$50 Nava Gift Card
good for any therapy/service at NAVA Health & Vitality Center!

Where: Nava Health & Vitality Center, 5 Wisconsin Circle,
Chevy Chase, MD 20815

When: May 7

Time: 7-8:30 p.m.

Please RSVP directly to timothy.beam@n2pub.com by April 30
as space is limited and event is first-come, first-served. You will
be notified if your reservation has been placed.

Don't miss out by not being on event invite list:

Some event dates TBD – will send invite to those on list –
send request to be added to RSVP List to Timothy Beam at
301.222.7361 or email at Timothy.Beam@N2pub.com.

Also please reach out to Tim to use your neighborhood newsletter
to send tributes in upcoming issues!

SAVE
the
Date

Moms and kids – please send your tributes
for Father's Day for June issue.

Don't forget to send in your graduation
announcements and pictures to highlight
your Young Achievers and grads!

Eat*Drink*Mingle with friends at Neigh-
bors' Night Out and ask about Date

Nights, Contact Timothy.Beam@N2pub.com 301.222.7361
to be added to list for event invites — AND exciting new pro-
grams in development (Spa Reviews, Ladies' Nights Out, Date
Nights, Garden Tours to name a few).



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MAY Bannockburn Banner

NeighborhoodNews | 19



Shot captured while viewing cherry blossoms in DC. Moms, we give you our hearts – happy Mother's Day!



"Mono No Aware."



Cherry blossoms DC, 2014.



Happy Mother's Day from Faris and Cade!



Happy Mother's Day from Maddie and Sofie



Happy Mother's Day from Arjun and Krish!



Happy Mother's Day from the boys!

Make sure to get on the *Bannockburn Banner* events invite list so you don't miss out on upcoming events! Contact Timothy.Beam@N2pub.com or call 301.222.7361 to get added to the RSVP list!



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Lois Keitur, BCA Welcoming Committee Member Cecily Abram, Connie Talbot a Chevy Chase publication sponsor, Sarah Taylor {Kent}, Amanda Frasure {Chevy Chase Village}, and another Chevy Chase Village attendee.

The ladies From the Bannockburn Estates, Chevy Chase Village and Kent neighborhoods all got together for an evening of art and camaraderie as they shared their selections of wine over a selection of varietal cheese and crackers and collaborated on each other’s “masterpieces in the making.” Follow-up appointments were set amongst friends and new acquaintances to finish their projects at their favorite new hangout All-Fired Up! The All-Fired Up staff was extremely knowledgeable and helpful as they guided beginners to budding artists on their various projects. It was a fun evening and this attendee will certainly remember the marvelous Chocolate Wine!



The Ladies from the Estates, the Village and Kent



Annalicia pointing us to the action!

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.

Do you know of an artist that should have their works featured in the *Bannockburn Banner*? Please contact Timothy Beam at timothy.beam@n2pub.com or call Tim: 301.222.7361



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Get on the *Bannockburn Banner* event invites list — don't miss the next neighborhood event! Contact Timothy Beam at timothy.beam@n2pub.com or call Tim: 301.222.7361.



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Tall Ships in Baltimore Harbor celebrating the Star-Spangled Banner's 200th anniversary.



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SHOULD YOU REALLY FEED A COLD & STARVE A FEVER?

Article Source: www.healthguidance.org

When we feel under the weather, we're often reminded of the old adage that we should 'feed a cold' and 'starve a fever.'

The idea here is that eating less will help us to fight an infection because we won't be wasting energy on digestion. That and we tend not to feel like eating when we have a fever anyway. Eating with a cold, meanwhile, will provide us with fuel and we'll be able



to handle the digestion without it wiping us out. But is this old saying based in any truth? Should you really starve a fever? Or have we been getting it wrong all these years?

The Truth About Eating When You're Ill

As it happens, this is one of those sayings that turns out not to be based in fact. While opinions may vary, the general rule tends to be that you should always eat when you're feeling

unwell. We all know how important it is to stay hydrated whenever you're feeling poorly and it's worth remembering that you actually get a lot of your hydration from what you eat -- more than most of us realize in fact. Meanwhile, you can also get a lot of energy and nutrients from your food that can help your body to combat illnesses.

What To Eat When You're Ill

If you have a fever, then you should still try to consume plenty of fruits and vegetables that will provide you with a good supply of antioxidants. Antioxidants help your body to combat free radicals -- molecules that are destructive to our cells. This then helps to strengthen the immune system and increases the chance of you recovering from flu bugs more quickly. Vitamin C is a particularly good antioxidant and can be found in broccoli, cantaloupe, kale, orange juice, peppers, sweet potatoes, tomatoes and other foods. Meanwhile, consuming foods high in bioflavonoids can help to reinforce the positive impacts of vitamin C. Zinc is also thought to help stimulate the immune system, while proteins are very useful for building tissues and fighting both bacterial and viral infections. A lack of protein can lead you feeling weak and tired, which will only exacerbate existing symptoms. Chicken soup meanwhile has been shown to be genuinely helpful in treating colds and flus and not just folklore. This is because it can help to clear sinuses and remove mucus and at the same time offer a mild anti-inflammatory effect. Eating 'complex carbs' will provide your body with a steady and consistent supply of energy, which will also help provide your immune system with the energy it needs to perform optimally.

The only reason you might consider 'starving' your fever then, is if you have completely lost your appetite. For that reason, you should stick to mostly plain foods that are easy to digest and not too rich in flavor. Eat in small, regular portions and make sure to thoroughly chew your food!

ROOFING overview

Article Source: www.housemaster.com

While asphalt shingle roofing is the most common type of sloped roofing, there are many other types of roofing that are widely used, providing excellent wear and appearance characteristics -- although most all require more homeowner attention. Among the non-asphalt types of roofing are slate, wood shingle, wood shake, tile and cement roofs. Each has its own distinctive look, economic life and maintenance requirements.

SLATE

This type of roofing has been used for roofing purposes for hundreds of years around the world. Most slate roofs have an extended life span with slate from Vermont and Virginia lasting the longest (50+ years) with proper annual care; service life of roofs made with Pennsylvania slate is in the moderate range (35+ years). All slate roofs should be checked periodically by a professional slater -- check credentials before contracting. The major areas of concern in your annual roof check-up are the flashings (the cause of most roof leaks), missing or cracked slates (caused by freezing and thawing, as well as by downward pressure from a tree limb or workman's foot), rusted nails and damaged ridge slates. Failure to provide an adequate level of preventive maintenance will result in a poor aesthetic appearance and a much reduced economic life span.

WOOD SHINGLES AND SHAKES

About 10% of the residential roofs are covered with wood -- either shingles or shakes. Most all wood roofs are made from red cedar. Shingles, which are less expensive than shakes, are sawn to a uniform shape. With care, they have an expected economic life span of 15 to 20 years. Their more expensive cousins, wood shakes, are thicker, often hand-split, and generally last longer with regular care. Both wood shingles and shakes come in varying grades, depending on the quality and thickness of the product. A fire retardant pretreatment is recommended, and required in some areas, to minimize the chance of fire spread.

TILE AND CONCRETE

The classic red clay roofing tile has long been the roofing mainstay of quality homes through the southern tier of the United States. Clay tiles are available in many shapes from the traditional half barrel shape to flat shapes resembling wood shingles.

Although unglazed clay tiles are porous and hold dampness, they have a long expected life span of 40+ years, if maintained. In high humidity areas, clay tiles should be pressure cleaned to prevent or minimize darkening caused by mold or mildew. If allowed to go unchecked, this condition will set in the tiles and affect its life and appearance. Many roofers are unfamiliar with clay tile and will recommend replacing rather than repairing. Clay tiles weather well but are prone to breakage like slate. Concrete roof tiles have become quite popular in the warm climates of the United States. Formulated of cement, sand and water, they are formed in many shapes from flat to curve. While quite durable (average expected economic life span of 25 to 40 years if maintained), concrete tiles are very heavy and require proper roof framing support.

Remember, these tips are only general guidelines. Since each situation is different, contact a professional if you have questions about a specific issue. More home safety and maintenance information is available online at housemaster.com.

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may

LOCAL EVENTS

Saturday, May 2

Family Day 2015

Where: Glen Echo Park Partnership

When: 11 a.m. -4 p.m.

FAMILY DAY 2015 celebrates the opening of Glen Echo Park's historic Dentzel Carousel for its 95th season and highlights the full range of programs offered at the Park. Visitors will enjoy art activi-

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ties, face painting, performances, magic shows, storytelling, Park tours, and carousel rides!

For more information: 301-634-2222

Friday, May 8

Soul Crackers - Summer Concert Series

Where: Veterans Park, Corner of Norfolk and Woodmont Ave., Bethesda, MD

When: 6 p.m. - 8 p.m.

Rocking soul and blues!

For more information: <http://www.bethesda.org/node/149>

Saturday, May 9 through Sunday, May 10

Bethesda Fine Arts Festival

Where: Bethesda's Woodmont Triangle, Norfolk,, Auburn and Del Ray Avenue, Bethesda, MD

When: Saturday 10 a.m - 6 p.m. and Sunday 10 a.m. -5 p.m.

Located in Bethesda's Woodmont Triangle, along Norfolk, Auburn & Del Ray Avenues.

Admission to the festival is free and free parking is available in the public parking garage

on Auburn Avenue.

For more information: <http://www.bethesda.org/node/180>

Sunday, May 10

Zydeco Dance

Where: Bumper Car Pavilion, Glen Echo Park

When: 3 p.m. - 6 p.m.

Dancing by the Bayou presents a Zydeco dance with live music by Mo' Mojo in the Bumper Car Pavilion. Enjoy a beginner's lesson from 3:00 to 3:30 pm followed by dancing to the band from 3:30 pm - 6:00 pm. Beginners always welcome and no partner is necessary.

For more information: <http://www.dancingbythebayou.com/>

Friday, May 22

Squeeze Bayou - Summer Concert Series

Where: Veterans Park, Corner of Norfolk and Woodmont Ave., Bethesda, MD

When: 6 p.m. - 8 p.m. Cajun music!

For more information: <http://www.bethesda.org/node/149>

Saturday, May 30 through Sunday, May 31

Washington Folk Festival 2015

Where: Glen Echo Park, MD

When: 12 p.m. -7 p.m.

The Washington Folk Festival is back for its 35th year at Glen Echo Park. This FREE festival celebrates the many folk music, dance and craft traditions that are part of the greater Washington area. The Festival features over 450 of the best traditional musicians, storytellers, dancers, and craftspeople from the Greater Washington Area.

For more information: <http://www.fsgw.org/>

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7112 Wilson Ln	BANNOCKBURN COOP	\$835,000	6	3	3.1	1,776
7013 Heatherhill Rd	BANNOCKBURN ESTATE	\$1,495,000	17	6	4.3	4,362
6904 Selkirk Dr	BANNOCKBURN	\$1,289,000	85	5	4.1	4,500
6207 Bannockburn Dr	BANNOCKBURN COOP	\$649,000	4	3	1	1,479
6306 Halbert Rd E	BANNOCKBURN COOP	\$699,000	47	5	2	1,050
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8321 Still Spring Ct	CARDEROCK SPRINGS	\$899,000	13	4	3	1,488
8312 Fenway Rd	CARDEROCK SPRINGS	\$849,000	34	4	3	1,548
8319 Woodhaven Blvd	WOODHAVEN	\$959,000	37	3	3.1	2,368
7621 Royal Dominion Dr	AL MARAH	\$1,199,000	6	5	4.1	3,163
5616 Sonoma Rd	SONOMA	\$924,500	3	3	2.1	2,132
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7105 Arran Pl	BANNOCKBURN ESTATE	\$1,449,000	107	5	3.1	3,587
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TOP HISTORIC SITES —IN— *Barcelona*

The capital of Catalonia is full of history, architecture and art. Every neighborhood has its own soul and rituals, and the only way to discover them is to spend some time in each of them – walking the city will allow you to discover it for yourself.

If your time is limited, you can stay in the very center and explore Gracia, El Raval and El Gotic and El Born. If you have a whole week, though, you’ll have just enough time to explore the whole city, including the neighborhoods of Sant Gervasi, Sants, La Barceloneta and Poble Nou. If you are hoping to visit monuments or museums, be sure to show up first thing in the morning; the admission lines can be long. Book in advance whenever possible, to avoid the crowds.

Passeig de Gràcia
This is the main street in Barcelona for shopping. It stretches for a mile and is full of shops and restaurants; it’s also where almost all the big modernist buildings are (among the most beautiful and famous: La Casa Fuster, la Casa Amatller and La Pedrera). Be aware that, except for very late at night, prices are a higher because of the high tourist traffic and the food may not the best.

Sagrada Familia
This masterpiece of Antonin Gaudí is one of the most famous churches in the world. The new chapel is so spectacular that even the locals are lining up to see it again and again. Have patience and go there early: you won’t be disappointed. Remarkably, the church has been under construction since 1882 and has yet to be completed.

Las Ramblas
This street is so famous that it even has its own verb in Spanish: ramblenar. “Rambling” in Barcelona means to wander up and down Las Ramblas on foot. Las Ramblas has many attractions, like La Boqueria market and the Columbus monument, but the biggest draw is the street itself.

El Born
This is the most historically relevant of all Barcelona’s neighborhoods. Most of the buildings here are centuries old and have no elevators; many streets are so narrow that there is a no-cars-allowed policy in the entire area. The Catalan resistance in the 1714 war is reflected in sites like El Fossar de les Moreres and El Museu del Born.

L’Eixample
If you are a fan of history you must visit this neighborhood. This is where the “new Barcelona” had its beginnings in the middle of the 19th century. The municipal plan (called Cerdà) called for the creation of a large central square, so the city could build around it in a new way. The avenues here are broad, with dozens of shops and restaurants, but the best things are the buildings that surround them: they embody the city’s history.

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