



Bannockburn Banner

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

NOVEMBER 2015



**LELE MCADOO AND
KATIE AT 2014 BCA
FALL FESTIVAL**

Cover Photo: Timothy Beam

COLONIAL OPTICIANS



- 5 Convenient Locations
- 50 Years Making Things Clear
- Trend-Setting Luxury Eyewear
- Experienced & Caring Staff
- Eye Exams Bethesda, Kentlands & Potomac only
- Latest Lens Technology

OLIVER PEOPLES
OWNED

COLONIAL OPTICIANS.COM

Bethesda
4942 St. Elmo Ave,
Bethesda, MD 20814
301.657.3332

Gaithersburg
550 N Frederick Ave,
Gaithersburg, MD 20877
301.926.2464

Potomac Village
(Potomac PI Shopping Ctr) 10130 River Rd, Unit A,
Potomac, MD 20854
301.299.5222

Rockville
(Federal Plaza) 1776 E Jefferson St,
Rockville, MD 20852
301.881.7422

Kentlands
(Kentlands Mkt Sq) 718 Center Point Way,
Gaithersburg, MD 20878
301.990.0398

CHRISTOPHERS GLEN ECHO HARDWARE

POWERING YOUR PROJECT

MAKITA | WEBER | FESTOOL.
PASLODE | SIKKENS
BENJAMIN MOORE | FEIN
FINE PAINTS OF EUROPE

7303 MacARTHUR BLVD
[JUST AROUND THE CORNER]
BETHESDA, MD 20816
301.229.3700
WWW.GLENECHOHARDWARE.COM
TO VIEW BARGAINS OF THE MONTH

IMPORTANT PHONE NUMBERS

EMERGENCY

911 Call for an emergency or for down “hot” wires

NON-EMERGENCY NUMBERS

301.279.8000 Police—Non-emergency number
240.773.4741 Ambulance and Rescue Services
Bethesda-Chevy Chase Rescue Squad
www.bccrs.org
240.773.4706 Bethesda-Chevy Chase Rescue Squad
www.BethesdaFire.org
301.896.3100 Hospital | Suburban Hospital
202.537.4000 Hospital | Sibley Hospital

UTILITIES

PEPCO Electric 877.737.2662
PEPCO Customer Service 202.833.7500

Press 0 at each prompt until connected to a human
Contact Online: www.pepco.com/contact/online

PEPCO has encouraged neighbors to send them specific requests about low-hanging limbs over wires in Bannockburn. PEPCO will cut tree limbs that are within 10 feet of power lines to negate potential threat

Daniel Landry
Senior Staff Forester, PEPCO
dplandry@pepco.com
OFFICE # 301.670.8741
CELL # 240.508.3591

Pat Byrne
Forestry Dept Service Manager
pbyrne@pepco.com

800.837.4966 Verizon (for service)
www.22.verizon.com/customersupport/contactus
240.777.6410 Garbage Collection & Recycling
www.montgomerycountymd.gov/solidwaste
311 Special Pick-Up (furniture, lamps, etc.)
240.777.0311 Out of County
Residents allowed 4-5 pick-ups per year
240.777.6410 Leaf Collection
240.777.6000 Snow Removal
(report snow removal problems or downed trees)

continued...



www.n2pub.com
© 2015 Neighborhood Networks Publishing, Inc.
publishing™

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
Amy Mattlin

DISCLAIMER: Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of N2 Publishing but remain solely those of the author(s). The paid advertisements contained within the *Bannockburn Banner* magazine are not endorsed or recommended by N2 Publishing or the publisher. Therefore, neither N2 Publishing nor the publisher may be held liable or responsible for business practices of these companies. NOTE: When community events take place, photographers may be present to take photos for that event and they may be used in this publication.



ROCHAMBEAU
THE FRENCH INTERNATIONAL SCHOOL

celebrates

6 ROCHAMBEAU
TH ANNIVERSARY
1955•2015



Euro Design Center
Closets, Home Offices, Pantries,
Mud rooms, Garages, etc.



Tel: 301-770-8660

Serving Washington area for 35 years
We are the manufacturer. No middle man!
Free in-home design consultation

Showroom Address:
11530-D Rockville Pike,
Rockville MD 20852

Showroom hours:
M,W,F,S 11 am to 6 pm,
T,R by appointment only, Su closed.

CONTINUED

If a County plow has damaged your mailbox, the county will install a standard post and mailbox at your residence

To file a report call: 240.777.8920
Non-Standard mailbox damage reporting: 240.777.6000

For a street missed by county plows:
<http://www6.montgomerycountymd.gov>

GOVERNMENT

Civic Problem Solving

Roger Berliner 240.777.7828 <i>District 1 Council Member</i> www.montgomerycountymd.gov	United States Postal Service 301.365.8673 West Bethesda Office 9601 Seven Locks Road Bethesda, MD 20817 www.usps.com
Housing Code Enforcement 240.777.3785 tall grass, vacant home www.montgomerycountymd.gov	State Roads problem reporting 800.543.2515

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.



This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring your newsletter magazine.

These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting your community!

ARCHITECTURAL DESIGN

Anthony Wilder Design Build
(301) 907-0100
www.anthonywilder.com

DESIGN BUILD & RENOVATIONS

Hanlon Design Build
(202) 244-2942
www.hanlonbuild.com

Don Hoffacker's Air Conditioning and Heating, Inc.
(301) 972-0017
www.donhoffacker.com

HOME LOANS / MORTGAGES

Caliber Home Loans
(240) 855-0834
www.kaseymartin.com

BATHROOM REMODELING

Miracle Method
(301) 571-4200
www.miraclemethod.com

ESTATE SALES

Four Sales LTD
(703) 256-8300
www.foursales.com

HARDWARE

Christophers Glen Echo Hardware
(301) 229-3700
glenechohardware.com

HOME REMODELING

Maryland Sunrooms
(301) 829-1313
www.marylandsunrooms.com

CLOSETS / CABINETS

European Closets, Inc
(301) 770-8660
eurodesigncenter.com

FLOORING

Atlas Floors, Inc.
(301) 948-9144
www.atlashardwoodfloorsinc.com

HEATING & AIR

Parker Pearce Heating & Air
(301) 548-9000
www.serviceexperts.com

IN HOME HEALTH CARE

Right At Home
(301) 255-0066
www.rightathomemd.net

COSMETIC SURGERY

Diane L. Colgan MD
(301) 299-6644
www.dianecolganmd.com

FURNITURE

Nest301
Jacque Barlow
11416 Rockville Pike
North Bethesda, MD 20852
(301) 231-5600
www.nest301.com

HEATING / COOLING & GEOTHERMAL

Harvey W. Hottel, Inc.
(301) 921-9599
www.harveyhottel.com

INSURANCE

Brotman Insurance Agency / Allstate
Elizabeth Carroll / Agent
Bethesda Medical Bldg. 8218
Wisconsin Avenue Ste P-16
Bethesda, MD 20814
(301) 424-6900

DESIGN BUILD

Merrick Design & Build Inc.
Addie Merrick-Phang
(301) 946-2356
remodelwithmerrick.com

HVAC

Daniel's Home Services
(301) 351-1695
www.dhvacr.com

Fairweather Insurance Agency
(301) 232-0400

RECLAIMED • RUSTIC • WALNUT & MUCH MORE!

BERRYLOC • CORK • BAMBOO



COCHRAN • REAL WOOD • SHAMROCK • STRAND WOVEN

Highest Quality Hardwood Flooring
At The Best Prices – Direct to You!

Voted Best Flooring Company in Washingtonian Magazine (2011 & 2013)
Atlas floors can install, repair, sand and finish your new and existing floors at competitive prices.
We will offer a \$200.00 discount on all new orders (min order \$1000.00)

ATLAS FLOORS, INC.

7845 G Airpark Road Gaithersburg, MD 20879
301-948-9144 • atlastr@aol.com
www.atlashardwoodfloorsinc.com

Other Location

Custom Gallery / Design Center
8000 Wisconsin Avenue
Bethesda, MD
The Gallery is By Appointment Only
301-948-9144 • 301-865-1300

MAPLE • HICKORY • AMERICAN CHERRY



WINDOW GENIE

We Clean Windows and a Whole Lot More!

CALL TODAY FOR A FREE ESTIMATE!

301-933-0433

bethesda.windowgenie.com

Our Services Include:

Window Cleaning
Window Tinting
Gutter Cleaning
Power Washing
Concrete Cleaning
House Wash

Mention this ad and receive 10% off your service!

continued...

...continued

KITCHEN & BATH
DESIGN-BUILD

Rinnovation
(301) 942-8880
rinnov8.net

LANDSCAPING

Martin Lawn &
Landscaping, Inc
(301) 565-0556
www.martinlands.com

MAID SERVICES

The Maids of Southern
Montgomery County
(301) 562-8900
www.maidsinmd.com

MEDICAL SPECIALIST

Rockville Concierge Doctors
(301) 545-1811
www.rockvilleconciergedocs.com

OPTICAL / FASHION
EYEWEAR

Colonial Opticians Inc.
(301) 657-3332
www.colonialopticians.com

PLUMBING,
HEATING &
COOLING

Cool Breeze Plumbing Heating
and Air Conditioning
(301) 879-3400

REAL ESTATE

Long and Foster Co.
(301) 229-4000
www.vickiporter.net

REALTOR

Berkshire Hathaway Home
Services Pen Fed Realty
Patrick Mayo
(301) 961-6000
pat.mayo@pcragent.com

REMODELING

Vision Design Build
Jacque Barlow
7004 Orkney Parkway
Bethesda, MD 20817
(301) 263-0220
www.vdbllc.com

ROOFING
CONTRACTORS

East Coast Roofing, LLC
Joseph Anastasi
(301) 874-5380

WINDOW CLEANING
/ TINTING / POWER
WASH

Window Genie
(301) 933-0433



In November, people are good to each other. They carry pies to each other's homes and talk by crackling woodstoves, sipping mellow cider. They travel very far on a special November day just to share a meal with one another and to give thanks for their many blessings – for the food on their tables and the babies in their arms.”
–Cynthia Rylant, In November

Publisher's
Note

ON THE COVER:

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

- Coverage of BCA meeting guest speaker: Judith Welles in a talk titled Grand Old Ditch: Past, Present and Future of the C&O Canal.
- Safety tips from BCA Neighborhood Security Board Chair: John Hannula
- Local Maker's Faire coverage—covering the brightest inventors/innovators of the day
- Swains Lockhouse update—Now available thru the C&O Canal Quarters program!
- BCA September 10 meeting coverage
- Upcoming in December: exciting coverage of the BCA Annual Fall Festival.

Please send in your fall/winter pictures and neighborhood or family get-togethers, Fall Fest, pumpkin patch/hay ride or Thanksgiving experiences, and don't forget to nominate your favorite homes and yards or share your family's back to school OR off to college stories to feature in upcoming issues!

Send fall/wintertime photos and stories to feature in the *Bannockburn Banner*. They 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



Will the real Kris Kringle please stand up!

Chryssa Wolfe
HANLON
design build

Renovate
Remodel
Rejuvenate



Full Service Architectural Design and Build
www.hanlonbuild.com

202.244.2942

"Where Artistry Prevails"



Bryant Award
Medal of Excellence
for 2007

Don Hoffacker's
Air Conditioning & Heating, Inc.
GERMANTOWN, MARYLAND
301-972-0017

"We have been top rated by a local, prominent consumer group"

Residential Sales & Services

• Free estimates • Quality service • Prompt service

Family operated since 1977 for 2007
Check out our ratings! www.angieslist.com

19703 Waters Road Germantown, MD 20874 | 301-972-0017 | www.donhoffacker.com





LETTER FROM THE PRESIDENT } TED GARRETT

I HOPE THAT YOU ARE DOING WELL AND ENJOYING OUR LOVELY FALL WEATHER

Fall Festival. Our Fall Festival was held on October 11 in Concord Park. It was another festive event for all neighbors and I hope all that attended enjoyed themselves. Photos from the festival will be included in the next issue. Special thanks to Bonnie Garrett and the many neighborhood volunteers who did a fantastic job organizing our Fall Festival, including Rebecca Kahlenberg, Jane Pettit, Cecily Abram, Natalie West, Edith Miles, Karen Lesser and Jo Roberts.

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

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.

Next meeting: Our year-end meeting will be on Thursday, December 3, 2015 at St. Mark's. We will share holiday cheer and hear from our various committees.

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 us 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. Look for safety tips from John in this issue.

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.

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 *Bannockburn Banner* Publisher Timothy Beam directly at 301.222.7361 or timothy.beam@n2pub.com.



Best wishes,
Ted Garrett | BCA President

BANNOCKBURN CITIZENS ASSOCIATION

Please pay Calendar Year 2015 dues Now

DUES PAYMENT COUPON

☐ Member \$30

☐ Supporting Member \$50

☐ Patron \$100 Enclosed is my check for

\$_____, (Contributions above "member" are used for miscellaneous BCA expenditures, such as refreshment for General Meetings and our semi-annual picnics.) Dues can be paid through the Website: Bannockburncitizens.org.

Name: _____

Email: _____

House Number and Street: _____

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 Kavar



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



Tri Athlete John Noble



Seth Goldstein,
BCA Environmental
Committee Chair



Jacqueline Barnes



Faris and Cade Afas



<< Judith Welles
of C&O Canal Trust

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.



MERRICK DESIGN AND BUILD INC.

An award winning design build firm in Montgomery County, Merrick is known for our customer satisfaction. Specializing in total home renovations and everything in between, Merrick's customer first team will listen to you to turn your remodeling dreams into reality!



remodelwithmerrick.com
301-946-2356 • dmerrick@mdbi.us

SWAINS LOCKHOUSE On The C&O Canal

By Heidi Glatfelter of the Canal Trust

Swains Lockhouse in Potomac will be Rehabilitated and Join Award-Winning Canal Quarters Program.

Potomac, MD – Lockhouse 21, locally known as “Swains Lockhouse” after the family who inhabited it for years, will be the seventh lockhouse rehabilitated as part of the award-winning Canal Quarters program, the C&O Canal Trust and the C&O Canal National Historical Park announced Saturday evening. The announcement occurred at the Trust’s Fifth Annual Park After Dark fundraiser, which raises money to support the Park’s maintenance and preservation, as well as its education program, Canal Classrooms. Trust Board Chairman Michael C. Mitchell and Park Superintendent Kevin Brandt made the announcement.

Canal Quarters is a joint partnership between the C&O Canal Trust and the C&O Canal National Historical Park, and has so far provided for the rehabilitation of six historic lockhouses located along the C&O Canal. Swains Lockhouse will be the seventh lockhouse to join the program, and the first rehabilitation undertaken since 2011.

Swains Lockhouse will be unique in that it will be the first multi-purpose lockhouse, due to its larger size thanks to a 1890s expansion. Part of the building will house the Canal Quarters program, with accommodations for up to eight guests. The newer part of the building will become a designated space for the Canal Classrooms program. Students on educational trips to the Park will be able to participate in learning activities in this space, only steps away from the canal, Lock 21, and the Potomac River. Plans for an artist-in-residence during the off-season have also been discussed.

The lockhouse is in dire need of structural and architectural repairs. The Trust is partnering with the Friends of the Historic Great Falls Tavern and the C&O Canal Association to raise \$100,000 for the rehabilitation of Swains Lockhouse. The C&O Canal Trust has committed to raising \$75,000 of that amount.

Each lockhouse currently in the Canal Quarters program was rehabilitated and furnished to depict a specific time period between 1830-1954. Each lockhouse tells a story of a period of Canal history, and visitors are able to spend up to three nights in the Quarters for a nominal fee. The historical theme for Swains lockhouse has not yet been decided.

“We are very pleased to be embarking on this rehabilitation project with the C&O Canal National Historical Park,” stated Mitchell, “that will further both the Canal Classrooms and Canal Quarters programs. These two programs are so important to our mission. The Swains project will allow us to establish a central base in the Park for Canal Classrooms programming, as well as enlarge our award-winning Canal Quarters program.”

Swains Lockhouse is well known locally due to the Swain family, generations of whom lived in it from the early twentieth century. They operated lock 21 until the Canal closed to navigation by boats in 1924. After the Park Service took over the property, the Swain family ran a refreshment stand and boat rental from the lockhouse, until it closed in 2006.

The Swains Lockhouse will feature electricity and running water when it opens as a Canal Quarters lockhouse. It will join the six already in the program, which have hosted over 10,000 guests from 37 states during over 3,000 stays.

Construction will proceed as funds become available. A blog will be hosted on the C&O Canal Trust’s website at www.canaltrust.org later this fall to document the rehabilitation of the lockhouse.

The Canal Quarters program helps save deteriorating lockhouses while still allowing the public a chance to learn from and use them. The program has become a model in the preservation community for the successful adaptive reuse of historic structures, and has won three major awards:

- 2014 Chairman’s Award for Achievement in Historic Preservation from the Advisory Council on Historic Preservation
- 2012 Maryland Preservation Award for Outstanding Stewardship of Historic Properties by a Government Agency from the Maryland Historical Trust
- 2011 Appleman-Judd Award for Excellence in Cultural Resource Stewardship from the National Park Service

The Canal Classrooms program is the Park’s innovative education program that emphasizes a science, technology, engineering, and math (STEM) curriculum through educational visits to the Park. Each lesson is delivered by retired teachers who are trained members of the Canal Classrooms Corps. Over the past three years, the program has served over 25,000 local school children in Great Falls, Williamsport, and Cumberland.

About the C&O Canal Trust

The C&O Canal Trust is the official non-profit partner of the C&O Canal National Historical Park, and a 501(c)(3) charitable organization. Its mission is -

The C&O Canal Trust, as the official non-profit partner of the Chesapeake & Ohio Canal National Historical Park, works in partnership with the National Park Service and local communities to raise funds to preserve the Park for future generations and to broaden support through programs that highlight the Park’s historical, natural and cultural heritage and recreational opportunities.

For more information about the Trust visit www.canaltrust.org. Follow the Trust on social media: <https://www.facebook.com/CanalFriends>; @CanalTrust.



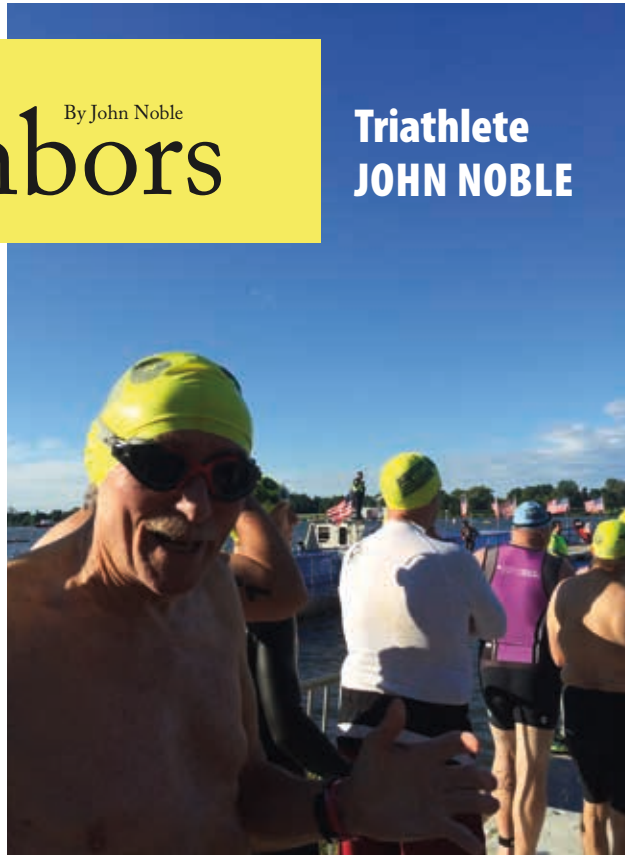
meet *your* neighbors

By John Noble

Triathlete JOHN NOBLE

What a thrill to enter the wind-swept choppy waters of the Potomac on the first leg of the Nations Sprint Triathlon, Sunday, September 13, in Washington, D.C. We swam ½ mile near the Lincoln Memorial, biked 16 miles up Whitehurst Freeway and Rock Creek Park, and then ran a 3.1-mile route around the Jefferson Memorial, ending at the Lincoln Memorial. Thousands of runners participated in the Nation's Triathlon. Many of us do this to keep our fitness routine varied and challenging.

My adult son introduced me to triathlons in Lewes Delaware in October



John Noble headed into water.



Biker John.



John "on the run."

2005. The start was an exhilarating run into the ocean where we swam ½ mile before the bike and run. With that start, I have completed 30 triathlons and look forward to many more.

Many of us tire of a repetitive fitness workouts without an interesting goal. The demand to swim, bike, and run provides variations in training and the use of many different muscle groups. I am not competitive in my age group in any one of the three sports. However, I am often the only one in my age group who competes in Triathlons, thus, although a mediocre athlete, I am a "winner" in my age group in this sport.

It would be my pleasure to explain triathlons and to train with other slow, aged, Bannockburn athletes like myself.

Send me an email at johannoble@mac.com to get started!

Select a race, train a little, and just show up. The rest takes care of itself. The satisfaction afterwards is marvelous. (In my first Olympic distance tri they were closing the course as I struggled to get to the finish line – always a fear!)

Good luck!

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.

REFERRED FOR A REASON*



CALL NOW FOR A FREE ESTIMATE 301.562.8900

96% of our customers would recommend The Maids to friends and family. And that's saying something in this business. After all, you don't want just any maid service in your home. Learn more at maidsinmd.com



precious pets

Meet: Hank



Bethesda Resident Andrew Seested and his boy Hank at Pike & Rose Slider Smackdown.

Send in your stories of your pets/companions!

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

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.



custom homes | architecture | construction | interior design | landscaping



anthony wilder design/build, inc.

7913 MacArthur Blvd | Cabin John, MD 20818

301.907.0100 | anthonywilder.com

architecture with whimsy



Photos by Judy Davis/ HD Photo



Battle Bots

Art In Your Community

MAKER FAIRE – Innovators/Inventions From Today's Most Creative Minds

Don't miss the next Maker Faire you may have a chance to attend. I have attended two recently one in DC and one in Silver Spring and what you will find is the brightest minds exploring the world and inventing the future showcasing/using new technologies!

From 3D Printer art, kinetic sculptures and jewelry creations to drones and quad copters, or battling robots and rocketry or even NASA's digital photo booth—there is truly something for everyone to enjoy at a nearby Maker Faire. Keynote Speakers included: Susanah Fox—the Chief Technology Officer at Health and Human Services, Troy Cline heading up NASA's Public Outreach program for the Magnetospheric Multiscale Mission, Tony Knight



Are those goggles REALLY necessary?



I bet she can tell you how solar panels work!



So, how does gravity work again?



Booth after booth of innovation.



Big kids and little kids love the bots



The BIG Trike was a BIG HIT!



I mustache you a question.



Kids take their turn at the controls.

the Associate Commissioner for Innovation Development at US Patent and Trademark Office and Featured Young Maker Sophia Sanchez-Maes who is exploring algae as an alternative biofuel production candidate.

Impressive 17-year-old Sanchez-Maes found that the biofuel operations near her home town of Las Cruces were putting more energy into fuel production than they got out—as she saw it a “net loss!” She took it upon herself to pioneer a new process (this is where the algae comes in) to produce a positive energy yield!

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.



Urban [ur buh n] adjective - living in a city
Nest [nest] noun - resting place; home
Urban Nest - the perfect city home
Priced perfectly, perfectly sized for city living



Our Nest, Your Home
Furnishings ♦ Fine Arts ♦ Accessories

11416 Rockville Pike
North Bethesda, MD 20852
Across from White Flint

301.231.5600
www.Nest301.com

NEST AT HOME!



Live Your Best Life, At Home

Home support services provided by
Certified Nursing Assistants
Nurse owned boutique agency
Local and independently owned
Free in-home assessment

301-873-1103
www.4SHomeCare.com

making a DIFFERENCE

Protect Your Home This Holiday Season

By John Hannula, Frontpoint Security, BCA Neighborhood Security Committee Chair

‘Tis the season for family, friends and good food. This time of year is typically about celebrating and reuniting with the ones you love. Unfortunately, there are some burglars out there determined to ruin the festivities.

Many people are travelling: visiting their families and leaving homes unattended. The holidays are the perfect time for a burglar to strike! If that wasn’t enough to make you into a Grinch, the colder weather takes a heavy toll on a home, making environmental damages a real concern.

How can you keep your home safe from both burglars and the environment? Here are 10 steps to ensure a safe and happy holiday.



THINK LIKE A BURGLAR

Take an objective look at your home and look for potential points of entry that a burglar may use. Don’t overlook entryways vents and dog doors just because they’re small or difficult to reach, burglars come in all shapes and sizes. Look to see if any tree branches could give access to windows upstairs.

PUT AWAY ANY TOOLS

Fall and winter bring leaves and snow, which also means rakes and shovels. Make sure to put away any tools after you’re done. Don’t forget about ladders, as they can be an invitation to the upper levels of your home.

LOCK DOORS AND WINDOWS

Did you know that doors are the most common point of entry for a burglar? As many as 40 percent of burglaries occur through unlocked doors and windows; by simply locking your doors and windows, you can protect your home. Do not neglect upstairs, as intruders can use ladders and trees to access it.

BE CLEVER WHEN HIDING SPARE KEYS

If you keep an extra key hidden outside your home for those desperate situations, know that it comes with a risk. Under the doormat, in a planter, or on a light are obvious hiding places. If you must leave a key outside your home, be creative with the location. Or better yet, leave it with a trusted neighbor.

Which takes us to...

KNOW THE NEIGHBORS

Relationships with your neighbors can vary from home to home, but if you trust them, it can be extremely beneficial for both parties. If you’re going away for the holidays, let your neighbors know. Ask them to make it seem like your home is still occupied by picking up mail/packages or making footprints in the snow.

AVOID REVEALING YOUR LOCATION ON SOCIAL MEDIA

Thanks to Farmers Insurance, this tip is pretty well known. You put yourself at risk if you post your location on social media – whether you’re leaving for 10 minutes or 10 days.

LIGHT IT UP

Even if you’re not home, it’s very easy to control your lights remotely. There are many devices that allow you to automate lighting in your home, for safety and to conserve energy. Home security systems also have home automation features with the same capabilities.

CLOSE CURTAINS/BLINDS

It’s nice to display your Christmas tree in a front window for others to see, but avoid putting presents in plain view. While they might be wrapped, large gifts or a big stash are attractive prizes for a burglar canvassing the neighborhood. Hide the presents until the night before Christmas or close your curtains and blinds.



Angie's List A- Rated

New Roof and Leak Repair
Shingles, Slate, Tile, Metal, Cedar, Flat membrane systems
Certification & Affiliations
Certified Mule Hide Flat roof systems applicator
Certified Duradek applicator- Member of the MNCBIA

East Coast Roofing strives to exceed our customer's expectations.
We take pride in every job performed.
"Your Roofing Contractor of Choice" your satisfaction comes first!
We have over 50 years (office and field) experience.
We have built our business on customer referrals.

301.874.5380

CHECK ENVIRONMENTAL SENSORS

The colder season bring a number of environmental hazards, but environmental sensors for your home alarm system can eliminate these concerns. Smoke, heat, flooding, and freezing can all be detected, so make sure your sensors have fresh batteries.

ARM YOUR SECURITY SYSTEM

Many burglaries are successful because the homeowners didn’t arm their security system. Even the best system is useless if you don’t use it. If you frequently forget, think about signing up for a home security system that includes smartphone and online access. Or, purchase a keychain remote for easy, one-button arming and disarming.

Follow these steps and have a safe and secure holiday season. Peace of mind comes easy when you know you've taken the necessary precautions for your family and home’s security.

If you have any other suggestions on how to keep your home safe during the holidays, let us know.

John Hannula
703-906-0202 (mobile)
john_hannula@yahoo.com



Daniel's Home Services, LLC

Services Offered

- HVAC Installation
- HVAC Ongoing Maintenance
- HVAC Repairs
- Air Quality and Ventilation
- Refrigeration

(301) 351-1695 | www.dhvacr.com

TUNE UP YOUR OLD HEATING AND A/C SYSTEM AND
UPGRADE YOUR SLUMBER.

SLEEP TIP #1
Keep your room temperature comfortable—
tune up your heating and A/C system.

Visit: ServiceExperts.com/sleeptips for more great tips.

SAVE \$70
ON A PRECISION TUNE-UP
• Save up to 30% on energy bills**
• 90-day, money-back guarantee**
• Regularly \$139, now only \$69!
OFFER ENDS NOVEMBER 27, 2015

\$25 OFF Service Call
With Any Paid Repair
• Emergency Service, 24/7/365
• Written 100% Satisfaction Guarantee
OFFER ENDS NOVEMBER 27, 2015

Parker Pearce
HEATING & AIR CONDITIONING
A Service Experts Company
240.428.0717
ParkerPearce.com

WE SERVICE ALL MAKES AND MODELS, 24/7
© 2015 Service Experts LLC. Service Experts and the Service Experts Heating & Air Conditioning logo and design are registered or common law trademarks of Service Experts LLC. Offers not valid on prior purchases and cannot be combined with any other offers. Some restrictions apply. *Potential savings may vary depending on age and condition of equipment, personal lifestyle, system settings, equipment maintenance, and installation of equipment and duct system. **If your A/C breaks down for any reason in the 90 days following your service, we'll refund the cost of your tune-up, no questions asked.
License #: MD HVAC 01-46599 & VA CLASS A 2705061079A **PROMO CODE: 33145-26**

around town

BCA MEETING KEYNOTE SPEAKER: JUDITH WELLES – Grand Old Ditch: Past, Present and Future of the C&O Canal

Keynote Speaker Judith Welles, a C&O Canal Trust Board member and local history author, presented the “Grand Old Ditch: Past, Present and Future of the C&O Canal,” Historic highlights and photographs were shared of the Chesapeake & Ohio Canal, and a vibrant discussion and Q&A revealed interesting nuggets –includ-



Marketing Your Home For All It's Worth

Do not hesitate to contact me when you are ready to engage the services of a real estate professional. I look forward to showing you how Berkshire Hathaway Home Services Pen Fed Realty and I could be your REALTOR for life!



Patrick Mayo

10400 Old Georgetown Rd,
Suite 3C, Bethesda, MD 20817
Mobile: 301-461-7045 Direct line: 301-961-6000
Office: 301-961-6000



© Copyright 2014, BRER Affiliates Inc.



BCA Meeting Sept 10—Fall Festival planning.



Judith Welles Keynote Talk at BCA Meeting on September 10.



Local Historian /Author Judith Welles.

ing the canal’s role in the Civil War. The Potomac during that time was the natural dividing line between the Confederacy in VA and the Federal Troops in MD. During that period the canal tried to maintain operations as the chief coal delivery route to Washington, DC. 500 boats operated over the canal at that time, (mostly mule-drawn but supplemented with 17 steam boats), and troops on both sides wanted to control the canal for their own needs.

Judith also covered 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. Given its proximity, the C&O Canal is a particularly valued asset to the Bannockburn neighborhood-- Judith sharing her expertise with the BCA and the Bannockburn neighbors was much appreciated!



BCA President Ted Garrett kicks off the meeting.

There is a lot of optimism in the canal’s future — over 1200 volunteers support some 40 events each year that expose new people to the canal’s wonders. The canal is the longest, narrowest park in the National Park System — but you have to experience it — you cannot take it all in with a single view — like the Grand Canyon- you have to travel through it to unlock its mysteries!

It may surprise you to note that the C&O Canal National Historical Park and Great Falls region is the 9th most visited in the



If you’re enjoying this publication,
please support and thank our advertisers!

It is their investment in The *Bannockburn Banner* that makes your neighborhood newsletter possible. We are able to offer your magazine completely FREE to your home because of the businesses who pay to support this publication. Check out the partner guide on pages 5-6 for our complete list of sponsors.

All of these businesses have undergone an extensive selection process, and many are locally owned and operated. It means a lot to our partners to be involved in the publication, so please let them know you saw their ad in The *Bannockburn Banner* and how much you enjoy reading it each month!

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

National Park system! I am sure what “springs to mind” is Yellowstone and the Grand Canyon when you think of most visited National Parks — but what I bet you did not know was that the C&O National Historical Park is the 5th most diverse park in the system with over 1400 plant species — 300 of which are rare and endangered. The park is a real gem of a natural wonder.

Another nugget revealed in the meeting was that the park is listed on Trip Advisor! with over 10,000 guests having experienced overnight stays in the lockhouses. The lockhouses previously served as remuneration for lock keepers and now are available to the public through the Canal Quarters program for a truly rustic “living history” experience. (Judith is quartermaster of Lock 10, which sleeps 8, has a bath, shower and kitchen and rents for just 150.00/night). I have also included a story on Lockhouse 21 known as Swains Lockhouse, in Potomac, which has just been rehabilitated and now included in the popular Canal Quarters program.

Fascinating meeting!

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.



GLEN ECHO PHARMACY

Your Neighborhood Pharmacy
Family-Owned since 1968

7311 MacArthur Boulevard
Bethesda, MD 20816
www.glenechocare.com

Phone (301) 229-5656
Fax (301) 229-3036
glenecho1@earthlink.net

The Mid-Atlantic's Largest Professional Estate Sales, Auctions and Appraisals Company since 1972



Visit www.foursales.com
for photos and descriptions of weekly sales

For a FREE Consultation
301.580.9542 | 703.256.8300

- On Premise Estate and Moving Sales
- Live Auctions
- Personal Property Inventory Services
- Consignment Sales
- Downsizing/Transition Specialists
- Certified Appraisals

Resident Recipe

By Simone (via Food Network)

SPICY KALE & CORN STUFFED CHICKEN BREASTS

Superfood kale and sweet corn create a duo rich in vitamin A. The pepper jack cheese adds tons of spice while binding the stuffing for the chicken. If spicy's not your thing, try Monterey Jack or Havarti cheese instead for creamy without the heat. Less

Total Time: 34 min
Prep: 10 min
Cook: 24 min
Yield: 4 servings

INGREDIENTS

- 4 teaspoons olive oil
- 5 1/2 ounces frozen chopped kale (about 2 cups)
- 2 cloves garlic, finely chopped
- Kosher salt
- 1/3 cup frozen whole kernel corn



- 2 ounces pepper jack cheese, grated (about 1/2 cup)
- Four 8-ounce boneless skinless chicken breast halves
- Freshly ground black pepper
- 1/2 cup low-sodium chicken broth
- 1 teaspoon all-purpose flour
- 1 1/2 teaspoons fresh lemon juice

DIRECTIONS

Heat 2 teaspoons of the oil in a large skillet over medium heat. Add the kale, garlic and 1/4 teaspoon salt and cook, stirring, until the kale is softened and the garlic is fragrant, about 5 minutes. Add the corn and cook, stirring, until warmed through, 2 to 3 minutes more. Transfer to a bowl to cool slightly, and then stir in the cheese.

Insert a thin paring knife into the thickest part of the chicken breast and cut down the side to make a 3-inch pocket. Repeat with the remaining chicken breasts. Then evenly stuff with the kale mixture.

Heat a large nonstick skillet over medium-high heat until very hot, 3 to 4 minutes. Rub the chicken breasts with the remaining 2 teaspoons oil and sprinkle with a total of 3/4 teaspoon salt and 1/4 teaspoon pepper. Add all 4 chicken breasts to the skillet and cook until golden brown, about 2 minutes. Then lower heat to medium. Continue cooking, turning once halfway through, until just cooked through, about 14 minutes more. Insert a small paring knife into the top of the chicken to test for doneness. If any pink areas remain, cover the skillet and continue to cook until opaque.

Transfer the chicken and any bits of filling that fell into the skillet onto 4 plates. Stir the broth and flour together in a small bowl and then add to the skillet. Cook, stirring, until thickened, about 2 minutes. Remove from the heat, stir in the lemon juice and season with salt and pepper. Spoon the pan sauce over the chicken.

Voilla! Enjoy

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

WARM UP WINTER IN THE BAHAMAS



By N2 Staff Writer, **Tracy LaFon**

If you're looking for a cure for the dreary doldrums of the winter blues, then think about escaping to the sun-soaked Bahamian Islands. With average temperatures in the sunny 70s, warm turquoise ocean water and sugar sand beaches, the Bahamas offer more than enough therapy for the winter weary vacationer to recharge in paradise.

Accommodations are extremely diverse when it comes to spending time in the Bahamas. One of the more popular ways is choosing a cruise line package that includes a few days port in the island paradise harbor, which allows you to return to your cozy cabin whenever you desire. From the highly popular resorts such as Sandals and Atlantis and other four-star beachfront hotels, to private rentals and beach bungalows, island lodgings abound for every varying taste. For those who don't wish to venture far from their room, the all-inclusive resorts offer all the dining, entertainment and relaxation one could need. If you desire a less tourist-focused experience, consider renting a room in a smaller hotel off the beaten path, or even a bungalow for a bit of extra privacy.

The quintessential highlight of a Bahamas vacation is dipping your toes in the iridescent ocean waters. Miles of coral reefs await exploration for all adventurous enough to dive deeper. There are scores of scuba and snorkeling expeditions available, and even the water novice can enjoy life below the surface with the famous Sea Trek Helmet Diving tours. A family favorite is the adventure of swimming with the Atlantic Bottlenose Dolphins that joyfully play with visitors in several different venues. The Underwater Explorers Society in Freeport provides opportunities to spend time not just with the dolphins, but also offers shark diving excursions for the more daring. At every turn the island waters offer a plethora of prospects to get up close and personal with the teeming sea life.

Not surprisingly, the basis of island cuisine is seafood. Bahamian gastronomy features conch, grouper, crab, fish and lobster. Don't leave the island without sampling at least one bowl of conch chowder and some fritters. One of the most popular restaurant experiences is Senior Frog; located directly on the water, it is a fantastic way to spend an evening food, drink and music.

Exploring the island can be done either by way of a guided tour, which is recommended for first time visitors, or, for the more adventurous, by setting off on your own with rented bikes. Guided tours often feature historical landmarks, picnics on secluded beaches, duty-free shopping, visits to Paradise and Atlantis or a tour of a Caribbean rum distillery. Make sure to take advantage of the festive, duty-free shopping in the Bahamas while out and about. Spend a day of jovial bartering and browsing in search of a unique colorful Caribbean souvenir. While at the Straw Market in downtown Nassau, be on the lookout for amazing buys on crystal, perfume, jewelry, exotic liquor and vibrant linen.

However you choose to visit the islands of the Bahamas, it is certain that the warmth of the Bahamian people, sand and ocean will chase away those winter blues.



LET US GUIDE YOU HOME

When you're ready to buy a home, the experienced, friendly staff at Caliber Home Loans, Inc. is ready to help. From the beginning of the loan process until closing, your Loan Consultant will work closely with you, helping you make informed decisions that can make the home financing process smooth, simple, and stress free.

Call me today to get started.



Kasey Martin
Loan Consultant | NMLS 192739
6720-B Rockledge Drive, Suite 500
Bethesda, MD 20817
Direct: 240-855-0834 | Cell: 301-452-5217
Kasey.Martin@CaliberHomeLoans.com
www.KaseyMartin.com

Caliber Home Loans, Inc., 3701 Regent Boulevard, Irving, TX 75063 NMLS ID #15622 (www.nmlsconsumeraccess.org). 1-800-401-6587. Copyright © 2015. All Rights Reserved. This is not an offer to enter into an agreement. Not all customers will qualify. Information, rates, and programs are subject to change without prior notice. All products are subject to credit and property approval. Not all products are available in all states or for all dollar amounts. Other restrictions and limitations apply. (0539_MD)



IT'S *time* TO FIND A *tree!*

For many it is the kickoff of the Christmas season and a beloved yuletide tradition; heading out in search of the perfect Christmas tree! To ensure your tree looks more like Rockefeller Center's and not Charlie Brown's, here are a few things to consider.

MEASURE FIRST

Avoid the telltale streak in your ceiling paint by keeping your ceiling height – accounting for the tree stand and decorative topper – in mind when selecting a tree. If you want a larger tree, check your tree stand to be sure it is big enough to accommodate the girth of the trunk. Do not cut the sides of the tree trunk to make it fit the stand; the bark contains its cambium layer, which is essential for water absorption.



Fine gardens
inspired by art
and nature

Landscape Design • Customized Maintenance Plans
Stone Work • Drainage Systems • Edible and Native Landscaping
Organic Landscape Practices • Snow and Ice Removal

Martins Landscaping Inc is an ecologically inspired landscape design, installation, and maintenance company for both residential and commercial projects. We integrate sustainable practices with artistry by blending a wealth of plant knowledge to thoughtfully design unforgettable outdoor spaces. We also provide a full spectrum of maintenance services, including lawn care, pruning, mulching and weed control using organic methods which are safe for children, pets and the environment.

• • • •

Give us a call or send an email to discover more about our landscaping options and how we can add natural beauty and value to your land.



301.565.0556
www.martinlands.com
martinsgarden@msn.com

By N2 Staff Writer,
Amy Lynne Howlett



SELECT THE RIGHT VARIETY

Fir, spruce and pine are the most popular Christmas tree varieties. Fir trees have long, flat needles that give fir trees their distinctive bushy look. However, its fullness doesn't leave much room for ornaments, so fir trees are best for those desiring a tree with a more natural look and fewer decorations. If you want to adorn your tree with heavy ornaments, a spruce tree is a good choice because it has strong, upturned branches. Like to pack on every ornament your kids ever made – glitter, painted dry pasta and all? Pine trees are great for holding numerous ornaments because they have fewer branches and, therefore, more room to hang decorations on not just the middle but also the back of the branches.

TEST FOR FRESHNESS

The fresher the tree, the longer it will adorn your home. For maximum freshness, go to a tree farm to select and cut your own tree. If you purchase a tree from a lot, look for signs of dryness or deterioration such as discolored foliage, excessive needle loss, brittle outer branches, a musty odor or wrinkled bark. To test a tree's freshness crush a few needles in your hand. If the needles do not have that familiar piney aroma, move on to another tree. You can also test for dryness by putting your hand around a branch and gently pulling; if lots of needles fall off the branch, the tree is not fresh.

DRINK UP!

You've made it home and it's time to put up the tree! If your tree was cut more than three hours prior to arriving home, be sure to saw off at least an inch of the trunk to remove the sappy seal that formed from the previous cut. This exposes the tree's veins so that water can be absorbed and distributed throughout the tree. Be vigilant about watering your tree, especially for the first few days when your tree can drink more than a gallon of water! Watch that the tree stand always has water; if the sappy seal forms over the bottom of the trunk it is much more difficult to cut it off once your tree is decorated!

With thoughtful selection and a little care, your Christmas tree may last well into the New Year!

November *local events*

SUNDAY, NOVEMBER 1

19th Annual Fall Harvest Festival

Where: Summers Farm, 5620 Butterfly Lane, Frederick, MD

When: See website.

For homegrown fun and farm fresh adventures, visit Summers Farm in Frederick, Maryland this Fall from September 26-November 1. Attractions include a 12 acre themed cornfield maze, hayrides, pig races, jumping pillows, barnyard animals, apple blaster cannons, giant slides, pick-your-own pumpkins, and more! The fun extends at nightfall; bring your flashlights for the moonlit cornfield maze, and don't forget to reserve a campfire site early!

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

FRIDAY, NOVEMBER 6

Marina and the Diamonds

Where: Lincoln Theatre, 1215 U St. NW, Washington, D.C.

When: 6:30 p.m.

For more information: <http://www.930.com/event/886133-marina-diamonds-washington/>

SUNDAY, NOVEMBER 8

Bethesda Central Farm Market

Where: 7600 Arlington Road, Bethesda, MD

When: 10 a.m. - 1:30 p.m.

Bethesda Central Farm Market is open January-March 10 am-1:30 pm and April- December 9 am -1:30 pm. We have over 40 farmers and artisan food producers during the winter and over 60 during the summers featuring fresh, local foods.

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

WEDNESDAY, NOVEMBER 18

Farm Women's Market

Where: Bethesda Farm Women's Market, 7155 Wisconsin Ave., Bethesda, MD

When: 7:30 a.m. - 4:30 p.m.

The Farm Women's Market ~ A unique, intimate, quirky and festive shopping experience in Downtown Bethesda. The Market features great food, drink and music with artisans, crafts and boutique businesses from around the Mid-Atlantic region.

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

FRIDAY, NOVEMBER 20 THROUGH DECEMBER

Lemony Snicket's The Lump of Coal

Where: Adventure Theatre, Glen Echo Park, MD

When: See website for tickets

It is Christmastime! The hilarious and heartburning, uh, heart-warming holiday adventure of a Lump of Coal who wants to be an artist. Traditionally the dreaded stocking stuffer for children on the Naughty List, this Lump turns one child's worst nightmare into a dream come true.

For more information: <http://www.adventuretheatre-mtc.org/>

SATURDAY, NOVEMBER 22

Glen Echo Park Aquarium

Where: Glen Echo Park Aquarium, Glen Echo, MD

When: 9 a.m. - 5 p.m.

The Glen Echo Park Aquarium is a Chesapeake Bay discovery center based in Glen Echo Park. It will open with limited exhibits in August 2015 and will be fully operational by September 2015.

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

MAYHEM is EVERYWHERE



**FORTUNATELY,
SO ARE Allstate AGENTS**
*Your in Good Hands with your local
FAIRWEATHER INSURANCE AGENCY*

Ron Ziegel

ronz@allstate.com
3720 Farragut Avenue # 100
Kensington, MD 20895-1220
o) 301.232.0400 c) 561.350.8165



Rockville Concierge Doctors

Direct physician access & more time means better outcomes for you:

- ✦ 24x7 direct physician access (not just during office hours).
- ✦ You will be seen the same day or next day, no delays in scheduling you.
- ✦ Longer office visits provide more time to evaluate your health, discuss and address your concerns and develop a proactive treatment plan.
- ✦ “Executive-level” preventive physical exam & personalized health plan.

Although we do not accept private insurance plans or Medicare, we may be able to help you obtain out-of-network reimbursement for your visits.

In order for us to have the time and resources to provide this level of care and service; the size of our practice is limited.

Aimee Seidman, M.D.

9420 Key West Avenue, Suite 104,
Rockville, MD 20850

301.545.1811



SEDAN STANDOUTS

By Beverly & Steve Smirnis

WITH SO MANY SEDANS MODELS TO CHOOSE FROM, MANUFACTURERS AND MARKETERS SCRAMBLE TO POSITION EACH WITH STANDOUT FEATURES THAT WILL HOOK THE BUYER. WILL THE DECISION COME DOWN TO LOOKS, PERFORMANCE, FUEL EFFICIENCY, SAFETY FEATURES OR INTERIOR CREATURE COMFORTS? NONE CAN AFFORD TO FAIL IN ANY OF THESE AREAS; BUYERS WILL DECIDE WHICH ONES MAKE THE MARK AND WHY.



ACURA TLX

Acura's TLX replaces the TL and TSX, and sits somewhere in the middle of the previous models in external dimensions. Our test model featured the 3.5-liter V-6 9-speed automatic transmission engine with Super Handling All-Wheel Drive (SH-AWD) outputting 290 hp and 267-lb-ft. Fuel saving features include engine stop-start and Variable Cylinder Management, which drops to three cylinders during low-load driving. Inside, standout features include the cool push-button transmission control, clean interior design and wide comfortable seats.



NISSAN MAXIMA

The 2016 Nissan Maxima defines the Acura TLX and Toyota Avalon as its primary competitors and touts features on the Maxima simply not offered by these competitors: panoramic moonroof, power tilt/telescopic steering column, heated steering wheel, Zero Gravity seats, Around View® Monitor with Moving Object Detection, Predictive Forward Collision Warning, Driver Attention Alert, Bose® premium audio system, two USB ports and Easy-Fill tire alert. The 2016 model is presented as a true “4-door sports car” with 300 hp and redesigned chassis with fighter-jet inspired exterior and cockpit-inspired interior.



HYUNDAI SONATA

The Sonata is a comfortable midsize sedan that's easy on the pocketbook while meeting the mark in acceleration, steering and handling, and ride quality. A spacious cabin, comfortable seating, and lots of features delivered at a hard-to-beat price are Sonata's bragging rights. Our Sport trim level added some body styling tweaks, automatic headlights, rearview camera, 8-way power driver seat and Blue Link telematics system with smartphone integration. A Platinum Package added even more. Even so, the test model's price tag remained under \$26k.



LEXUS LS 460 AWD F SPORT

Lexus' large luxury sedan has long been a showcase of technology, interior furnishings and refined driving experience. Our 4.6-liter V8 eight-speed automatic with optional all-wheel drive delivered 360 hp and 347 lb-feet of torque. While the LS 460 is a favorite among the affluent older demographic, suspension and steering tweaks make for a more involved drive. In particular, the F Sport package with firmer suspension and steering tuning and upgraded brakes will satisfy the inner child in the typical buyer while drawing in other buyers, too.

Real Estate RESOURCE

Featured properties may not be listed by the office/agent presenting this brochure.
Source Multiple Listing Service. All information herein has not been verified and is not guaranteed.
Supplied by Vicki Porter, SRES,W.C. & A.N.Miller Realtors,"A Long and Foster Co."



Address	Neighborhood	Sale Price	DOM	Beds	Baths	SqFt	Parking	Yr Blt/Style
7017 LOCH LOMOND DR	BANNOCKBURN ESTATES	\$1,200,000	146	5	3.5	21,287	Y	1964 Colonial
6812 SELKIRK DR	BANNOCKBURN HEIGHTS	\$1,250,000	21	4	3	16,885	Y	1937 Contemporary
7008 CARMICHAEL AVE	BANNOCKBURN ESTATES	\$1,399,000	138	6	4.5	27,223	Y	1967 Colonial
6726 SELKIRK CT	BANNOCKBURN HEIGHTS	\$1,495,000	162	6	4.5	27,816	Y	1939 Colonial
6916 HEATHERHILL RD	BANNOCKBURN ESTATES	\$999,500	25	4	2	20,000	Y	1970 Colonial
7204 ORKNEY PKWY	BANNOCKBURN HEIGHTS	\$1,089,000	64	6	4.5	28,337	Y	1951 Contemporary
6913 NEVIS RD	BANNOCKBURN ESTATES	\$1,099,900	126	5	3	22,036	Y	1968 International
7107 ARRAN PL	BANNOCKBURN ESTATES	\$1,195,000	31	5	3.5	20,000	Y	1963 Contemporary
7024 HEATHERHILL RD	BANNOCKBURN ESTATES	\$1,250,000	45	5	3	21,255	Y	1965 Colonial
7200 HELMSDALE RD	BANNOCKBURN ESTATES	\$1,295,000	13	5	4.5	22,857	Y	1964 Colonial
6904 NEVIS RD	BANNOCKBURN ESTATES	\$1,399,000	29	5	4	21,850	Y	1967 Rambler
7300 BARRA DR	BANNOCKBURN ESTATES	\$1,450,000	239	5	4.5	28,313	Y	1970 Colonial
7101 ORKNEY PKWY	BANNOCKBURN HEIGHTS	\$3,495,000	10	6	8	26,589	Y	2007 Colonial



I love helping people buy and sell homes – especially in Bethesda, my very own back yard. My SRES designation and experience with people downsizing makes for easier transitions for my clients, too.

My clients say I make things easy, which is exactly my goal. I want to have clients for life, not just for one transaction.

Vicki L. Porter, SRES (Seniors Real Estate Specialist)
W.C. and A.N. Miller Realtors "A Long and Foster Co."
4701 Sangamore Rd Bethesda, MD 20816

Cell-- 301-325-2965
Office-- 301.229.4400
Web-- www.VickiPorter.net



COULD STOCKS BE A SOLUTION FOR YOU?

WHEN YOU BUY A STOCK, YOU'RE BUYING A SMALL PIECE – OR A SHARE – OF A COMPANY. AND AS A STOCK INVESTOR, THERE ARE TWO POTENTIAL WAYS YOU CAN MAKE MONEY:

THE FIRST WAY stock investors can make money is if the company grows and the stock price goes up, your shares would be worth more. If you sell them for more than you paid for them, you keep the difference, which is called a capital gain. The price of a stock goes up and down, so if you sell your shares for less than what you paid for them, then the result would be a capital loss.

THE SECOND WAY investors can make money with stocks is by receiving a dividend from the company. Dividends are simply a little piece of the company's profits, typically paid quarterly. Companies don't have to pay dividends to their shareholders, but many times they do it

to make their stock more attractive in the marketplace. It's important to note that even companies that have historically paid a dividend can stop at any time.

STOCKS CAN BE ONE PART of a solution for you. Think about the following: Stocks bring growth potential to a portfolio, so they make sense at any stage – preparing to retire, making that transition from working to retirement, or even after you're already retired. But to keep your portfolio aligned with those goals, look at your mix of stocks and bonds. If you have too many stocks, you may be taking on too much risk, since that money is exposed to the market's ups and downs. On the other hand, too many bonds

might mean you're at risk of not reaching your long-term goals because bonds don't have that growth potential. Your risk tolerance and your time horizon will play a big role in your target mix.

WHETHER YOU ARE ALREADY RETIRED or preparing for retirement, have you really thought about how much income you'll need? Part of that income could come from stock dividends. Some companies have a history of paying and raising their dividends, which could potentially offset inflation over the long term. Essentials like gasoline, groceries and health care will probably be more expensive over time, so stocks could provide rising income to offset that kind of inflation.

Article Source: Edward Jones.com • This article was written by Edward Jones for use by your local Edward Jones financial advisor
Investors should understand the risks involved of owning investments, including interest rate risk, credit risk and market risk. The value of investments fluctuates and investors can lose some or all of their principal. Dividends can be increased, decreased or eliminated at any point without notice.

USING COLOR IN HOLIDAY DÉCOR



Decorating for the holidays can be an overwhelming task, particularly if you plan to host parties or have guests. Your use of color can set the tone for season. Here's some insight into the psychology of color for your holiday decor, no matter what you're celebrating.

By N2 Staff Writer, Megan Weatherly

RED

Red, being a primary color, is warm and dramatic, no matter the shade. Red is elegant and appetizing, making it an excellent accent to your holiday tablescape. Red can be used in linens and other decor, but also as a natural element of your meal itself—think fruit, meat and red wine.

ORANGE

Like red, orange is vibrant, but less formal. Orange can be used to create a fun and sociable atmosphere. It can be easily incorporated into your holiday meal in dishes such as pumpkin pie and yams, but can also be used as an unexpected and fresh color for trimming your tree.

YELLOW

Yellow is joyful and hospitable. Yellow hues are often created by candlelight and the glow of a burning fireplace, as well as baked goods and other comfort food. Golden yellows are sure to create an inviting and happy atmosphere in your home.

GREEN

Green, secondary on the color wheel, is a perfect contrast to the vibrant reds of the holiday season. Green is soothing and refreshing, creating a relaxing environment for you and your guests. Holiday greenery made from pine and fir adds a natural element to your decor, as well as a classic holiday scent.

BLUE

Like green, blue is a cool color and can create a calm and restful vibe. Incorporating blues into your holiday palette can balance out some of the energy of warm tones and busy guests.

INDIGO/VIOLET

Violet tones are creative, introspective and nostalgic. A bit on the unexpected side, using purples in your holiday decor can express individuality and spark conversation with guests. Violets pair well with oranges, yellows and greens.

Bannockburn Banner

RESIDENT BUSINESS GUIDE

ARTIST

Rima Schulkind Art

Rima Schulkind
(301) 222-0279
rima@schulkind.com
www.schulkind.com

ORTHODONTICS

Orthodontics for Children and Adults

Donald V. Liang, D.D.S., P.A.
(202) 966-7711
donliang@str8smile.com

REMODELING

Vision Design Build

Jacqueline Barlow
(301) 263-0220
jacque.barlow@vdbllc.com
www.vdbllc.com

Attention Bannockburn Estates

Residents: Do you own or run a business? To have your business featured FREE in the Resident Business Guide in an upcoming issue of the *Bannockburn Banner* please contact Timothy Beam @ 301.222.7361 or e-mail timothy.beam@n2pub.com.

ATHLETIC CLUB

Chevy Chase Athletic Club

Connie Barnes, Director of Squash
(301) 656-8834
conniesquash@gmail.com
www.chevychaseathleticclub.com

REALTOR

WC & AN Miller Realtors, a Long and Foster Company

Rita Liptz, Residential Realtor
(240) 305-6496
rita.liptz@LNF.com

HARVEST THE SUNSHINE THIS FALL SEASON WITH A NEW FOUR SEASONS SUNROOM

Mike Fraley from **Maryland Sunrooms**, sharing some information that any homeowner should know when hiring a remodeler in Maryland.

A product is only as good as the company installing it. Make sure your company is both licensed & insured. Check their history with the **MHIC** and sites like **Angie's List™** and **Yelp™**. This provides a great snapshot of their past and gives you a sense of how they operate. Any company that cannot provide **at least 100** past customer referrals should have you questioning their dependability.

Ultimately, you need to know a contractor will do what they say. We've created a **FREE** guide for you with information on picking the best company for your job. With this info, a checklist for appointments and important documents every reputable company should have, this is your **"How To"** guide to **Home Improvement**. Your home is the most valuable equity you own -- be sure to equip yourself with the knowledge to get the work done right the first time. The more you check us out, the better we look.

~ **Mike Fraley** | Owner, Maryland Sunrooms



ANGIE'S LIST \$99 SPECIAL

(ANGIE'S LIST MEMBERSHIP NOT REQUIRED)

Buy a \$99 In-Home Consultation & get a FREE Digital Rendering & \$1500 Towards Purchase

- CONSERVAGLASS gives year-round comfort
- Maintenance-Free exterior for your enjoyment
- Lifetime Warranties provide peace of mind
- 20 years in business w/ no complaints from MHIC
- A+ Ratings w/ BBB, Angie's List & Home Advisor
- National Sunroom Association Award Winners
- Hundreds of references from MD & DC residents



301.637.3191 | MARYLANDSUNROOMS.COM |   

How To Survive THANKS GIVING ON A DIET SURVIVAL TIPS

Written by N2 Staff Writer Elizabeth McCabe

It's one day a year – why not overindulge and hit the gym later? You have waited 365 days for turkey with stuffing and an extra helping of that succulent sweet potato casserole. But wait – you're on a diet. What are you to do?

CREATE A CALORIE DEFICIT. Even if it is Thanksgiving, it is important for your fitness routine not to fall by the wayside. Create a calorie deficit with heart-pumping cardio and even resistance training. The American Council on Exercise encourages gym-goers to stick to a moderate-intensity aerobic workout before a big meal. Why is that? You don't want to deplete your storage of glycogen, causing you to feast upon food as if you are famished! By taking it easy at the gym, you can utilize body fat as fuel (sparing your reserve of glycogen). In turn, you will feel energized but not starving. If you want to lift weights, don't go heavy. Choose longer rest periods between sets with light to moderate weights.

HAVE A SNACK BEFOREHAND. Yes, you read that right. Even if you are an avid calorie counter, a snack before Thanksgiving dinner can actually save you calories in the end. Go for a satiating snack, such as almonds and top it off with water. Almonds are known for promoting fullness. By feeling satisfied before the big meal, you will consume less calories. Keep in mind that almonds are full of monounsaturated fats (MUFA), as well as fiber. MUFAs benefit your health. In a study in the *International Journal of Obesity*, participants who supplemented almonds to their low calorie diet over 24 weeks lost 62 percent more weight than those who supplemented with complex carbohydrates. Not nuts over nuts? Go for olive oil and bread. Even two teaspoons of olive oil on bread can also cut cravings when eaten 20 minutes before a meal.

BE THE MAN (OR WOMAN) WITH A PLAN. Come armed and dangerous to the Thanksgiving buffet with a plan. Don't be afraid to use a smaller plate. By doing so, you will choose less and eat less. Think about your food choices. Pack on the protein (say yes to the turkey or ham) and slow down on the refined carbohydrates, starches and empty calories. Don't forget the veggies either; these fiber-filled vegetables pack a punch. Dark leafy greens are teeming with Vitamin A, C, K, as well as folate and iron. Opt for water or tea instead of the alcohol and save your valuable calories for the pumpkin pie, which is packed with beta carotene. During eating, put your fork down between bites. Finally focus on your family. Engage in meaningful conversation. After all, family is what Thanksgiving is all about!

WHAT IF I OVERINDULGE? What if the mashed potatoes get the best of you or the apple cobbler was too tempting to pass up? Burn off those extra calories by walking around the mall on Black Friday. Or make the treadmill your friend as you work off those calories once again. Happy Thanksgiving!



7004 Orkney Parkway, Bethesda, MD 20817

Phone: (301) 263-0220

www.vdbllc.com

SEE THE DIFFERENCE

VISION DESIGN
BUILD LLC

Cosmetic Surgery? Confidence Starts Here!

We also offer many non-surgical alternatives including BOTOX® and facial fillers as well as permanent make-up.

Cosmetic surgery can make you look and feel years younger and bring added confidence into your life.

Dr. Diane Colgan has practiced plastic surgery for more than 25 years. Her care and attention and expertise are second to none.

Call today for your free initial consultation and take a step forward in turning back the clock.



Diane L. Colgan, M.D., F.A.C.S.
Board Certified Plastic Surgeon
10411 Motor City Drive, Suite 615
Bethesda, MD 20817
301.299.6644

www.dianecolganmd.com

COOL BREEZE

PLUMBING, HEATING & A/C



Whatever it takes:
bryant
Heating & Cooling Systems



Located minutes from your front door in Bannockburn
Plumbing, Heating & AC Sales Service Installation

Factory authorized Carrier, Bryant, Mitsubishi dealer

7 day emergency service • FREE Estimates • Maintenance agreements

301-879-3400 • www.coolbreezeplumbingheatingandac.com

Bannockburn Banner

PRSRT STD
US POSTAGE PAID
WILMINGTON NC
PERMIT NO. 40

MD_Silver Spring

Family Owned
and Operated
Since 1945



Residential & Commercial
Heating • Air Conditioning •
Plumbing • Geothermal
Spray Foam Insulation • Boilers



Harvey W. Hottel, Inc.

18900 Woodfield Rd., Gaithersburg, MD 20879,
Phone: (301) 921-9599
www.harveyhottel.com