



Bannockburn Banner

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

AUGUST 2015



Neighboring 1st place DOLPHINS swim team

DOLPHINS SWIM TEAM COVERAGE PRE-WARM-UP @ PALLISADES MEET

Cover photo provided by: Timothy Beam

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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 Kawar, Jane Pettit, John and Isabelle Hannula, Rod Cormier, Joyce Siegel, Pauline Reeping Nadol, Elizabeth Kellar, Julie Keefer, Leila and Cade Afas, Girish and Pavi Tumpabaura, Jenni Cloud, John Noble, Lele McAdoo, Rebecca Kahlenburg, Jacqueline Barnes 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.

If you are interested in being a part of our staff here at the *Bannockburn Banner*, we are always looking for great people -- writers, photographers, columnists and a content or an event coordinator. It's fun, easy and a great way to get involved with your neighborhood. Contact Timothy Beam at timothy.beam@n2pub.com.

Thanks for your participation in Bannockburn Banner.

MEET YOUR *BANNOCKBURN BANNER* CONTRIBUTORS
Thanks for your participation in Bannockburn Banner!



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BCA Board President
Ted Garrett



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and Davis Gestiehr



Pauline Reeping Nadol
and Bernie



Jane Pettit



Rebecca Kahlenburg



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<< Faris and
Cade Afas

If you are interested in being a part of our staff here at the *Bannockburn Banner*, we are always looking for great people – writers, photographers, columnists and a content or an event coordinator. It's fun, easy and a great way to get involved with your neighborhood. Contact Timothy Beam at timothy.beam@n2pub.com.



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Publisher's *Note*

ENJOY THE ABUNDANT SUMMERTIME ACTIVITIES—SOAK UP SOME OF THE LOCAL FLAVOR!

On the cover: Introduction to 1st Place Dolphins Swim Team
In this issue: Events/activities in and around the neighborhood,

ENJOY THE ABUNDANT SUMMERTIME ACTIVITIES—SOAK UP SOME OF THE LOCAL FLAVOR!

On the cover: Introduction to 1st Place Dolphins Swim Team
In this issue: Events/activities in and around the neighborhood, soccer in the park, bikers and joggers along MacArthur, Tennis at Pallisades, Silver Spring Blues Festival and AFI Silver Docs annual documentary festival, synopsis of World Wildlife Fund Bill Eichbaum's talk to the BCA in June, and an introduction to the Student Conservation Association's (SCA) flourishing partnership with Montgomery Parks assisting with natural surface trail maintenance work on the Cabin John Trail. Lots to take in—enjoy!

Please send in your 4th of July fireworks pictures, summer vacation pics and escapades, neighborhood or family barbecues and anecdotes, and don't forget to nominate your favorite homes, yards/gardens or athletes to feature in upcoming issues!

4th of July fireworks, vacation and summer party photos or athletes to feature can be emailed to timothy.beam@n2pub.com or contact Timothy Beam, 301.222.7361, if you have questions.

Respectfully,
Timothy Beam, Publisher
Bannockburn Banner
301.222.7361



Banner Publisher Timothy Beam, Makenna and Karin Beam—8th grade graduation! Headed to high school!

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LETTER FROM THE PRESIDENT } TED GARRETT

President's Letter August 2015

I hope this finds you well and enjoying the summer.

September 10, 2015 Meeting

Mark your calendar for our next meeting. The subject is Grand Old Ditch: Past, Present and Future of the C&O Canal, Judith Welles, a C&O Canal Trust Board member and local history author, will provide historic highlights and photographs of the Chesapeake & Ohio Canal, including the canal's role in the Civil War. Judith will describe current-day challenges facing the C&O Canal National Historical Park in the wake of budget cuts, the recent failed park fee proposal, and activities of the C&O Canal Trust, the official non-profit partner of the national park. The Canal Trust works to raise funds to preserve the Park for future generations and to broaden support through programs that highlight the Park's history and natural beauty. The Trust seeks to inspire the next generation of Park lovers who will make it their priority to secure the C&O Canal's future. You will not want to miss this presentation.

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

Neighborhood Security

The committee acts works with the block captains and is considering other ways to improve neighborhood security. If you have suggestions or wish to volunteer to be a block captain, contact committee Chair John Hannula at john_hannula@yahoo.com.

Before going on summer vacation, remember to make sure your newspapers/mail/flyers are picked up or delivery is stopped, your grass is cut, timers are set on lights and/or TV's, and your alarm system is on, can close and lock your doors. Have a neighbor look in on your house. The county police need us to do our part. You are the one who will most likely see a person trying door handles or a car parked on the street that has never been there before. If you see something suspicious, call the police non-emergency number 301-279-8000 or 911 for a crime in progress.

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 visit and 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

Our BCA environment committee is a resource to the neighborhood and to our covenants committee. Contact committee Chair Seth Goldstein sethrgoldstein@verizon.net if you have suggestions or wish to volunteer.

Get Involved

We welcome volunteers who are interested in working on our BCA committees and on the Fall Festival. We welcome suggestions for activities that you would like to see us undertake. Send your ideas to me: tgarrett@cov.com.

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>

Bannockburn Banner

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

Please register in order to receive e-mail announcements about developments, activities and meetings. Please go to the BCA website and register: <http://bannockburncitizens.org/register/>



Best wishes,
Ted Garrett
BCA President

Bannockburn Citizens Association

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MEET NEIGHBORING 1st place Dolphins swim team

By Malena Lair Ferrari, Dolphins Head Swim Coach

Malena Lair Ferrari is in her third year as head coach leading the neighboring Bannockburn Dolphins into 1st place in their division. While this is impressive Malena is not resting on her laurels. After receiving two degrees from Ursinus College a year ago, Malena has been sharpening her skills and experience by swimming on Argentina's National Swim Team—while concurrently leading the Dolphins to 1st place—impressive!

The Dolphins left into first place with a win over the Tantera Tarpons in early June and were faced with a tough chal-

lenge this day (June 20) while defending their 1st place status in a critical contest against the rivals across the One-Lane Bridge—Pallisades.

The Dolphins earned their ranking at the top of the podium (analysis conducted by the Dolphin Times) on the strength of the younger team members and a plethora of all star times.

I was invited to the swim meet by the Afas family which noted their son Cade had been having a strong year with the swim team. When we met in front of Pallisades for team picture Malena, who noted the day's event had a superhero theme, was dressed in Superman attire! Malena is the third from the right back row (long blond hair). Cade Afas, in swim cap, is just in front of Malena—Cade was initially introduced to the neigh-

- 1- 1st Place Bannockburn Dolphins
- 2- READY
- 3- GET SET
- 4- GO!
- 5- Post-warm-up meeting in front of Pallisades
- 6- Life in the fast lane
- 7- Parents/supporters ready to root for their 1st place Bannockburn Dolphins
- 8- Pick me

borhood in the inaugural edition of the *Bannockburn Banner* in October 2014 and again sharing the spotlight with brother Faris in the November issue (Faris seemed to be consciously avoiding my lens this day) Cade is making his third appearance in the *Bannockburn Banner* while also having a great year in soccer and swimming!

Malena will be providing highlights from swim team member's that live in the Bannockburn Estates and their upcoming results/performances—we look forward to those updates!

If you know a family or individual we should feature in the Banner please nominate them and have them contact me at timothy.beam@n2pub.com.

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precious pets

MEET: SESI, SEIDY AND QUENA (FOCUSED ON "HER" BAG OF POPCORN)

Last month's Featured Family—the Chens' feline Hide & Seek Specialists. Wrong pictures included last month—corrected in this issue.

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architecture with whimsy



Sesi breed: Tabby?



Seidy breed: Maine Coon

Both Seidy and Sesi managed to evade my camera lens when I interviewed the Chens but Davidson grabbed some candid shots after I vacated their home turf. In addition to the Chen's featured felines—there were some other notable canines out at local events—soakin' up the atmosphere at the nearby Silver Spring Summer Blues Festival--namely Quena--whose owner noted she was named after the traditional flute of the Andes.

Send in your stories of your Precious Pets!

We love pets and know you do too, so if you would like your companion featured in the *Bannockburn Banner*.

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Silver Spring Blues Festival draws crowds from greater DMV



Pre GALA “Hijinks” in support of Lumina Theatre’s Gala Fundraiser Event—unsuspecting theatre patrons were chosen to have home “flocked” by Pink Flamingos by all-too willing Lumina Theatre cast members. The Twelfth Night Magic on the Boardwalk Gala is the same fundraiser Rima Schulkind donated one of her art pieces to in support of her niece’s Lumina Theatre Company and the greater art community!



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Making A DIFFERENCE

Student Conservation Association & Montgomery Parks Partnership

Submitted by Jim Corcoran and Rachel Lettre
Photos by Rachel Lettre and Timothy Beam

The Student Conservation Association, (SCA), conducted a five-day Trail Crew Leader Workskills training in M-NCP-PC, Montgomery Parks on the Cabin John Trail near Cabin John Local Park. The SCA Trail Crew Leaders volunteered over 250 hours and constructed a 250 foot trail re-route and re-established/constructed rock steps at one of the water crossings. The SCA and Montgomery Parks partnership continues to flourish as this summer marks the third year an SCA Community Crew will be performing natural surface trail maintenance work in Montgomery Parks. Please go to www.ParksVolunteers.org or www.theSCA.org to see how you can get involved.



During



Surveying task at hand (before)



After

Bannockburn Banner AUGUST

Student Conservation Association in partnership with Montgomery Parks – Cabin John Trail crew leaders – at right meet Rachel Lettre, SCA Eastern Program Director and Jim Corcoran, Montgomery Parks Volunteer Services and Community Partnership Coordinator (both with children in tow).



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TELL US ABOUT MARYLAND SUNROOMS AND WHY YOU STARTED YOUR BUSINESS.

We are Maryland's Four Seasons Sunroom franchise. We design, install and service sunrooms. We started as Fraley Contracting, doing general remodeling work. In 1997, I was looking for a unique niche specialty product and stumbled across the Four Seasons Sunroom product line.

WHAT IS UNIQUE ABOUT MARYLAND SUNROOMS?

We represent a diverse product line, but products are only as good as the people who install them. My team of experienced, caring people go the extra mile for our clients. Our customers always say their sunroom is their favorite room in their house. We like to say that we build lifestyles one room at a time.

GIVEN YOUR BUSINESS EXPERTISE, WHAT ADVICE CAN YOU OFFER TO OUR RESIDENTS?

Do your homework before you contact any contractor to perform work on your home. Check their history with the Maryland

Home Improvement Commission, Better Business Bureau, and review sites like Angie's List. This will give you a snapshot on what to expect should you hire them to perform work. You should obtain their license, liability insurance, and workers compensation information to ensure you are covered in case of an accident. And most importantly, ask them for references.

TELL US ABOUT YOUR FAMILY.

I grew up in Damascus and built a home in Frederick County. My wife Anita and I have been married for 35 years and have three wonderful children, Joshua, Jason, and Kristen.

WHAT ELSE SHOULD WE KNOW ABOUT YOU AND MARYLAND SUNROOMS?

With me personally and our business, what you see is what you get. I preach to my children and employees to always do what you say you will do, and don't over-promise. We try to look at every situation and ask, "Are we doing the right thing here?" Mistakes will be made, but it's how you respond to them that really makes the difference.



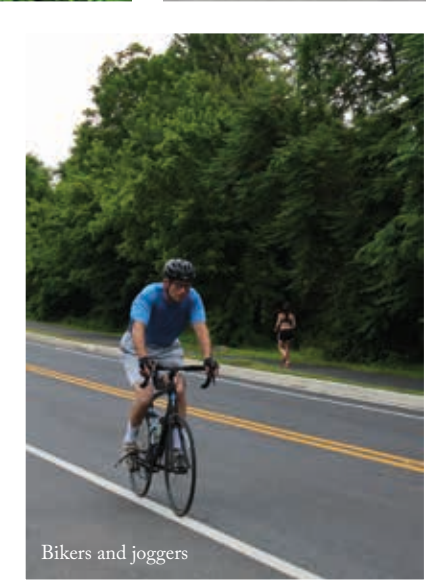
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BCA

June 4 Meeting

**Bannockburn Citizens Association
Meeting Speaker Bill Eichbaum of
the World Wildlife Fund**

Submitted by Bill, Ted and Tim

Bill Eichbaum was the featured guest speaker at the June Bannockburn Citizens Association meeting. Over the past 25 years, Bill has held a variety of senior positions at World Wildlife Fund where he has worked to conserve critically endangered habitats around the world, curb destructive fishing and forestry practices, and reduce atmospheric carbon. He is currently focused on protection of the Arctic. The World Wide Fund for Nature (WWF) is an international organization founded in 1961, and was formerly named the World Wildlife Fund, which remains its official name in Canada and the United States. WWF is the world's largest conservation organization with over 5 million supporters worldwide, working in more than 100 countries, supporting around 1,300 conservation and environmental projects. Bill's knowledge in this arena is unsurpassed—he provided thoughtful insights on environmental successes and challenges around the globe!

Got a special feature article idea? To share your favorite story, idea or intimate historical knowledge of the Estates (best gardens, trails, bird watching, or favorite historical anecdotes, etc.) reach out to Tim at timothy.beam@n2pub.com.



Bill Eichbaum of World Wildlife Foundation speaking at BCA Board Meeting on June 4.

Bill and Ted's excellent adventure!

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Quick Fixes To Update Your Home's Appearance

By N2 Staff Writer, Megan Weatherly



It is inevitable that your home will eventually need a few updates. Whether you have purchased a new-to-you home, are interested in selling your current home, or just want to give your home a bit of a facelift, there are plenty of details that can be improved upon to give your home a fresh and beautiful appearance. These five adjustments can make a dated home much more current with minimal effort and investment.

COLOR

One of the simplest ways to freshen up the exterior of your home is a new coat of paint. Siding, doors and shutters serve as accents that can make a huge aesthetic impact. Keep the style and location of your home in mind when choosing a color palette. The Pantone Color Institute, a self-described “world-renowned authority on color,” is an excellent resource for information on current and future color trends. Marsala, 2015's Color of the Year, is an earthy, red hue that pairs beautifully with brick, wood tones, as well as deep blues, mossy greens, beiges and taupes. Testing out accent colors before committing is a foolproof way to ensure that you'll be satisfied with the outcome.

LIGHTING

Exterior lighting is an excellent way to highlight the aesthetics of your home. Wall-mounted sconces and lanterns shed light on entryways and create an inviting atmosphere for guests. Spotlights placed strategically in front of your home will accentuate architectural features. Adding LED or solar powered lighting along pathways creates definition and becomes a guide for entering and exiting your home in the dark. Home improvement stores and companies such as Restoration Hardware and Pottery Barn offer an array of affordable styles. If you prefer custom fixtures, local artisans can work with you to design specifically to the style and scale of your home.

HARDWARE

Investing in new hardware can add thoughtful detail to your home. Be sure to coordinate finishes on doorknobs, handles and hinges, as doing so will give your home a sense of cohesiveness. Adding iron details or wooden braces to shutters and garage doors is a simple way to make your home more valuable. Consider mounting address numbers by your front door for added character and personalization. Wrought iron fencing and gates can give your home and lawn a more intimate feel.

SURFACES

Both structurally and aesthetically important, paved surfaces should be kept smooth and neat. If there are cracks or stains in your cement, re-paving the surface can brighten up your home. Creating a basketweave or herringbone pattern in brick paths and patios will add charm and value to your exterior spaces, particularly if they are frequently traveled or used for entertaining. Restaining and re-sealing decks will add to the structural longevity.

STAGING

Porches and patios are an extension of your interior, where you are likely to spend time relaxing and entertaining guests. Additions to these areas such as furniture, potted plants, fire and/or water features can create a more functional exterior. These details are a wonderful opportunity to express your personality and style preferences. Above all, your home is an investment that should be a reflection of who you are and what is important to you.



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From Farm To Table:
**INCORPORATING
FALL FOODS INTO
Your Diet**

By N2 Staff Writer,
Elizabeth McCabe



Fresh pumpkin pie.
Apples straight from the orchard.
Home-grown squash.
Savory sweet potatoes.
Nothing compares to locally
grown food from the farm making
its way to your table. Why not
incorporate a few fall favorites
into your diet?

PACK ON THE PUMPKIN

With the arrival of fall comes plump pumpkins ready to be harvested from fields. Think pumpkin pie, pumpkin bread and even pumpkin beer. Or get creative in the kitchen and try out pumpkin ravioli or risotto. The sky is the limit with this rich beta-carotene food. Just 1 cup of cooked pumpkin yields more than 200 percent of your RDA of Vitamin A, which is an asset to your vision. Cooked pumpkin is also packed with potassium. Don't overlook the pumpkin seeds either; these are packed with tryptophan, an amino acid that helps in the production of serotonin. Not to mention pumpkin seeds being good sources for copper, calcium, iron, magnesium, zinc and other essential minerals!

ADD APPLES TO YOUR DIET

With 4 grams of fiber per serving, apples should be a fall staple in your diet. Whether you start the day with the apple, bite into an apple for an afternoon snack, or indulge in homemade apple pie for dessert, this fruit deserves to be a part of your diet. Full of antioxidants, apples come in a variety of textures and flavors that you and your family are sure to love. Try pairing Granny Smith apples with Gorgonzola and maple dressing. Or celebrate the season with a crisp caramel apple. Don't miss out on the skin either. Packed with flavonoids, apples can be a weapon in better health. Want an extra flavonoid boost? Go for the Pink Lady apples.

SAY YES TO SQUASH

Squash is a fall favorite that people have grown to love. The options are endless for this seasonal vegetable. Try piping hot squash bread fresh from the oven served with butternut squash soup. Or expand your culinary horizons with acorn squash over penne, seasoned with cinnamon and ginger. And squash your risk of gallstones by consuming more squash. According to a recent study, 1 cup of acorn squash has approximately 28 percent of the RDA for magnesium -- a mineral that can reduce the risk of gallstones. Squash also contains omega-3 fatty acids, which support metabolism, benefit brain health, as well as reduce inflammation.

SAVOR THE SWEET POTATOES

Tired of the traditional sweet potato casserole? Why not try roasting your sweet potatoes in wedges? You might actually maintain more vitamins this way. And with sweet potatoes, you'll want to maintain all the vitamins you can. This fat-free food contains B6, Vitamin D, Vitamin A and Vitamin C. Sweet potatoes also have anti-inflammatory benefits and can regulate blood sugar spikes (unlike white potatoes).

So before you pass on your local farmers' market, think again! Take your food from farm to table by cherishing fall favorites. Incorporate the nutritional benefits of pumpkin, apples, squash and sweet potatoes into your diet.

Autumn
IN NEW ENGLAND

By N2 Staff Writer, Tracy LaFon



As summer fades to autumn and the temperatures begin to cool, a trip to New England is an ideal weekend getaway to celebrate the fall season. The quaint coastal town of Portsmouth, New Hampshire, is an idyllic destination for the best that fall has to offer and is a great central location to visit many iconic New England landmarks. Less than an hour from Boston and nestled close to Vermont and Maine, staying in Portsmouth allows visitors the opportunity to take in three different states and experience both the mountains and the coastline. Don't forget to pack a sweater as you set out to explore all of Mother Nature's finest seasonal attire in fiery red, orange and gold this time of year.

WHERE TO STAY

Founded nearly 400 years ago (1630), Portsmouth is one of the country's oldest settlements, a fact that is often reflected in its scenery and architectural style. There are many top-rated motels and hotels; however, finding an enchanting bed and breakfast can create a more magical and memorable vacation. You can enjoy your visit within the walls of the colonial home at the Inn at Strawberry Bank -- the perfect bed and breakfast experience. Perhaps the most unique and luxurious offering is the Wentworth by the Sea; a stay here gives visitors the feel of being taken back to the glory days of the roaring twenties and lavish Gatsby-style celebrations. Opened in the late 1800s, this sprawling ocean-side retreat has hosted such visitors as President Truman, Annie Oakley, Gloria Swanson and Prince Charles. Don't let its age fool you; the amenities are all updated for an exceptional experience, and the resort features a state-of-the-art spa dedicated to the ultimate in pampering.

NATURE'S OFFERINGS

Nothing will take your breath away quite like the awe-inspiring vistas of this area's mountain foliage in autumn. People come from all over the world with camera or brushes in hand to see the simply indescribable colors. Dotted in these mountains are towns alive with seasonal fairs and carnivals. The smell of fried

dough and the sound of thrill-ride screams can be found every weekend from the first of September to the end November. And, while not often thought of as a fall offering, the New England coast is particularly exquisite this time of year. The crowds of summer have left, and though the air can be a bit nippy, walking the sandy beaches, dining dockside and enjoying the local shops are simply wonderful ways to pass the day. All of these areas are an easy day trip from Portsmouth.

NOT TO MISS ATTRACTIONS

Portsmouth and its surrounding areas have a bountiful offering of historic things to experience. A visit to The Strawberry Banke Museum is a chance to transport back through almost 400 years of history as you walk through restored colonial homes and watch artisans creates the beautiful furnishings that adorn them. The USS Albacore, a United States prototype nuclear submarine, has been converted to a museum that is open for touring. Also open for visitors, The John Paul Jones House and the Portsmouth Harbor Lighthouse.

Mark your fall calendars this year for a date with the beauty of a New England autumn vacation.

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PROTECT YOUR LAWN FROM LATE SUMMER SCORCH

With harsh sunlight, high temperatures, weed growth, bugs and increased foot traffic, summertime is no picnic for our lawns! While we can't control Mother Nature, here are some tips for protecting your lawn as the mercury rises.

Summer Mowing

To help prevent scorching, don't cut your lawn too short; taller grass blades help prevent water evaporation and keep the roots moist. Higher grass tends to grow deeper roots and the tall blades shade the soil to help prevent weed seeds from germinating. Three inches or taller is a good rule of thumb for summer mowing height. To maintain taller grass, you will need to mow regularly so that you don't cut the grass back by more than a third at a time; doing so is stressful to your lawn. Also, be sure to keep your lawnmower's blades sharp. Dull blades tend to



By N2 Staff Writer, Amy Lynne Howlett

tear and shred the grass, and shredded grass tips lose moisture quickly and are more susceptible to lawn disease.

Watering

If you live in an area where watering is possible, do so when your lawn is a dull green and footprints remain visible. Water thoroughly but infrequently, up to half an inch of water two or three times a week. Watering lightly and often promotes shallow root growth, which predisposes your lawn to problems in hot weather. Lawns with stronger, deeper roots fare best in the summer heat because longer roots allow the grass to reach moisture farther down in the soil. If you are going to water, do so between 6 a.m. and 10 a.m. when there is less wind and sun to evaporate the water and the lawn has time to dry before dusk. Nighttime moisture promotes the growth of mildew and fungus, including powdery mildew and brown patch. The exception, however, is for those living in the arid southwest, where nighttime watering is encouraged because of decreased evaporation.

Drought Conditions

During drought conditions when watering is not an option, it is recommended to let the lawn turn brown and go dormant until the rain and cooler temperatures return. Healthy lawns that are well fed in the spring can generally tolerate a period of dormancy for up to two months. However, dormant lawns do not have the resiliency to tolerate frequent foot traffic such as summer parties, barbeques and kids and pets playing outside. Unlike healthy, well-watered grass that springs back when pressed down, dry grass stays compressed and the blades can be damaged by foot traffic in the summer. If drought conditions necessitate a period of dormancy, give the lawn a break by staying off of it when possible, or consider laying stepping-stones through high-traffic areas.

Be Patient

Though it may be tempting, don't fertilize your lawn midsummer. In high temperatures fertilizer (and other products like herbicides) will burn the grass, and any new growth is unlikely to survive the heat. Be patient and fertilize when the cooler air and rainfall return in the fall.

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 timo-thy.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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AUGUST LOCAL EVENTS

Saturday, August 1 through Sunday, August 23
Garfield, The Musical with Cattitude
Where: Adventure Theatre, Glen Echo Park, MD
When: Call for showtimes

Garfield, a chubby and sarcastic tabby cat fantasizes about having the most amazing birthday in the history of birthdays. He deserves it for being the best cat ever! But, it seems that all his friends – Arlene, Odie, Jon and even his nemesis, Nermal, seem to have forgotten. Feeling rejected, Garfield ventures out to find adventure, but quickly learns that “home is where the heart... and the food is.”

For more information: 301-634-2270

Thursday, August 6
Summer Concert Series 2015: Trio Caliente
Where: Bumper Park Pavilion, Glen Echo Park, MD
When: 7 - 9 p.m.

Enjoy a free concert this evening by Trio Caliente. This group has a unique blend of Flamenco, Pop, and Brazilian Jazz. Since 2003, Trio Caliente has played to captivated audiences around the world including notable politicians, Fortune 500 companies and international organizations.

For more information: 301-634-2222

Friday, August 7
Art Walk in the Park
Where: Glen Echo Park, Throughout the Park, MD
When: 6 - 8 p.m.

Every First Friday, May through September from 6pm to 8pm, the Glen Echo Park Partnership hosts open studios and artist demonstrations throughout the park. Each month features different activities.

For more information: <http://glenechopark.org/art-walk-park>

Saturday, August 9 through Sunday, August 10
FestAfrica! 13th Annual Free African Festival
Where: Veterans Plaza, 1 Veterans Place, Silver Spring, MD
When: 1 - 8 p.m.

FestAfricaUSA: Official Annual African Festival for the State of Maryland held in Silver Spring, MD. Admission is FREE, The festival features music by local and international African music and dance performances, African cuisine, vendors, games for children, and health fair.

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

Thursday, August 13
Summer Concert Series 2015: Terraplane
Where: Bumper Park Pavilion, Glen Echo Park, MD
When: 7 - 9 p.m.

Enjoy a free concert this evening by Terraplane. This local band plays Classic Rock and Blues, including some songs that you will be

sure to recognize. Come on out to listen or dance, or both - you will like it! The Bumper Car Pavilion is completely covered; concerts will be held rain or shine. The Glen Echo Cafe will be open or bring a picnic dinner. The Dentzel carousel will be open from 7 - 9 pm

For more information: 301-634-2222

Thursday, August 27
Summer Concert Series 2015: U.S. Air Force Strings
Where: Bumper Park Pavilion, Glen Echo Park, MD
When: 7:30 - 9 p.m.

The U.S. Air Force Strings consists of 20 active duty Airman musicians performing a wide range of musical styles, from classical symphonic selections and Broadway show tunes to classic rock, bluegrass and patriotic compositions. The ensemble often entertains audiences at high-level military and government events in a formation known as the Strolling Strings. Providing a multi-dimensional experience, the instrumentalists surround the audience performing from memory without the aid of a conductor. The Bumper Car Pavilion is completely covered; concerts will be held rain or shine. The Glen Echo Cafe will be open or bring a picnic dinner. The Dentzel carousel will be open from 7 - 9 pm.

For more information: 301-634-2222

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By Beverly & Steve Smirnis

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THE ALL-WHEEL DRIVE VOLVO XC60 lineup has all-new engines for 2015 paired with new eight-speed automatic transmissions for an energetic drive, a cabin and cargo area that's spacious and stylish, and

cool capability features including hill-descent control and hill-start assist. Our R-Design model with sport-tuned chassis and design had the T6 Drive-E with a novel turbocharged and supercharged 2.0-liter four-cylinder. It averaged 20 MPG and priced out with Platinum level trim right at \$53K. Intellisafe,

Volvo's latest suite of innovations, prepares the driver and the vehicle for the unexpected sudden stop, keeps you in your lane, and helps you park in a tight space.



VOLKSWAGEN'S TOUAREG remains a contender among its competitors with a great balance of performance and luxury along with high towing capacity and respectable off-road capability. The Executive

edition that we drove features a TDI engine, keyless entry and ignition, nav, blind-spot monitoring, rearview camera, trailer hitch, hands-free power liftgate, panoramic sunroof, distinctive 20-inch wheels, a top-view parking display with four cameras, upgraded trim, a heated steering wheel, heated rear seats, rear sunshades and a premium 10-speaker Dynaudio sound system. The optional Driver Assistance package added lane-keeping assist, adaptive cruise control and front-collision warning with brake intervention. This one averaged 23 MPG and sold for just north of \$65K.



LEXUS'S NEW NX is like butter inside, with all the Lexus-esque comforts, bells and whistles. Outside, the new kid on the block in the compact luxury SUV segment sports all the aggressive styling attri-

butes it needs to compete. We drove the 300h hybrid with the Atkinson-cycle 2.5-liter four-cylinder gas engine assisted by an electric motor, boasting an average of 33 MPG. An innovative kick-down switch in the hybrid ensures maximum power is delivered when required, as in conventional vehicles. The front axle adopts a pre-load differential to control torque to assist turning on slippery roads and straight-line stability at high speed. The hybrid added a little more than \$5K over the NX200t, a luxury package drove up the cost another \$4,500, navigation package added another \$2K -- in all, adding up to right at \$50K.

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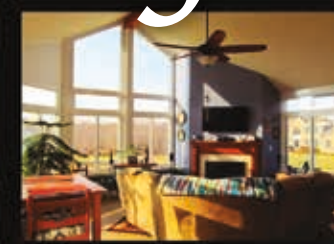
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