



Bannockburn Banner

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

SEPTEMBER 2015



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continued...



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AREA DIRECTOR

Timothy Beam
301.222.7361
timothy.beam@n2pub.com

PHOTOGRAPHERS

BCA Board Members, Edith Miles, Jane Pettit, Davidson Chen and the Bannockburn Residents at Large, Tim Beam, Makenna Beam

CREATIVE TEAM

Marie Nowell	Rachel Ross
Erich Nickens	Katrina Williams

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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 & 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 hi-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.



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(below) Foreign exchange students: Annina
(Switzerland), Noor (France).



Publisher's Note

With regard to hosting Annina and Noor:

Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born. – Anais Nin

With regard to August:

August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time. – Sylvia Plath

On the cover: Neighbors' Night Out Rock Bottom Brewery

In this issue: Events/activities/beauty/art in and around the Estates

Coverage of Rock Bottom Brewery Neighbors' Night Out, your monthly Letter from the President, Ted Garrett, the Tucker-mans invite us in to their beautiful backyard oasis, info on CCI Greenheart foreign exchange student program and Lumina Theatre's Magic on the Boardwalk Gala/Fundraiser supporting the Theatre Consortium including Lumina Studio Theatre, Art-stream, Forum Theatre and Live Garra Theatre.

And ... did you spot the Lassie look-alike from the neighborhood and Maisy the Labradoodle enjoying Irish Inn's annual Pups and Pints fundraiser?

Also, be on the look-out for and an important advisory from BCA Environmental Committee Chair Seth Goldstein on the Around Town page.

Don't miss the September 10 BCA meeting – Judith Welles, a local history author, will be sharing insight, photos and historical highlights regarding the C&O Canal. See Ted's Letter from the President for additional information!

Lots to take in — enjoy your August!

Please send in your 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!

Fourth 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
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LETTER FROM THE PRESIDENT } TED GARRETT

I HOPE YOU HAVE ENJOYED YOUR SUMMER. FALL WILL SOON BE IN THE AIR.

September 10, 2015 Meeting. Judith Welles, a C&O Canal Trust Board member and local history author will provide interesting historic highlights and photographs of the Chesapeake & Ohio Canal, including the canal's role in the Civil War. Judith will discuss current-day challenges facing the C&O Canal Park in the wake of budget cuts and activities of the C&O Canal Trust, which works to raise funds to preserve the Park for future generations and to broaden support. I hope that you can join us at this meeting.

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

Fall Festival. Our Fall Festival will be held in mid-October in Concord Park. It should be another festive event for all neighbors and I hope you will attend. More details will follow via email to those who have registered on our website. If you have questions or (especially) if you would like to volunteer, contact Bonnie Garrett at bonniexgarrett@gmail.com.

Other Events. We are open to having other events that will bring neighbors together and foster a sense of community. If you have suggestions, please let me know.

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

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. Remember: if you see something suspicious, call the police non-emergency number 301-279-8000 or 911 for a crime in progress.

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.

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

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. 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 your Banner Publisher Timothy Beam directly at: timothy.beam@n2pub.com or call Tim @ 301.222.7361 with your queries



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

Please pay Calendar Year 2015 dues Now

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SEND TO:

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

MEET YOUR BANNOCKBURN BANNER CONTRIBUTORS

Thanks for your participation in Bannockburn Banner!



Edith Miles



Jennifer Kawar



Ben Schlesinger



BCA Board President
Ted Garrett



Davison Duo -- Madison
and Davis Gestiehr



Pauline Reeping Nadol
and Bernie



Jane Pettit



Rebecca Kahlenburg



Lele McDoo and Katie



Isabelle Hannula
and Hailey



John Noble



Seth Goldstein,
BCA Environmental
Committee Chair



Rima Schulkind



Jacqueline Barnes



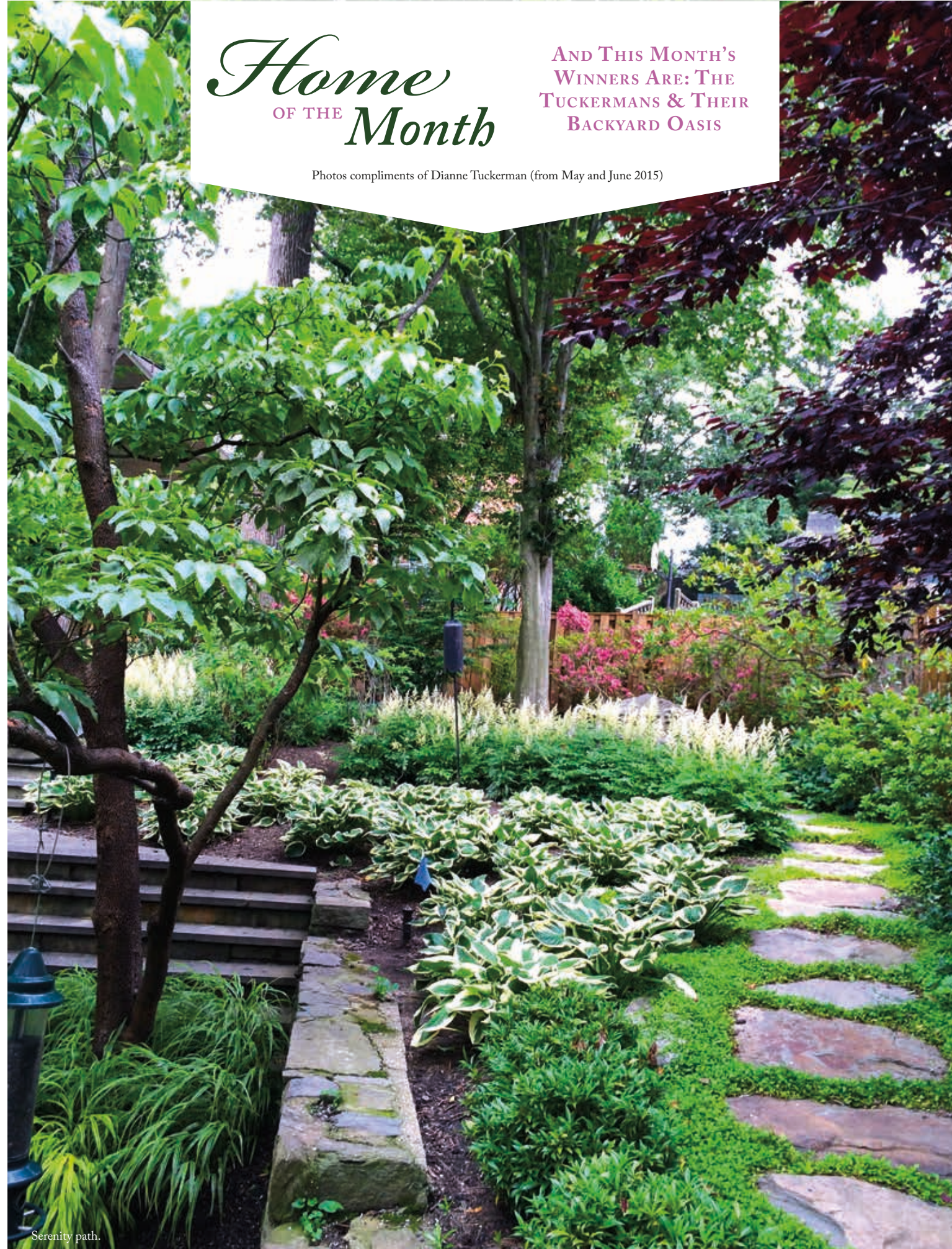
<< Faris and
Cade Afas

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.

Home OF THE Month

AND THIS MONTH'S
WINNERS ARE: THE
TUCKERMANS & THEIR
BACKYARD OASIS

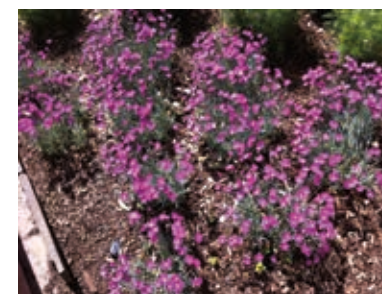
Photos compliments of Dianne Tuckerman (from May and June 2015)



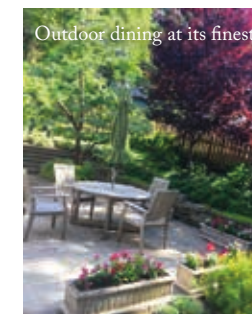
Serenity path.



My cup runneth over.



Stairway to Heaven.



Outdoor dining at its finest.

Dianne Tuckerman and her husband, Richard, live in the Bannockburn Estates on Loch Lomond – they are very proud of their backyard garden and rightly so. Take in the peaceful, tranquility of the gorgeous setting they have created – {pictures are from May and June this year}

The Tuckermans have lived in the Bannockburn Estates for seven years. Dianne is originally from Baltimore and Richard hails from Boston. They enjoy exploring the wooded neighborhood whenever they get the chance. Dianne loves to garden and with the help of a professional landscaper has transformed an “overgrown mess” into the paradise she has graciously shared on these pages. Richard also contributes: he has distributed 6 bird feeders around the Tuckerman’s backyard oasis to keep their feathered friends happy as well!



Tuckermans – thanks for sharing your wonderful garden!

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John Noble, Tim Beam, Don and Lilly Liang, Banner sponsor (and Washingtonian's top doc cosmetic surgeon Diane Colgan, MD, Chevy Chase residents Joyce Johnson and Jim Calderwood and Banner back cover sponsor Dr. Jonathon Morris, DDS.

meet your neighbors

By Timothy Beam

Neighbors' Night Out Rock Bottom Brewery Bethesda
JULY 16



Tony, Lilly, John and Joyce.



Chevy Chase resident Jim Calderwood, Bannockburn Estates resident Don Liang, D.D.S., Bannockburn Banner back cover sponsor Jonathon Morris, D.D.S.



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Neighbors' Night Out at Rock Bottom Brewery Bethesda

(just off Wisconsin Avenue at the corner of Norfolk Ave and St. Elmo Ave.)

An intimate gathering of Bannockburn and Chevy Chase Village residents enjoyed camaraderie and good conversation in Mid-July at my new favorite "watering Hole" Rock Bottom Brewery. In addition to Brewmaster Geoffrey S. Lively's award winning ales the food was fantastic — thanks to GM James Erchick's attention to every detail!

We played a little game of "know your sponsor" in appreciation of the Banner's newsletter sponsors and a few extra drink tickets were distributed to those that knew their guests and sponsors. Not that any encouragement was needed — the group was engaged in great conversation with John Noble pointing out what a fun group of characters were assembled.

I'm personally looking forward to going back and sampling the ales I did not get to and noticed some enticing items on the menu for next time! Mmm.



Good conversation.

Chorizo & Cotija Pretzel Bites

Baked pretzels stuffed with spicy sausage and cotija cheese. Served with a jalapeno smoky mustard and garnished with green onions.

Grilled Quesadillas

Two crispy flour tortillas filled with black beans, cheddar and pepper jack cheeses and roasted corn. Garnished with cotija cheese and cilantro. Served with charred habanero tomato salsa

Black Bean & Corn Flautas

Black beans, roasted corn, onions and garlic rolled in two crispy flour tortillas. Served with guacamole and charred habanero tomato salsa.

And that's just for starters!

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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Dogs, cats, birds or bunnies — we don't care! We love ALL animals and want to feature your family pet! Contact Tim Beam at timothy.beam@n2publishing.com.



On a stroll through the Estates — I think she heard "Timmy" call for help!



Maisy, 2-year-old Labradoodle.

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Lumina Theatre’s Twelfth Night Magic on the Boardwalk Gala

Fundraiser for the Arts Consortium held at the Silver Spring Civic Center at Veterans Plaza – crowd pictures from event include local politicians – Senator Jamie Raskin who was there to present the Patron of the Arts Award to the Montgomery County Council represented by MCC President George Leventhal and District 1 Council Member Roger Berliner.

Also included: post gala “flocking” continues when unsuspecting David Minton, Lumina Theatre’s Executive and Artistic Director, had his home flocked unexpectedly after the gala event – Lumina cast members were all too willing and sneaky with this particular post gala activity.



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"Charlie's Angels" in front of beautiful Twelfth Night Scenery



Lumina Theatre’s Executive and Artistic Director David Minton



Senator Jamie Raskin with the Gala's Masters of Ceremony Kelly Newman O'Connor and John O'Connor

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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Submitted by Monique Graham and Karin Beam

What an amazing journey we just took! Families who host foreign exchange students say that the experience has changed their lives forever. Their relationship with the exchange student lasts long after their time hosting has ended — many families visit the students' home country, attend their weddings, celebrate the joy of their first child. Jane Pettit shared a similar experience with your publisher who just hosted Maja from Germany (long-term last school year) Annina from Switzerland (long-term — just left in July) and Noor from France (short term — here for 3 weeks in July) After sharing our home, our community, and interests with our foreign exchange students, they have instantly become a part of our family. Now we can't wait to visit to see what they have to share from their homeland and culture!

Feel free to reach out to your Publisher and I can share our family's experience as some of your Bannockburn neighbors (Jane Pettit for one) have shared wonderful exchange student experiences with me!



Exchange student pyramid.



"I think there is a monkey on my back."



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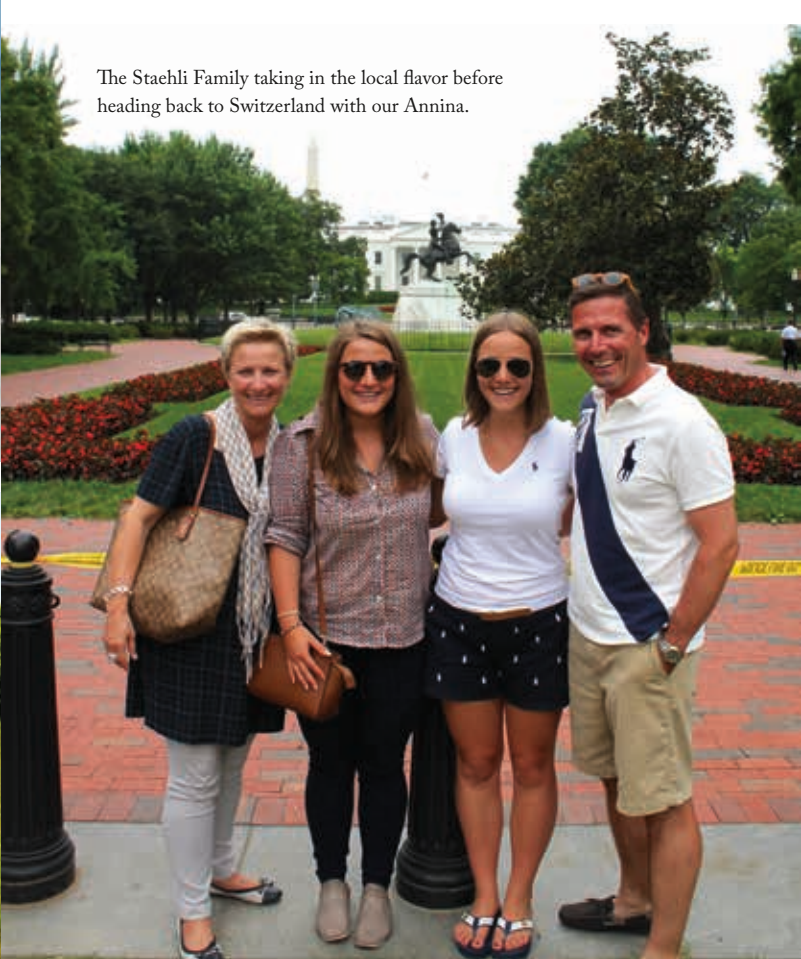
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The Staehli Family taking in the local flavor before heading back to Switzerland with our Annina.

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around town

ALERT! Watch Out For This Predator In The Estates!

Submitted by: BCA Environmental Committee Chair, Seth Goldstein

If you see vines with these leaves get rid of them!

This is an example of Porcelain Berry, a non-native, invasive species that is rampant in our area and is destroying desirable vegetation. If in doubt, Google “porcelain berry” images (the berries don’t appear until the fall).

Either yank out the vines by the roots, or periodically cut them as low to the ground as possible.

Thanks for helping to protect the Bannockburn Estates native species!

Seth Goldstein, Chairman, BCA Environmental Committee

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.



Porcelain Berry



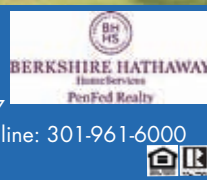
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Email timothy.beam@n2pub.com to share your positive experience with our publication partners and to recommend your favorite businesses.



Resident Recipe

By Buttercream Blondie

SKINNY (WON TON) TACO CUPS

Yield: 36 taco cups

Ingredients

- 1 package ground turkey (usually around 1.3lbs.)
- 1 small red onion, diced
- 2 cloves of garlic, finely chopped
- 1 red bell pepper, diced
- 2 teaspoons ground cumin
- 1 can black beans, rinsed and drained
- 3/4 cups salsa
- 2 Tablespoons light sour cream or plain low-fat Greek yogurt
- 1 cup reduced fat shredded cheese
- 1 pack wonton wrappers
- 1 Tablespoon olive oil
- 1/2 cup plain low-fat Greek yogurt - I used Chobani
- zest of 1/2 lime
- juice of 1/4 - 1/2 lime, add to taste
- cilantro for garnish

Instructions

Preheat oven to 350 degrees.

Turkey Taco Filling

Add ground turkey to preheated pan and brown over medium-high heat for 4-5 minutes. Make sure to break up the meat as it cooks. Add in diced onion, bell pepper, and garlic and continue to cook for an additional 5 minutes. Season with salt, pepper, and 2 teaspoons ground cumin. Stir in 3/4 cups salsa and black beans. Turn heat down to medium and simmer for about 10 minutes. Stir in 2 Tablespoons light sour cream or low-fat Greek yogurt.

Taco Cups

Very lightly brush both sides of wonton wrappers with olive oil. Press into mini cupcake tins. Bake at 350 degrees for 6-7 minutes till they start to get some color. Keep a close eye on them. Spoon turkey filling into wontons and top with a little cheese. Pop them back in the oven and bake at 350 degrees for about 5-6 minutes just till cheese melts.

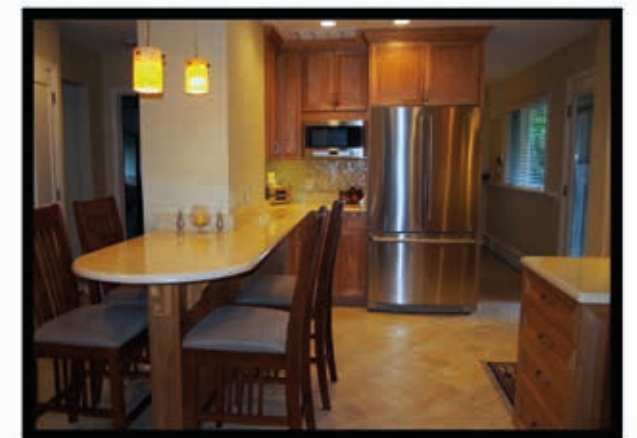
Taco Topping

Mix 1/2 cup yogurt with lime zest and juice. Spoon yogurt on top of taco cups and garnish with cilantro.

Notes

You can add any spices you want to this mixture. Remember to season with salt and pepper to taste. Top these with a spoon of guacamole or your favorite salsa

To share your favorite recipes in the next issue of the Banner please send them to timothy.beam@n2pub.com.



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Help Your Kids **Get** **FITNESS-FOCUSED** With The Start Of A New School Year!



By N2 Staff Writer,
Elizabeth McCabe

MEET JOHNNY.

He just arrived home from his school and his only desire is to master the next level of the latest video game. But is this the best choice for him? He has already been confined to a desk for seven hours, endured a 30-minute bus ride home, and will now be escaping into cyberworld for the next few hours. As a parent, you are left to wonder, “What ever happened to playing outside and getting some fresh air?” With childhood obesity on the incline and physical education classes on the decline, parents are left to take an active role in their children’s health. With the rise of sedentary activities (video games, television, social media and even homework), it is important to help your kids get fitness-focused with the start of a new school year!

MAKE FAMILY FITNESS FUN.

Fitness doesn’t have to be calisthenics and plyometrics. Pass on the pushups and get creative with workouts. Consider going to the YMCA as a family one night a week. Or play dodgeball or basketball at an indoor trampoline gym. Perhaps your family could benefit from rock climbing or even a family bowling night. Or venture out on a nature hike. If your children like to exercise, they will set themselves up for success later in life. Working out together encourages bonding, which can reduce your children’s risk of developing Type 2 diabetes and improve their self-confidence. Strong muscles and bones can also result from exercise, as well as helping to control weight.

LIMIT SCREEN TIME.

According to a recent study by Common Sense Media, children under the age of 8 were spending two hours a day in front of a screen, which can be disconcerting considering the rise of childhood obesity. In a UCLA study, sixth graders reported that they spent four hours on a normal school day engaging in video games, texting or watching television. Can something be done? The answer is a resounding yes. When parents take an active role in limiting their children’s screen time, proper parameters can be placed to maximize screen time for their children’s benefit. Whether for educational use or time to connect with friends, screen time can be turned into a positive rather than a negative.

START HEALTHY HABITS.

Even walking 20 minutes after dinner can benefit your family’s health. Not only will it boost endorphins but it can strengthen bones and improve your cardiovascular health. Is walking not your thing? How about watching television but being active during the commercials? A 30-minute program has over seven minutes of commercials, which is perfect for family fitness. Think lunges, tricep dips off the side of the couch, or having a contest of who can hold a plank the longest. Or get out the free weights or resistance bands for a greater challenge.

A little exercise can go a long way. Start healthier habits with your children today!

America’s CARIBBEAN PARADISE

US VIRGIN ISLANDS

By N2 STAFF WRITER,
TRACY LAFON



People in search of crystal waters, sugar-sand beaches and a culture that defines the very feel of exotic, are all traveling to the US Virgin Islands.

A destination vacation just a quick trip from the mainland, the islands of St. Thomas, St. Croix and St. John are packed with the best the Caribbean has to offer. Without the need of a passport or foreign currency, travelers experience island-spiced beach relaxation accompanied by upscale shopping, dining and top-rated accommodations. Each island has unique offerings, and whether your trip plans include just one island or a sampling of all three, it will be a holiday that stays with you long after the sand is brushed off your feet and you have returned home.

ST. THOMAS

The most developed and tourist friendly of the three islands is St. Thomas. Its port provides docking for all the major cruise lines and is the destination day trip for their passengers. It is an island bustling with activity and adventure. St. Thomas is famous for both its diving expeditions and fishing excursions along with world-renowned nightlife. In a single day, one can enjoy the beach, land the biggest fish of their life, stock up on unique gifts, enjoy a meal by sunset and then dance the salsa under the Caribbean stars. St. Thomas is considered the best priced of the three islands and the most popular destination because of its variety of Caribbean offerings.

ST. CROIX

The largest in area, St. Croix is actually the least frequented of the three islands, but don’t let that fool you. Because of its size, it has miles of pristine beaches that allow enjoyment without feeling over-crowded. It is a delightful island for the family, as the focus is more on relaxation, culture and history, than enticing nightlife. The accommodations are less tourist-oriented and lean more towards villa and bed-and-breakfast styles of lodging. Steeped in history, this island is a unique blend of European, African and Caribbean culture. Exploring the island can be done independently or by way of guided horseback outings, safaris, historical tours, as well as snorkeling, sailing or boat excursions.

ST. JOHN

Known as much for its natural beauty as it is for its modern accommodations and amenities, St. John is a perfect blend of the other two islands. It hosts the widest selection of accommodations, from upscale resorts, to traditional hotels, to camping sites and wilderness lodging. A good portion of the island is designated as a National Park. If you are looking to hike and photograph the beauty of vibrant flowers, birds and wildlife, the tropical surroundings offer it all. St. John’s beaches are a nautical cornucopia offering relaxing surf on unspoiled sand where one can also sail, snorkel or enjoy exploring the underwater coral reef trail at Trunk Bay.

Decide what your island fantasy vacation requires and then consider one or all of these American islands; you won’t be disappointed.

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SPRING FLOWERING BULBS: IT'S TIME *to* PLANT!

By N2 Staff Writer, **Amy Lynne Howlett**

Planting bulbs is a good investment of time and money; gardeners purchase and plant the bulbs once, and reap beautiful blooms for years. Spring blooming bulbs must be planted in the fall because they need a long period of cool temperatures to catalyze the biochemical process necessary for them to flower; plant bulbs at least 6 weeks before the ground freezes. As a general rule it is better to get the bulbs in the ground too early rather than too late. In the fall when evening temperatures are between 40° F and 50° F is the optimal time to plant.

For planting in warmer areas of the country where the ground does not freeze, it is a good idea to pre-chill your bulbs in a refrigerator set between 40° F and 45° F for 6 to 10 weeks and plant in December or early January. Do not store bulbs next to fruit; the ethylene gas produced in the ripening process will kill the bulbs! While pre-chilling is indicated for bulbs like tulips and hyacinths, it is not for others so be sure to check the package instructions or ask at your local garden store.

Most bulbs like full sun. Since spring gardens are mostly sunny as trees still lack foliage to provide shade, gardeners have wide latitude when deciding where to plant spring flowering bulbs. However, avoid planting bulbs in areas where water naturally collects and make sure the area has good soil drainage. Gardeners can improve their soil by adding compost, peat moss or other organic materials into the top 12 to 18-inches of soil. This is especially important in areas where the ground has clay. It is also a good idea to cover the soil with 2 to 3 inches of mulch, which will help the soil retain moisture and suppress weed growth. Weeds are not only unsightly in a flowerbed but also are detrimental to the bulbs because they steal nutrients from the soil and may attract insects. Mulch also makes bulb holes less conspicuous to squirrels and other critters known for digging up freshly planted bulbs!

Plant bulbs two to three times as deep as the bulb is tall. A good rule of thumb is to plant larger bulbs approximately 8 inches deep (at the root) and small bulbs about 4 to 5 inches deep. Position bulbs with the pointy side facing up; if the bulb is round look for where the roots will sprout and place that side downward.

After planting, water the bulbs to allow the surrounding soil to settle, eliminating air pockets in the soil that can dry out the bulbs. The moisture will also encourage them to start rooting. Feed with a soluble fertilizer after planting in the fall and again in the spring when green shoots break through the ground by adding a few inches of organic compost, as well as a synthetic fertilizer. With little upkeep you can continue to enjoy a colorful spring show year after year!

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SEPTEMBER *local events*

Saturday, September 5

Fenton Street Market

Where: Silver Spring Civic Building, One Veterans Place, Silver Spring, MD

When: 10 a.m. - 4 p.m.

For more information: <http://www.silverspringdowntown.com/calendar#september-2015>

Saturday, September 5 through Monday, September 7

Irish Music and Dance Showcase

Where: Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, MD

When: 1 - 5 p.m.

The Glen Echo Park Partnership and the Irish Inn at Glen Echo present a weekend of Irish music and dance, featuring a wide variety of the area's finest performers. The weekend-long Irish festivities will entertain and delight the many visitors expected over the Labor Day holiday weekend. FREE and open to the public.

For more information: 301-634-2222

Friday, September 18 through Sunday, October 18

Velveteen Rabbit

Where: Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, MD

When: See website for show times

Applause Unlimited returns with Margery Williams' gentle tale of how toys become real. Told with hand puppets, storytelling and song, solo puppeteer Christopher Hudert takes children through this classic story of friendship, changes, and magic.

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

Friday, September 18

Sonic Circuits Festival of Experimental Music

Where: Pyramid Atlantic Art Center, 8230 Georgia Avenue, Silver Spring, MD

When: 7:30 - 11 p.m.

For more information: <http://www.silverspringdowntown.com/calendar#september-2015>

Thursday, September 25

Ethiopian Poetry Reading

Where: Silver Spring Civic Building, One Veterans Place, Silver Spring, MD

When: 7 p.m.

For more information: <http://www.silverspringdowntown.com/calendar#september-2015>

Saturday, September 27

Then & Wow 2015

Where: Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, MD

When: 11 a.m. - 5 p.m.

Celebrate the Park's past and present at this annual festival! Take a ride on the Dentzel Carousel — this is the last day of its 95th season in Glen Echo Park before closing for fall and winter — and enjoy other amusement rides and games for kids. Find out about the Park's arts programs and be entertained with magic shows, vintage cars, arcade games, and more!

For more information: 301-634-2222

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With autumn just around the corner, it's an excellent time to check to be sure that your home is running as efficiently as possible. Whether you are preparing for colder weather or just doing a little routine maintenance, these key items are essential to keeping your home in great shape throughout the year.

By N2 Staff Writer, **Megan Weatherly**

WINDOWS
Check to be sure that all windows and openings are sealed correctly. This will ensure that your home is heating and cooling properly, and keep those respective costs to a minimum. This seasonal shift is also a good reminder to have your windows cleaned, inside and out.

GUTTERS
Inspect all gutters and downspouts for clogs, leaks and loose parts. If you own a safe ladder and tools, this can be done relatively easily, provided that the debris in your gutters has had ample time to dry out. If you prefer to hire a professional, check with a local home maintenance company for estimates and scheduling.

FIREPLACES
If your home has fireplaces, make sure that they are operating properly. A chimney cap is necessary to prevent moisture and wildlife from entering your home through the chimney. Be sure that your damper opens and closes easily, and does not have any soot buildup. Clean any debris out of the firebox itself. If you have a gas fireplace, it is recommended that you schedule an annual inspection by a professional to ensure that your fireplace is ready for operation.

FILTERS
HVAC filters should be changed a minimum of four times per year, more often if you have pets or allergies. Changing these filters at the onset of a new season will keep your air flow on track, preventing your heating and cooling systems from suffering unnecessary stress. It is recommended to have an HVAC technician inspect your system annually.

CARBON MONOXIDE AND SMOKE DETECTORS
Change the batteries in your smoke and carbon monoxide detectors twice every year. A seasonal shift is a great reminder that it's time to do so. These detectors should be placed frequently throughout your home. Install them high on the wall or ceiling outside of each bedroom, and include them on every level of your home, as well as the basement. The detectors should be tested monthly, and it is important to remember to replace them completely every 10 years.

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