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AN EXCLUSIVE PUBLICATION FOR THE
RESIDENTS OF THE BANNOCKBURN ESTATES

MAY 2016

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THE ALAWODE FAMILY!**

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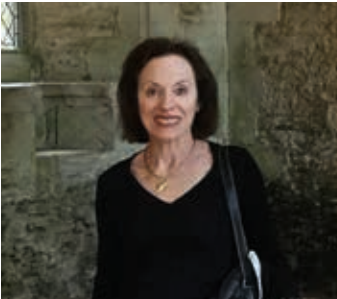
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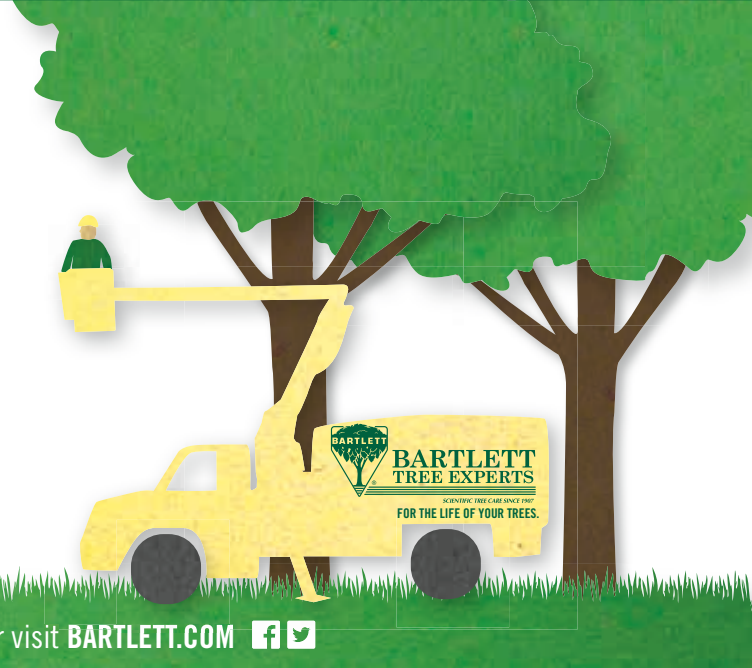
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Publisher's NOTE

Dear Bannockburn Estates Residents,

April showers have brought the beautiful May flowers, and spring, one of the prettiest times of the year in Washington, is flourishing in the Estates! The sunshine, longer days and color of the season are such a welcome sight. Also in May, we turn our sights to college graduations. Congratulations to students and parents who have worked so diligently to achieve this goal. And of course, Mother's Day is a real cause for celebration. I am so fortunate to have had such a wonderful relationship with my mother. In turn, I am most grateful to enjoy a wonderful relationship with both my sons, who mean the world to me. Happy Mother's Day to all the extraordinary mothers and grandmothers in Bannockburn Estates!

Your emails, storyline suggestions and photos continue to be most welcome and greatly appreciated. Please keep them coming to help make the *Bannockburn Banner* as interesting and relevant to the neighborhood as possible. In this issue, we are delighted to introduce you to the Alawode family in our "Meet Your Neighbor" feature.

As always, thank you to our sponsors. Please continue to support these fine businesses that make the *Bannockburn Banner* possible.

Enjoy this merry month of May and I look forward to seeing you at the Spring Festival on May 15th!

With Warm Regards,

Sarah Taylor
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PRESIDENT'S LETTER May 2016



LETTER FROM THE PRESIDENT } TED GARRETT

Spring has finally arrived, and it is great to see the neighborhood blooming again after some tough winter weather.

Spring Festival. Bonnie Garrett advises that our spring festival is scheduled for 4-6 p.m. on May 15 at Concord Park. We will have fun activities, food, and a chance to visit with your neighbors, young and all. This should be another great festival. Please put this on your calendar. If you have suggestions or would like to volunteer, please contact Bonnie at **bonnie.garrett2@verizon.net**.

June Meeting. Our next general meeting is scheduled for June 2. Further details will follow via email to those who have registered on the BCA website to receive emails. If you have ideas for BCA speakers for future meetings, please contact me or any board member.

Register. Registering on the BCA website will enable you to receive occasional but significant email announcements about activities, meetings, incidents, and other developments. Your email will address will remain confidential. Please go to the BCA website and register:
<http://bannockburncitizens.org/register/>

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**.

Welcome Committee. 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.

Neighborhood Security. The committee, headed by John Hannula, works with our block captains and the county to monitor incidents, and makes suggestions to improve neighborhood security. If you have suggestions or wish to volunteer to be a block captain, contact 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 Good Neighbors committee. The committee organizes various activities and works to help BCA seniors who want to continue to live in their homes in their senior years. You can contact Edith for information or suggestions at **ewmiles@comcast.net**.

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

Bannockburn Banner Magazine. The goal of the magazine is to improve communications and convey information about our neighborhood. If you have questions or suggestions, please contact BCA board member John Noble at **johnnoble@mac.com** or your Banner Publisher, Sarah Taylor, at **sarah.taylor@n2pub.com**.

Best wishes,
Ted Garrett
BCA President



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Share Your Story!

A Very Special **Thank You** To all Our Resident Contributors Who Make *Bannockburn Banner* Possible!

We are always looking for residents to share ideas, submit photos and write stories. Let's celebrate the wonderful people and great things happening in this community. Your contributions just might educate, inspire or simply make your neighbors smile!

Please email sarah.taylor@n2pub.com with suggestions, photos or interest in being part of the *Bannockburn Banner* team. We want to see what you want to be published in your neighborhood magazine.

Please remember to support these fine businesses.

Announcement Let's Play Bridge!



Grace Gorlitz is looking for residents who are interested in joining a bridge club. For more information, email sarah.taylor@n2pub.com.

Looking For Part-time Content Coordinator!



This is a paid position available for the *Bannockburn Banner*. Work from home. Set your own schedule. Have fun! You must be a Bannockburn Estates resident. For more information, please email sarah.taylor@n2pub.com.

save the date

May 15th



Bannockburn Estates Spring Festival

4 p.m. – 6 p.m. at Concord Park

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save the date

May 17th



Business Beat Networking Happy Hour

Join N2 Publishing as we host our first networking event for *Bannockburn Banner*, *The Kent Connection*, *Avenel Living*, and *Chevy Chase Village Life* business sponsors, resident business owners, and residents interested in meeting local businesses. This is an opportunity to make connections in and around our communities, so please come with your business cards and a smile. Complimentary lite fare will be provided and there will be a cash bar.

WHEN: Tuesday, May 17 (rain date 5/18)

TIME: 6:30pm

WHERE: Old Angler's Inn - 10801 MacArthur Boulevard, Northwest Potomac, MD 2085

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Seeking Junior Writers

Attention Students!



Do you enjoy writing and meeting new people?

The *Bannockburn Banner* is seeking kids age 8 to 18 interested in being on our team of Junior Writers for future issues. This is a great experience and wonderful extracurricular activity to add to college applications. It is very easy to participate; whenever your schedule permits, submit stories about people and activities in your neighborhood. We are especially interested in highlighting kids, young achievers and athletes. In addition, book, movie and game reviews are welcome. If interested, have your parents email sarah.taylor@n2pub.com to schedule a meet and greet with parents and you. I promise it will be fun and we pay \$20 per story!

Attention, All 2016 High School Seniors!

Let Us Recognize You ...



We would like to recognize the **graduating seniors** from the neighborhood in an upcoming issue. Please send us your senior photo, and a brief biography no later than May 20th if you wish to be included.

Be sure to include the following information with your photo:

- **Name:**
- **Parents' names:**
- **Graduating from:**
- **College attending or other plans for next year:**
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Please email photo and info to sarah.taylor@n2pub.com.



meet your neighbors

The Alawode Family: Yomi, Georgine, Kemi, Yinka, & Kunle

Residents of Orkney Parkway since September of last year, the Alawode family is a wonderful addition to the Bannockburn Estates neighborhood. Yomi is originally from Nigeria and Georgine is from Jamaica but they moved to DC almost 19 years ago, and the three children are native Washingtonians.

Yomi, who attended Obafemi Awolowo University in Nigeria and Cambridge University in the UK, is a Financial Economist at the World Bank. Georgine, who attended the University of the West Indies and Cambridge University, is a CPA and consults for the World Bank and the International Federation of Accountants (IFAC), NY. The couple met while grad students at Cambridge.

All three children attend the Sidwell Friends School and stay busy with curricular and extracurricular activities. Soccer is the family's favorite sport and the kids all play. When not cheering for his own team, Yinka supports Manchester United Football Club and Kemi is a big fan of Chelsea Football Club. The kids are also involved in track and field. In addition to sports, they play the piano and Kemi sings in the choir at school. They all three like to read and Kunle loves to play video games with his older brother, who also likes ceramics.

As a family they enjoy visiting historic sites, watching movies together and playing board games. The family is well traveled, with Jamaica, Oman, Nigeria, England, Wales, Canada, Kuwait, Dubai, Oregon, New Jersey, New York, Florida and Georgia being some of their destinations. Music is popular with all five but with diversified tastes including reggae, West African "high life," pop, hip-hop, electronic music and rock. They enjoy their family dinners but as a Jamaican-Nigerian-American family, there isn't one dish that everyone likes. Special family dinners will include some sort of seafood, macaroni and cheese, pounded yam, and oxtail. Occasionally, they will make Indian food,



Georgine & Yomi

such as chicken tikka masala, lamb rogan josh, and naan bread or chapatti.

One of their family traditions is to have a big lunch together at home on Sundays which can last up to two hours. Another tradition is that the kids get the number of birthday gifts that matches their age. Gifts can be a piece of candy or a favorite snack, silly, funny stuff, a gift certificate for chores to be done by someone else, and a longed-for treasure or two.

In addition to the proximity to downtown Bethesda and a shorter commute to school, this close-knit family is enjoying being part of the Bannockburn Estates community. "It is a very vibrant community with lots to do," comments Georgine. "Most importantly, people are very friendly and extremely helpful. Everyone looks out for each other. The list serve is like a village square!"

Thank you, Alawode family, for sharing your story with us. Welcome to the neighborhood!



We like to recognize neighbors! If you know of a neighbor/family you would like to see featured in an upcoming issue of the Bannockburn Banner, please email sarah.taylor@n2pub.com.



Kemi, Kunle and Yinka

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home of the month

A Prime Example of Mid-Century Modern on CRAIN DRIVE

Many of the houses on Crail Drive were architect designed and are described as mid-twentieth century modern, a style that is experiencing a renaissance in its popularity. Our featured home, 7116 Crail, owned by Harry and Velma Galblum, was built in 1961 and designed by Harold Esten, one of Washington's leading modernist architects.

As described in a 1963 article in *arts & architecture*, the original 2,413-square-foot floorplan included "large open living spaces opening to a balcony around three sides to give an effect of a platform in the trees to this trim light steel frame house designed for a family of six. The ground floor was designed with bedrooms for the four children – all girls – each having her own and sharing a common playroom. Laundry and utility rooms, a fifth bedroom and a workshop are also located on the lower level. The master bedroom and spacious adult living areas are on the first floor. Taking advantage of the slope of the wooded, two-acre hillside site, the architect has created a main entrance opening directly into the adult areas."

Perhaps it is the influence of the TV series *Mad Men* that has given the fuss-free, mid-century design a strong comeback. Based on the description of our home of the month, however, it is more likely that principals that define mid-century modern, "clean and simple functionality," are timeless and as Harold Esten described it, "good basic design that wears well."



If you have an interesting home or know of one in the neighborhood you would like to see featured in the *Banner*, please email sarah.taylor@n2pub.com.

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Meet University of Delaware Blue Hens Diver Luke Winkler

“Determine your success not by what you have accomplished; rather by what you should have accomplished by your ability.”

These are wise words spoken by Bannockburn Estates resident and University of Delaware Junior Luke Winkler, who recently collected the 3-meter gold at the Colonial Athletic Association Diving Championships in February – the Blue Hens diving program’s first-ever CAA title. Not only did Winkler win, but he did so while enduring injuries, making the accomplishment even



Luke wins the 3-meter CAA gold!

greater. Luke has battled shin injuries all year. He wears splints that help to protect his left leg, which he uses it to spring into action and lift his body from the board to complete his dives. He wears a boot on his foot when not practicing to help keep weight from the leg so he can continue to compete.

All injuries aside, Luke says his biggest battle has been mental. Diving is a solitary sport, as the diver faces the pool below him as he stands on the board alone. “I’ve always sort of never competed the way I’ve wanted to. I’ve been pretty good at diving but never done well when I needed to do well,” mentioned Winkler. “It’s all sort of a mental game, it’s all on you. It’s not a team sport, so when that pressure comes down on you, it’s hard to keep your focus and keep your cool about you.” For Luke, the CAA Championship was a chance to redeem himself from the times he felt he did not perform his best; and he did just that.

Although Luke qualified for the NCAA Zone Diving Championships in March, competing was cut short when he hit his head on a board while attempting a dive during warmups and sustained a concussion. While his season has been a roller coaster of injuries and gold medals, Winkler does not plan to let this stop him for next season.

“I’m not afraid so much as I am frustrated that I could not compete. I would have loved to be a part of such a competitive

competition. I know I could have qualified for NCAA nationals and potentially Olympic trials,” states Luke. “I have my eyes fixed on 2020 Olympics and I will do whatever it takes to get there. Diving is an extremely dangerous and unforgiving sport, which is what I was reminded of at NCAA Zones, but it will take a lot more than hitting my head on the board to diminish my determination.”

Prior to his diving career as a Blue Hen, this Fine Arts major attended St. John’s College High School in DC where he played varsity tennis for two years and dove for all four. One of Luke’s many awards was placing first in diving at the 2012 Washington Metro Prep School Championships. He also competed in gymnastics before high school, training at a private gymnastics club and was a three-time Maryland All-Around Champion in gymnastics.

Thank you, Luke, for allowing us to tell your story and we hope to see you in Tokyo!

Publisher’s note: *Parts of this article are reprinted from a University of Delaware Blue Hen Spotlight piece.*

 If you know an athlete/ young achiever in the neighborhood who you would like to recognize, please email sarah.taylor@n2pub.com.



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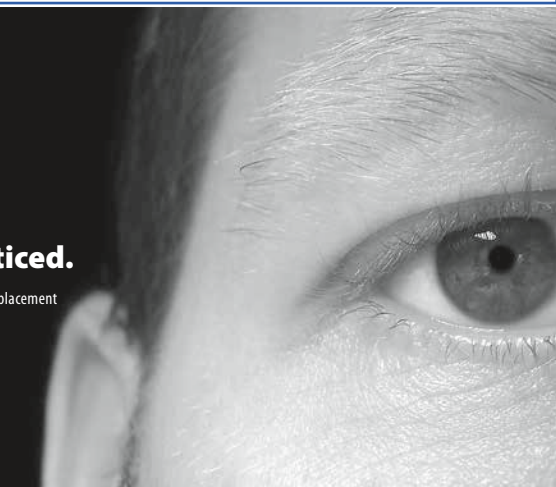
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If you like to ride horses you probably know about the Potomac Horse Center or Wheaton Park Stables, where you can enjoy the pleasures of a trail ride or engage in serious equestrian showmanship. But if you want a more exotic experience, visit Vieques, where there are almost as many horses as people and many of them roam about as freely as the birds fly.

Vieques is a small Caribbean island that is part of Puerto Rico and a quick 20-minute flight from San Juan. It is about 20 miles

long and six miles wide with much of it preserved as the Vieques National Wildlife Refuge. Horses have lived there for centuries. Many were originally from Spain and today most of them can be traced back to a time of Spanish explorers & buccaneers. Currently there are about 10,000 human inhabitants & many families have a horse or two. Some are free to graze, but they usually stay close to home. Others are wild, and you often see them grazing side by side with the domesticated herds. It is not unusual for horses and cars to share the lightly traveled roads together and at night, one needs to be extra careful.

Vieques horses are often ridden bareback and you can see them being ridden into town for some shopping and a stop at a watering hole or two. There are a few stables open for tourists with a popular activity being a beach ride at sunset. Most beaches on Vieques are empty so this can be a memorable experience.

The primary horse breed on Vieques is the Paso Fino, which has several unique qualities. In addition to being able to handle the Caribbean climate, their gate is smooth and, unlike the majority of horses, the rider does not bounce up and down. You don't post on a Paso Fino. The horse's back stays level and they always have three hooves on the ground and one in the air. The way the Paso Fino walks creates their unique, well-known sound – which is similar to high heels clacking on a wooden floor. Paso Finos also sleep lying down. It's good to know that's normal when you come across a field of horses on their sides.

While it is hard to imagine horses roaming through our neighborhood and enjoying a cool drink in a backyard pool, daily life on Vieques is simpatico with these magnificent and docile creatures that truly are considered the island's precious pets.

Publisher's note: Having just returned from Vieques, I wanted to share this story with you.



Dogs, cats, birds or bunnies – we love all animals and want to feature your family pet. Email sarah.taylor@n2pub.com with your precious pet stories and photos!



Art in Our Community



St. Mark Orthodox Church

One of the Best Representations of Classic Byzantine Iconography Is Right Here In the Estates

Most of the residents in Bannockburn Estates are familiar, at least from the outside, with pretty St. Mark Orthodox Church right here in the neighborhood on River Road. Probably only a handful, however, know of the beauty that lies within. A project that took approximately four years from concept to completion can now be considered one of the best representations of classic Byzantine iconography in the area.

Byzantine art is not just drawing, but something a little bit different. These works are even known by a special name: icons. The word comes from the Greek word eikona, which means image. So literally, a religious icon is a depiction of Christ, or the Virgin Mary, a Saint, an Angel, or a particular holy event or narrative scenes such as the Christ's Crucifixion. Icons often give us examples of how we should live. They take us beyond the here and now. They turn beauty into something everlasting, because Byzantine iconography is a classic art form whose basic features do not change.

Within the sanctuary of St. Mark, the eyes can behold various iconographies dating back to the 12th century, while the ornamentations (borders) were inspired from cathedrals in Ravenna from the 700s. A team of four Russian iconographers completed this St. Mark

masterpiece just before Christmas in 2015. It is truly worth a visit to sit for a moment and marvel at the impact and power of this ancient art and ponder about what it might just reveal as to the meaning of life today.

Thank you, Father Gregory, for enlightening us about this splendor right here in our community!



Do you know of a resident artist who should have their works featured in the Bannockburn Banner? Please contact sarah.taylor@n2pub.com.

Fun Bunch Soccer- A Program for Players with Special Needs



Fun Bunch, a free soccer program for children with special needs ages 5 -16, was created five years ago by Gena Mitchell, President & Founder of devenio, a nonprofit that benefits those with Down syndrome and other developmental disabilities, and her husband, Brian. “At devenio’s core, we are about inspired community building, and that is what we are doing with Fun Bunch. Not only are our players learning how to play soccer on a team, our volunteers are also learning about differences and how those differences may not be the barriers one might assume. Acceptance and inclusion do not just happen. They are formed by experiences and that is what is occurring on our field,” explains Mitchell.

Currently, Fun Bunch plays at Little Flower Church on Massachusetts Avenue in Bethesda and includes both players and volunteers from the Bannockburn Estates neighborhood. The latest partnership with The Player Progression Academy (PPA), a youth soccer organization based in the Metro-DC area dedicated to creating spectacular experiences and holistic development through sports, has allowed devenio to expand Fun Bunch to include more players locally as well as new teams throughout the DC Metro area.

Fun Bunch is seeking volunteers in middle/high school, who do not need to be exceptional soccer players, but who can enthusiastically keep attention on a player to help them along when necessary. What a great way to not only make a difference, but to have a fun and rewarding experience as well.

For more information about Fun Bunch and devenio, inc., visit www.devenio.org.

Do you volunteer for a 501 c nonprofit organization that you would like to have featured? If so email sarah.taylor@n2pub.com.

In & Around THE ESTATES

Spring has Sprung – Let’s Enjoy the Outdoors!



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TIME TO FIRE UP THE GRILL!

CURRY & GINGER-RUBBED LAMB CHOPS with APRICOT-LIME SAUCE

INGREDIENTS:

- 2 1/2 tablespoons curry powder
- 1 1/2 tablespoons minced peeled fresh ginger
- 1 1/2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 8 (6-ounce) lamb shoulder chops, trimmed

FOR APRICOT-LIME SAUCE:

- 2/3 cup apricot preserves
- 1/2 cup fresh lime juice (about 2 limes)
- 1/3 cup golden raisins
- 1/3 cup chopped fresh mint
- 1/4 cup balsamic vinegar
- 1/4 cup ketchup
- 1/4 cup Worcestershire sauce
- 1 tablespoon hot sauce
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

DIRECTIONS:

FOR APRICOT-LIME SAUCE:

Melt the preserves in a saucepan over medium-low heat. Stir in the remaining ingredients. Remove from heat.

FOR LAMB:

Combine the curry, ginger, oil, salt, and pepper; rub paste evenly over lamb. Place lamb on grill rack, and cook 4 minutes. Turn lamb; brush with 1/4 cup Apricot-Lime Sauce. Cook for 4 minutes. Turn lamb, and brush with 1/4 cup sauce. Cook 2 minutes, turning once.

SERVES 8



Would you like to have your favorite family recipe featured in the *Banner*? We are calling all chefs to share your secrets! It's easy to do, just email sarah.taylor@n2pub.com.



The Battle of Bannockburn



The Pools of Bethesda

A PLACE IN history

Test Your Knowledge - Did You Know?



Did you know that Montgomery County was named for General Richard Montgomery, who was an early leader in the Colonial Army? He led the capture of Montreal and was killed during the battle for Quebec City. Montgomery County was formed before his death in 1776 shortly after the signing of the Declaration of Independence from Great Britain. Washington County was also established then and the two were the first Maryland counties not named after English royalty or Calvert.

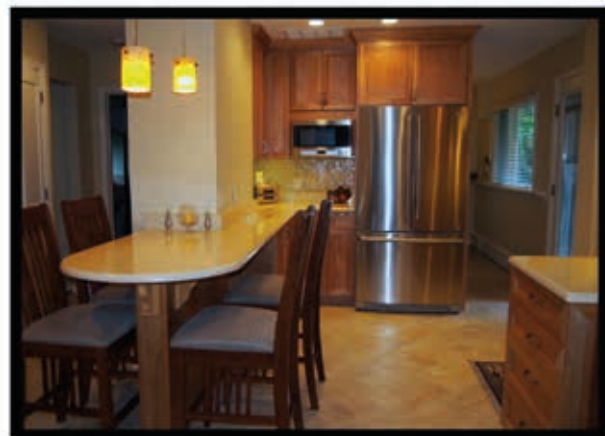
Did you know our area was very rural and mostly farmland until the opening of the B & O railroad in 1897? This was close to 100 years after the formation of the District of Columbia. The town name, Bethesda, was first used in 1870 by the village postmaster. He borrowed it from the Bethesda Meeting House, a Presbyterian church started in 1820. The meeting house was named for The Pool of Bethesda, a body of water currently in the Muslim Quarter of Jerusalem.

Most of you know the name Bannockburn comes from Scotland and is a town named for the Bannock Burn, a small river about half way between Glasgow and Edinburgh. But did you know the Battle of Bannockburn, fought on June 24, 1314, is viewed in Great Britain as one of the most famous events in all the wars of independence? The battle featured the superior English forces led by King Edward II who were determined to protect their northern influence and the undermanned Scottish forces led by Robert the Bruce, who sought freedom from the crown.



If you are a history buff, have any fun historical facts about the neighborhood and the surrounding area and would like to write an article, please email sarah.taylor@n2pub.com.

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Tulips, Windmills & Wooden Shoes:



VACATIONING IN HOLLAND

tour & travel • By N2 Staff Writer, Tracy LaFon

The petite European nation of Holland has been burgeoning with cobblestone streets, slow revolving windmills, wooden-clogged farmers and tulip-laden pastures for centuries. Today, the Netherlands, often referred to by Americans as Holland, is a country full of modern excitement brightly paired with old-world tradition and unique customs, all of which meld together for a vacation experience like no other place in the world. The Netherlands is considered one of the most liberal and accepting places on the planet, presenting a great opportunity to experience new peoples and culture.

Once the world's biggest trading capital, Amsterdam is Holland's capital city and shining star. Here visitors will find a sea of friendly faces along with countless hours of exploration. Specialized waterway transportation lazily curls through endless miles of quaint cafés, museums and bustling market shops. If keeping yourself on dry land is a preference, walking or biking the city also brings a new delight at every turn. The works of the Dutch Masters can be found in museums such as the Rijksmuseum (featuring the works of Rembrandt), the Van Gogh Museum, or the Stedelijk Museum, which features a top-notch modern art collection. Though much attention is given to the risqué Red Light District, Amsterdam is actually full of family-friendly and history-rich fare, including, Ann Frank's House, the Dutch Resistance Museum and the Royal Palace, which still stands stately dressed in its 1700's attire.

Once you have soaked up the city, the wonders of the Netherlands' countryside await. Holland's tulips and windmills are two iconic experiences not to be missed. Just 30 minutes outside of Amsterdam, bursting with a kaleidoscope of tulips, is Keukenhof Park, home to one of the biggest flower gardens in the world. While still on the lookout for more tulips, you can enjoy a riverboat cruise that features several of Holland's windmills. Packages from one day to two weeks are available depending on your desired timeframe.

Cozily situated on the North Sea is the city of The Hague, best known for its international court system, but equally popular for its peacefully-paced culture and friendly environment. Less bustling than Amsterdam, it treats visitors to boutiques, bistros and spectacular medieval architecture, as well as immaculate parks for quiet relaxation.

Rotterdam, The Hague's sister city, is Europe's largest seaport. Nearly decimated in World War II, this city set out to rebuild on a policy of hope and optimism; that attitude now flourishes and is heaped upon its visitors. From the local waiters to the wealthiest business leaders, everyone has a smile and a kind word to share. While you might not see those wooden shoes anywhere but the souvenir shops, Holland's windmills, tulips, historic sites and new friends are found in plenty for you to experience and enjoy.

home matters

By N2 Staff Writer, Megan Weatherly Lynn

5 Reasons To Hire An Interior Designer

If you've spent enough time browsing Pinterest or watching HGTV, you may be inclined to believe that interior design is as simple as painting a few walls and tossing around some throw pillows. What many DIY-ers realize, and often too late, is how helpful the assistance of a professional Interior Designer can be. If you're planning a renovation or building a new home, there are several reasons to consider hiring a pro; here are five important ones:

1 EXPERIENCE
While this may be your first build or remodel, it is likely not the first project that your Designer has been involved with. An Interior Designer will likely have formal training and knowledge of construction and building structure. After receiving a degree in Interior Design or Architecture, many Interior Designers pursue design certifications from the NCIDQ (*National Council for Interior Design Qualification*) and maintain memberships with either the IIDA (*International Interior Design Association*) or ASID (*American Society of Interior Designers*). These memberships allow Interior Designers to stay relevant and knowledgeable about things like building codes and design trends.

2 FRESH IDEAS
Tired of seeing granite countertops or subway tile everywhere you look? An Interior Designer will bring fresh and unexpected ideas to the table. A professional will take into consideration your

likes and dislikes, and use that information to best choose materials that will both function well and look beautiful. Often, Designers are able to create an environment that you never could have imagined without their help.

3 BUDGET & PLAN
Just like any other contractor, an Interior Designer will present you with a plan that includes a timeline for the project and a budget to guide your choices. Without these guidelines, it is easy for a homeowner to veer off course, and end up spending more time and money than is necessary to complete a project.

4 RESOURCES
Your Interior Designer has likely been in business long enough to have made some valuable connections. They will know where to find the best selection of tile, the best quality cabinets, or the best deal on appliances. Your Designer will also be able to recommend trusted installers and sub-contractors.

5 SAVINGS
While it may seem counterintuitive, chances are you will save a significant amount of money by hiring an Interior Designer. In the end, your project will be completed more quickly and you will avoid costly mistakes that can be made when trying to DIY.



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Don't Skip The Most Important Meal Of The Day!

Written by N2 Staff Writer, **Elizabeth McCabe**

healthy
living



With the demands of early morning meetings, getting Johnny and Jill to school, or just the hustle and bustle of life, it's easy to "forget" to eat breakfast. After all, you can get your calories in later, right? Not so fast. Before you head out the door without some nourishment in your belly, think again. The word "breakfast" is essentially about "breaking a fast." By the time breakfast rolls around, most people won't have eaten or drank anything for 10-12 hours. It is critical to eat something to kick start your metabolism. But it's even better when it is a protein-packed, fiber-rich meal, which will help you avoid blood sugar spikes.

Students have a lot to gain by chowing down on the most important meal of the day. According to the Food and Nutrition Service, eating breakfast can improve academic performance and can help students do better on tests. But that's just the beginning! Higher math scores, decreased absences, and decreased tardiness are all tied to eating breakfast.

If you really want to maximize the potential of breakfast, opt for a low-glycemic meal. Students will be able to sustain attention longer in the classroom, improve memory, and even exhibit fewer signs of frustration when accomplishing tasks. Get their day started on the right foot with a veggie omelet with cheese or an old-fashioned bowl of oatmeal sprinkled with walnuts.

Did you know that eating breakfast can help overweight people lose weight? That's right. Breakfast has far-reaching consequences for those trying to win the battle of the bulge. People who eat breakfast generally consume the bulk of their calories before 5 p.m. – eating earlier in the day can aid weight loss. One misconception in today's world is that skipping breakfast will help cut calories. Nothing could be further from the truth. Those who skip breakfast often indulge in *more* calories throughout the day. According to the National Weight Control Registry, eating breakfast is a daily habit for those who have maintained a 30-pound (or more) weight loss for a year or longer. Ninety percent of those surveyed report eating breakfast at least five times a week.

Give your brain a boost with breakfast. Eating breakfast can enhance the speed of processing information and reasoning. Not to mention increasing attention and even creativity. So before you leave your home with a growling stomach, do what's best for your body. Don't delay – eat a healthy breakfast today!

lawn &
garden

By N2 Staff Writer,
Amy Lynne Howlett

good garden neighbors



We all know that some people just bring out the best – or worst – in others. Guess what? The same is true for your garden crops! "Companion planting" is the concept that certain plants can mutually benefit each other when planted together. Giving your plants compatible neighbors is very important for a successful garden and results in healthier plants, increased growth/crop production and improved flavor of certain vegetables. Companion planting is also a natural method of deterring pests and disease without the use of harsh pesticides. Plant combinations protect the garden function by either attracting pests away from crops or deterring them with their odor or taste. Other plants attract insects that are beneficial to gardeners.

Many herbs are useful for companion planting in vegetable gardens, which not only improve the health of your garden, but also lend a new flavor palette for cooking your harvest!

ROSEMARY promotes the growth of beans, carrots and cabbage by warding off bean beetles and cabbage moths.

THYME is known for its protective properties for cabbage, as it deters cabbageworms and whiteflies. It additionally attracts bees to tomatoes, potatoes and eggplant. Bees are a welcome garden guest; the busier the bees are pollinating, the more plentiful your crop!

GARLIC is a particularly friendly neighbor to cucumbers, celery, peas and lettuce. It repels numerous garden pests including cabbage loopers, Japanese beetles, snails and ants.

DILL is a great partner for lettuce, cabbage, onions, squash, cucumbers and corn, but is less hospitable to neighboring tomatoes because it attracts tomato hornworms. Dill is also a deterrent to squash bugs, spider mites and aphids. Dill additionally benefits crops by attracting "good" bugs such as bees, which pollinate vegetable flowers, and ladybugs, which protect vegetables by feeding on their natural pests.

BASIL not only adds fresh flavor to Italian dishes, it also enhances the flavor of tomatoes, peppers and asparagus as they grow!

CHAMOMILE is known to increase the essential oils of any neighboring herbs. It also attracts insects that pollinate other plants and prey on garden pests.

TARRAGON is perhaps the most versatile herb for companion planting; tarragon is beneficial to most all crops by enhancing their flavor and protecting them from pests.

Are your vegetable beds lackluster? Get in the business of plant/herb matchmaking and reap the benefits of a happy, harmonious garden!

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may | local events

LONDON AZALEA GARDEN FESTIVAL – 4/29 – 5/1, 10AM-5PM

WASHINGTON NATIONAL CATHEDRAL 77TH ANNUAL FLOWER MART – 5/6 & 7

VIRGINIA GOLD CUP – 5/7, The Plains, Virginia – Features horse races, Jack Russell Terrier races, tailgate competitions and more.

GEORGETOWN GARDEN TOUR – 5/7, 10am -5pm – The Georgetown Garden Club sponsors a tour of eight Georgetown gardens.

MOUNT VERNON WINE FESTIVAL & SUNSET TOUR – 5/14 – An elegant evening of wine, live entertainment, reenactments, and tours of the rarely open cellar vaults.

MARYLAND CRAFT BEER FESTIVAL – 5/14, Frederick – More than 25 breweries will present over 175 different brews. This family-friendly festival features live music by popular regional artists, kids’ activities, exhibitors and a variety of food.



PASSPORT DC – 5/2-throughout the month – An annual celebration of international culture showcases Washington DC’s embassies and cultural organizations with tours of more than 70 embassies and hundreds of events including street festivals, performances and exhibitions. Visit www.culturaltourism.org for more info.

BETHESDA FINE ARTS FESTIVAL – 5/14-5/15 – See the works of 140 contemporary artists and enjoy live entertainment, children’s activities and downtown Bethesda restaurants.

BLUE ANGELS AIR SHOW – 5/25 & 27, Annapolis – Choreographed flight skills of the U.S. Navy’s Flight Demonstration Squadron.

NATIONAL MEMORIAL DAY CONCERT – 5/29, 8PM – PBS sponsors a free concert on the West Lawn of the U.S. Capitol.

NATIONAL MEMORIAL DAY PARADE – 5/30, 2PM – The parade steps off at the corner of Constitution Avenue and 7th Streets and proceeds along Constitution Avenue, past the White House, ending at 17th Street. The National Memorial Day Parade is sponsored by the World War II Veterans Committee and includes patriotic marches and floats in remembrance of those who died honoring our country.

PERFORMING ARTS

THE KENNEDY CENTER
IRELAND 100 – 5/18-5/31 – Celebrating a Century of Irish Arts & Culture
THE WASHINGTON BALLET – 5/4-5/15, BOWIE & QUEEN

ARENA STAGE
DISGRACED, 4/22-5/29 – From Ayad Akhtar comes the “breathtaking, raw and blistering” (AP), Pulitzer Prize-winning play about the clash between modern culture and ancient faiths.

FORD’S THEATRE
110 IN THE SHADE – 5/2-5/14 – In the sweltering 1950s Southwest, headstrong and eternally single Lizzie Curry dreams of a life beyond her small town. When a charming stranger named Starbuck swaggers into town, he vows to end the region’s drought and awakens Lizzie to the promise she holds within.

THE NATIONAL THEATRE
THE WIZARD OF OZ – 5/3-5/15 – This new production is an enchanting adaption of the all-time classic, totally reconceived for the stage.

SPORTS

WASHINGTON NATIONALS – HOME GAMES – 5/9, 10, 11, 13, 14, 15, 23, 24, 25, 26, 27, 28, 29

CHARITY EVENTS

MARCH OF DIMES MARCH FOR BABIES – 5/7, 9AM, Nationals Park

AMERICAN RED CROSS ANNUAL RED TEE GOLF TOURNAMENT – 5/10, Lansdowne

ZOOFARI – 5/19 – 6:30PM, National Zoo

Bannockburn Banner
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7008 Carmichael Ave	Bannockburn Estates	\$1,399,000		55	6	4		
7119 Braeburn Pl	Bannockburn Coop	\$1,095,000		6	4	4		
7204 Orkney Pkwy	Bannockburn Heights	\$1,089,000		60	6	4		
7009 Arandale Rd	Bannockburn	\$2,349,000		7	5	5		
6207 Bannockburn Dr	Bannockburn Coop	\$1,899,000		52	5	4		
7125 Helmsdale Rd	Bannockburn Estates	\$1,789,000		11	5	4		
7200 Crail Drive	Bannockburn Estates	\$1,030,000		25	4	3		
7000 Heatherhill Rd	Bannockburn Estates	\$965,000		10	5	5		
7306 Broxburn Ct	Bannockburn Estates	\$2,445,000		384	6	5		1
7205 Loch Lomond Dr	Bannockburn Estates	\$1,295,000		14	6	4		
7516 Glenriddle Rd	Bannockburn	\$924,000	\$810,000	95	4	3		
7006 Braeburn Ct	Bannockburn Coop	\$815,000	\$765,000	33	4	2		
6812 Selkirk Dr	Bannockburn Heights	\$1,099,000	\$950,000	79	4	3		
6401 Halbert Rd	Bannockburn Coop	\$779,000	\$759,000	25	4	2		



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