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AN EXCLUSIVE PUBLICATION FOR THE
RESIDENTS OF THE BANNOCKBURN ESTATES

MAY 2017



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publisher's note

dear Bannockburn Estates **RESIDENTS**

Welcome to spring and all the newness this season brings. May is such a wonderful month and one of the loveliest times of the year in the DC area. All life crawls out of hibernation and our hearts are open. We have much to celebrate in May ... Mother's Day, graduations, Memorial Day, warm weather, and enjoying the out-of-doors.

Happy Mother's Day to all of the extraordinary women in our community! After all, where would we be without these supportive, multi-talented, and hardworking organizers of chaos! We celebrate our most special mothers, grandmothers, aunts, or mother figures who either brought us into this world and/or helped shape our lives.

A hearty congratulation to all our Bannockburn Estates graduates! We wish you all the best with the new beginnings that lie ahead. May you reach all your goals. And let's remember to honor our veterans on May 29th and show appreciation for the sacrifices they made for our country and freedom.

We have some awesome articles in this issue of the *Bannockburn Banner*. I hope you enjoy reading them and getting to know more about your neighbors and some of the happenings in the community. I thank and applaud each of you who contributed and am most gratified by the increasing involvement in the newsletter. Please continue to send me your stories and your pictures about families, kids, pets, homes, gardens, events, or anything else you think would be of interest to the neighborhood. All contributions are welcome! Big thanks to our sponsors as well, for helping to make the *Bannockburn Banner* possible. Please support them by using their services and referring them to family and friends.



Enjoy this merry month of May everyone!

With warm regards,

Sarah Taylor

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The residents of Bannockburn Estates!

We are always looking for residents to find great stories and send us ideas. Let's celebrate the great things happening in your community! No contribution is too small. Please email sarah.taylor@n2pub.com.

Contributors



Chary Southmayd



Jackie Lesser



Little Wolf



Tony Dale

MAY 2017

March brought us some snow and cooler weather, but thankfully the spring season is upon us.

Meetings. As previously reported, our March 2 meeting featured remarks by Carol Weil, who is the Program Director, Ethical and Regulatory Affairs, at the National Cancer Institute. Some photos from the meeting are in this issue of the Banner.

Our next meeting is scheduled for June 2. Let us know if you have suggestions for speakers or otherwise.

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

Airport Noise. Montgomery County residents living under the new concentrated flight path into and out of Reagan National Airport have come together to address the noise, air pollution, and threat to property values resulting from these flight paths. Our BCA liaison to this group is Bekki Sims (Bboo730@gmail.com). Feel free to contact Bekki if you have questions about airport noise issues and developments.

Welcome Committee. Jane Pettit, Cecily Abrams, and Gala Voyt 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 make suggestions improve neighborhood security. John also passes along information from the county police. 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 for seniors and also provides help to BCA seniors who want to continue to live in their homes. 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 sethgoldstein@verizon.net if you have suggestions or wish to volunteer. (Also see Airport Noise above)

Register on our Website. Please register on the BCA website and provide your e-mail address to receive notice of our meetings, events and important community news. Update your registration if you have changed your e-mail provider. Don't worry, your e-mail will address is confidential. You can register on the BCA website at: <http://bannockburncitizens.org/register/>

Dues. Your contributions are needed to support BCA activities such as our semi-annual Festivals, the refreshment for General Meetings, and the website. Payments at one of the three dues levels (Member \$30, Supporting Member \$50, Patron \$100) may be made by sending your check payable to Bannockburn Citizens Association to Karen Lesser, BCA Treasurer, 6923 Heatherhill Road, Bethesda, MD 20817.



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**

attention residents THE BANNER IS LOOKING FOR A PAID, PART-TIME CONTENT COORDINATOR

Do you have some extra time on your hands? Would you like to get more involved in your community? The *Bannockburn Banner* is looking for a Part-time Content Coordinator to identify interesting neighbors to feature, to help tell their stories and to help make the *Bannockburn Banner* a great neighborhood newsletter for our residents to enjoy each month. For more information, please email sarah.taylor@n2pub.com



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It was nice to see **BARTLETT TREE EXPERTS** hard at work at a home on Nevis and Lock Lomond!



The Weil-Medine FAMILY

meet your neighbors

By Kim Duerr

David Medine and Carol Weil and their daughters, Marissa and Julia, have lived in the Bannockburn community for almost 25 years. Carol says she will always remember the date they moved into their Helmsdale Road home, May 2, 1992, because it was exactly two weeks before the birth of Marissa. The family has a 15-year-old Golden Lab named Ellie, and they say he is “wonderful.”

David and Carol met in DC through a mutual friend who knew they both loved tennis and have been married (and playing tennis) for thirty years. Originally from Manhattan, David attended Hampshire College and the University of Chicago Law School. He works on financial inclusion and data protection at the World Bank. Carol grew up in L.A. and went to Pomona College and UC Berkeley Law, followed by a medical ethics fellowship at UC San Francisco School of Medicine. She works on bioethics and health policy at the National Cancer Institute, which is part of the National Institutes of Health. Carol also volunteers in the local community through a service organization called KindWorks, which focuses on family-oriented community service. The whole Weil-Medine family has, at various times over the years, participated in the Bannockburn Community’s annual spring show.

Oldest daughter Marissa attended Duke University and is now at Yale Law



ing both locally and at national parks. David and Carol try to work out every day. The family also enjoys going to the theater and trying new restaurants. Their favorite restaurants in the area include Convivial and Blue Duck Tavern in Washington, DC, but they say, “For a Bethesda night out we love Wild Tomato in Cabin John.” For family dinners at home, favorite dishes include salmon, spinach pie, eggplant parmesan, and pizza with homemade dough. Carol is a pescetarian, so she says, “We eat a lot of fish and veggies!” The Weil-Medine family truly loves to travel. 2017 destinations include Southeast Asia (Thailand, Cambodia, Vietnam) and southern France. In 2018, the family looks forward to a trip to Cuba.

When asked what they do to relax, the family replies, “Read and watch movies at home on our comfy couch with a cup of tea or a glass of wine, depending on the time of day.” They say they are not huge television watchers but “to-

...



(L-R) Carol, Marissa, Julia and David

School. Julia is currently a junior at Duke University. Both girls were involved in singing and theater during high school and college. Julia is also a dancer and creates choreography for college shows.

The family has a variety of interests. They especially enjoy spending time outdoors. Favorite activities include playing tennis at neighborhood courts, biking along the Crescent Trail, and hik-

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tally binge watched *Breaking Bad*,” which they now miss a lot. The family loves movies and says, “We see every film Woody Allen makes. He makes a new one every year. We are especially fond of *Manhattan* and *Annie Hall*. As for current fare, we really loved *Hidden Figures* and *Moonlight*.” David is a Redskins fan “through thick and thin,” while Carol cheers on any team with whom her daughters are affiliated. Thus she says, “It’s the Duke Blue Devils and Yale Bulldogs for me!” David listens to the Beatles and Bonnie Raitt, and Carol likes Elton John. But they say, “Our millennials have introduced us to Ingrid Michaelson and Regina Spektor as well.”

There are many celebrated family traditions in the Weil-Medine household. They say, “We have an annual Oscars party with ballots and a red carpet. We have a family NCAA competition (current Duke student gets to pick Duke.)” David and Carol have an annual July 4th tradition of biking down to the Folk Life Festival. “They close off the streets to cars near the Kennedy Center and Mall, so biking that day into DC is awesome.”

When asked what they enjoy most about living in the neighborhood, they respond, “We love how socially and politically active Bannockburn is.”



Thank you Weil-Medine Family for sharing your story and helping us introduce neighbors to neighbors.



If you would like to share your story to help build community or know of a neighbor/family who you would like to see featured, please email sarah.taylor@n2pub.com.

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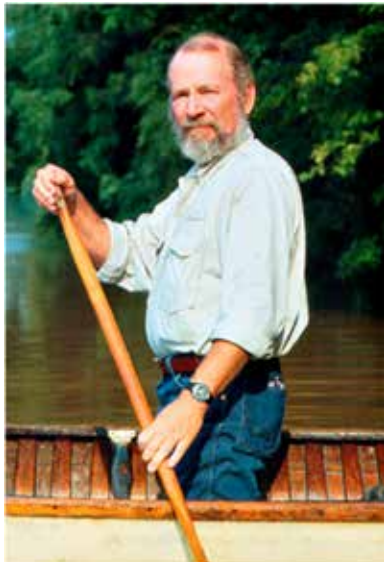
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Past, PRESENT, and FUTURE:

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The Sycamore Island Club, Part 2

In the Banner's April issue, we learned about the nearby Sycamore Island Canoe Club, which was founded in 1885 to create a place where canoeing and camaraderie were the order of the day. Things haven't changed much since then. And the members and area residents who use it want to keep it that way. They see the island as a getaway, a rustic retreat to escape to enjoy nature and access to the Potomac. Several Bannockburn Estates residents are members of the Island. Here are some of their thoughts about what this timeless oasis means to them.



Bill Eichbaum

John and Diane Nobel have lived in Bannockburn Estates since 1975 and have been members of Sycamore Island since 1977. They noticed the Island years back during a run along the canal and thought it was a unique access to the river and nature. Both John and Diane enjoy canoeing and being out of doors, so joining the Island made perfect sense to them. When asked what they like most about being members, John and Diane reply, "We access the Island year round. It is a mere 1.5 miles on foot via the trail to the C&O Canal by the one lane bridge. Just last year we enjoyed walking across after a big freeze. The ferry ride to the Island and the privacy of a picnic under the sycamores with the Potomac surrounding us is always a pleasure. The Island monthly meetings are social events."

John especially enjoys the island and has, over the years, served in Island governance through service as Large Parties and Camping Supervisor, Membership Secretary and presently as Vice-President. John aptly describes the dearness of the Island in a piece he wrote for the Sycamore Islander newsletter entitled *What Sycamore Island Means to Me*. "The Island's pleasures live in my mind and comfort me. Recollections of a swim, a paddle up river, reading on the porch, and picnicking with friends come to mind a thousand times more frequently than visits to the Island. The land, water, and buildings that are Sycamore Island reality become much more in our day-to-day lives. We have a sense of possessiveness for this unique social and physical environment made possible by those that have preceded us for over 100 years. Sycamore Island is my refuge. It is timeless, it is basic, and it is welcoming."



Spring Wildflowers on the Island



John and Diane Nobel on the Island during the big freeze in 2016

Cecily Abrams has lived in Bannockburn Estates since 2001 and is also a member of Sycamore Island Club. She first went to the island as a parent chaperone for her son's Cub Scout den wanting to earn a particular badge. At that time, joining was with very little wait and completely affordable for a young family. Cecily has remained a member even after a divorce and her children now grown. As a side note, she quips, "When I divorced, we were the first and possibly the only membership the club offered to give to both parties!" What does belonging to the Island mean to Cecily? "I like being on the river in such a quiet, natural setting for picnics and occasional canoeing. It affords a chance to interact with club members as well as bring guests and musician friends to enjoy the surroundings. The ferry is a throwback to yesteryear with a very "today" caretaker in tune to appreciation and care of the island."

Another couple, Sarah Fox and Bill Eichbaum, who reside in Bannockburn Estates, are also long-time members of Sycamore Island. Bill first joined the club in the early nineties shortly after he went to work for The World Wildlife Fund. At the time, he was living in Glen Echo Heights. Sarah joined the club when the two married in 2000 and moved to Bannockburn. Bill acquired his love of canoeing and the water growing up in the Wilmington, Delaware area, spending many hours on The Brandywine Creek. Sarah spent summers at her family's summer home on the Canadian shores of Lake Erie where all kinds of boats and water sports filled the days.

Bill recalls that after a few years as a member he was elected President and served in that role for several years during which

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Sycamore Island Ferry



wildflower walks are the main attractions. Accessible mainly by ferry, the club once was and still is a place to get away from the day-to-day hubbub of busy lives. It was and is and will hopefully remain for generations to come, a place to dream as well as a place to find the regenerating forces of nature.

Thank you, Bannockburn Estates residents, for your sharing your thoughts on this wonderful, timeless island located so close to the neighborhood.



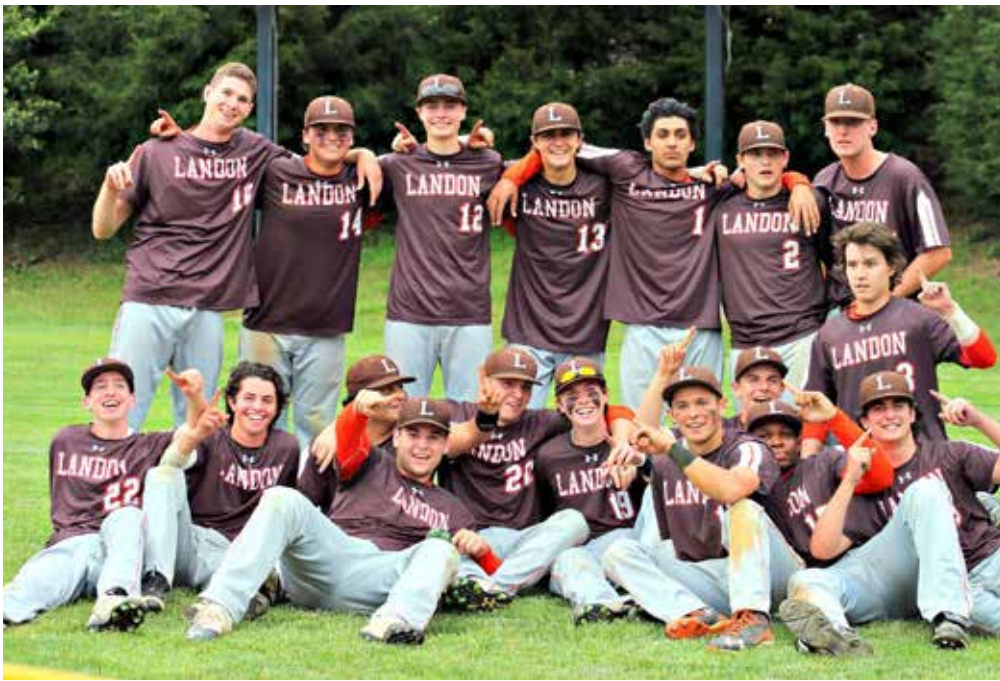
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both a new caretaker had to be hired and new canoe sheds designed and built after the floods of early 1996. “Getting consensus on both matters from the richly diverse membership of the club was a Herculean task!”

Over the years, afternoon canoe trips, especially in the fall, have always been enjoyable for the couple. Bill also enjoys an occasional fishing trip he makes from time to time in the wooden Herreshoff-designed kayak he built a couple of decades ago. The club inspires a great appreciation for the Potomac not just through canoeing but many other activities which include annual late winter bird and early spring flower walks. Both Sarah and Bill feel that when out on the Potomac at Sycamore Island it is often hard to believe that you are not on some remote mighty river of the western United States. “Luckily we are in our own backyard!” they exclaim.

Roland Backhaus and Avery Roselle, who live on Wilson Lane, joined the club in 2015. They have two daughters age 5 and 2. As Roland explains, “We joined in an effort to ensure that our girls grow up in nature and appreciating nature. In fact, that’s the main reason we settled in Bannockburn. We love going to the island to take a break from the polish of Bethesda. The girls love the rope swing and the barge in the summertime.”

Though hardly spartan, the island is simple. There are no sea-does or fancy electronics. The unheated clubhouse features a pool table, ping-pong table, and wood-burning stove. Canoeing, picnicking, birding, and



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Jeff Bryan!!!

Who do you idolize in this sport?

My teammate and friend, Sophie Reilly

Where do you normally practice?

It varies between American University, Georgetown Prep, Kenwood Country Club, and Holton Arms.

Are you on a team?

Yes. I am on my school's team as well as a separate club team called Nation's Capital Swim Club (NCAP).

Have you met anyone famous in this sport?

Yes, I swam with Katie Ledecky.

Have you traveled anywhere related to this sport?

College park at UMD

What awards or honors have you won?

The Palisades Summer Spirit Award

What have you learned from participating in this sport?

This sport has taught me how to manage my time and balance between schoolwork and sports.

What do you like the most about the sport?

I have made some of my best friends through this sport, and it's a great bonding opportunity to train and compete with such a great group of



Emma Sorkin



If you know a young achiever/athlete in the neighborhood who has a good story to tell, please email sarah.taylor@n2pub.com

Meet Competitive Swimmer
EMMA SORKIN



people. I also love the sport because it teaches a different type of discipline than other sports, and I have learned so much.

What is your favorite moment?

My favorite meet is the Metros meet because it is near the end of the high school season and it's extremely spirited. Everybody goes regardless of whether or not they're swimming. We all cheer together as a team.

What do you plan on doing after graduating?

I always want to continue swimming. Even if not in a competitive setting, I want to keep swimming for exercise and the community that it creates.

One tip for someone looking to get into this sport:

Try your best!

What other activities do you participate in?

I play soccer and write for the newspaper.

How do you keep a balance between sports, school and other your other activities?

Sometimes it can be challenging, so I have to make sure that I stay ahead and make sure I'm on top of my work.

Thanks, Emma, for sharing your story!

JGLLAW

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Ladies Evening at Salon Jean

neighbors night out

Several Estates ladies and Banner sponsors experienced a Ladies Neighborhood Night Out event in March with the talented professionals of Salon Jean and Day Spa located in nearby MacArthur Plaza shopping center

Jean Bae opened Salon Jean in 2007 as a full-service hair salon offering haircuts, blow dries, updos, color, highlights, balayage highlights, Brazilian blowouts, Keratin straightening, Magic Sleek Treatment, body waves, and deep conditioning treatments. The salon also offers makeup services, facials, silk peel dermal infusion treatments, body treatments, massages, waxing, nails, and permanent and semi-permanent eyelashes. Salon Jean operates with a highly educated staff trained to perform the latest trends in hair and skin techniques. When asked what makes Salon Jean and Day Spa the salon unique, Jean shares, "Our clients are the most important part of our business. We offer many amenities to give our them the best possible experience when they are in our salon and day spa. We are extremely pet-friendly and love when our clients bring their dogs to visit! We pride ourselves on our excellent customer service where every client feels like a star when they are sitting in the chair."



Before



After



And indeed, our ladies did feel like stars as they learned some expert advice on how to best blow-dry their hair.

"I learned a lot, and it was a fun way to meet new people in the neighborhood," commented one resident.

"The event was very fun and beneficial. Learning to blow dry my hair correctly has always been something I wanted to learn but never had the chance to," remarked another.

Thank you to Jean and her staff for being such good teachers and to the attendees for being such willing students. And the results of the evening ... some very beautifully coiffed ladies!

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

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Meet Lauren Faulkender,

a 10-Year-Old with Lots of Interests!



Name: Lauren Faulkender

Age: 10

Grade: 5

School: Bannockburn Elementary School

Brothers or Sisters: I have one sister, Catherine

Sports I play: I have done lacrosse, gymnastics, horseback riding, and volleyball. I am doing soccer, field hockey, and swimming.

Musical instrument I play: Violin

Musical instrument I want to learn: Drums

When I grow up I want to be: A finance professor



FAVORITES

Activities/Hobbies: Cooking, spending time with her friends, building Legos with my dad, going on vacation to explore many places in the world, and planning trips.

Animal: Dogs, dolphins, and penguins



Color: Teal

Food: Steak, wedge salad, and ice cream cake

Movie: *Richie Rich*

Music: "The Abandoned Fun House" by Brian Balmages

Place to play: A pool, the kitchen, outside in the ocean

Sports teams: New England Patriots, Washington Capitals, Nationals baseball team, Baltimore Ravens, Team U.S.A. (Olympics)



Subject in school: Math

TV show: *Full House* and *The Voice*

Vacation: Our ski trip to Switzerland.

Thanks for sharing, Lauren, and letting us get to know you better. You are awesome!



Hey Bannockburn Estates Kids.

Would you like to be featured in an upcoming issue of the Banner? Just email sarah.taylor@n2pub.com to be in our next Kids 2 Kids article.

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McWilliams
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little
wolf's
precious
pals

Meet Ellie, a.k.a. Sir Elliot!

Little Wolf: Good afternoon, Sir Elliott, or am I allowed to call you by your nickname, Ellie?

Ellie: Young lad ... you can call me anything you want. At age 15, names don't mean much to me unless someone is calling me for dinner! Besides, I had a hang-up about my name many years ago. It took a long time to get through it, but now "c'est la vie."

Little Wolf: Interesting, I have a few hang-ups myself. You see, I have a Napoleon complex! I hope with time I'll be as nonchalant about being small as you are about your name. But I am a little confused. What's wrong with the name Ellie?

Ellie: It's a girl's name, and I'm a boy.

Little Wolf: I see ... yes, you are certainly a boy. But I'm still confused. There are plenty of boys that have girl's names. You know ... Chris, Taylor, Dana & Jean are all girls' names that work for boys, too.

Ellie: Yes, you are right, but my issue goes a little deeper. You see, I live with this wonderful family with two girls away at college. When the girls were much younger and looking for a puppy, they wanted a girl dog and wanted to name her Ellie. Well, they got me, and I didn't want to disappoint them, so I played like an Ellie might play, came to them whenever they called for Ellie and even let them dress me up like an Ellie. It really didn't matter much. Being the wonderful combination of part yellow lab and golden, I am quite affectionate and social. As long as I was getting attention, I was quite content.

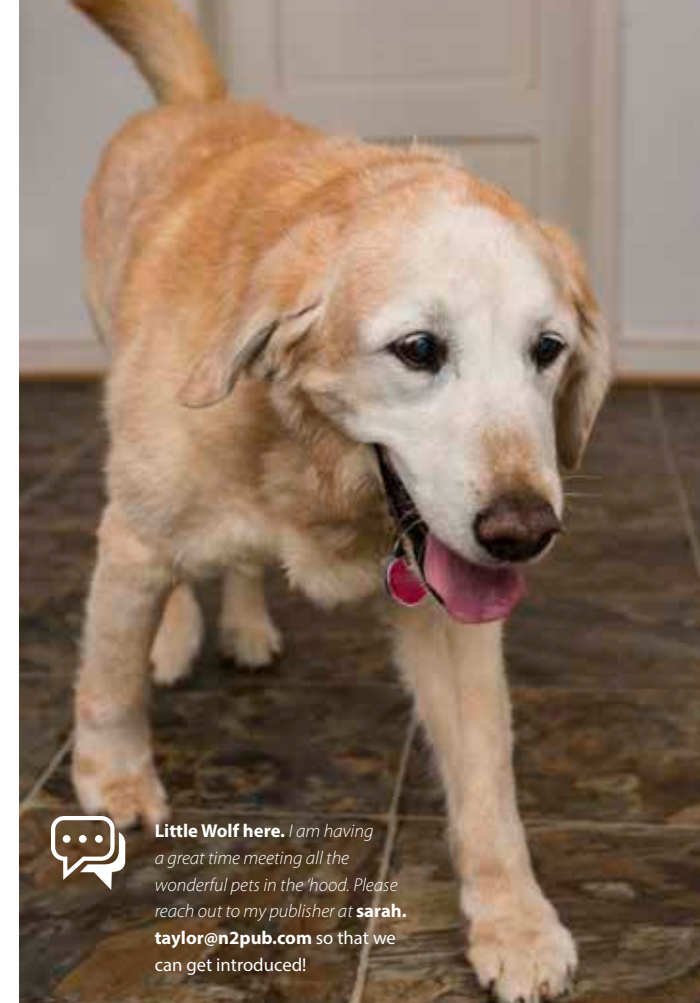
Little Wolf: Gosh, that's heroic! You are a shining example of what a loyal family dog should be: you know, just fit in and make everybody happy.

Ellie: Well they are a happy family, and today I realize love and wonderful experiences go much further than a silly name. Little Wolf, have you ever heard the song called "A Boy Named Sue"?

Little Wolf: Isn't it a rap song by Ludacris?

Ellie: No, Johnny Cash made it famous. You should listen to it. Maybe if my family had before they got me my name might be Bill or George ... anything but Ellie, or Sir Elliot to you, young man.

Little Wolf: Woof!



Little Wolf here. I am having a great time meeting all the wonderful pets in the 'hood. Please reach out to my publisher at sarah.taylor@n2pub.com so that we can get introduced!



BCA Meeting:

A LAWYER AT THE NATIONAL CANCER INSTITUTE

in the neighborhood

By Resident Writer **John Noble**

At the March Bannockburn Citizens Association meeting, residents enjoyed an opportunity to visit with neighbors, discuss BCA activities and hear reports from the various committees and were treated to a most interesting talk by Carol Weil, Program Director, Ethical & Regulatory Affairs at the National Cancer Institute as reported by John Noble.

What is a lawyer doing at the National Cancer Institute, I asked myself as I sat down to hear Bannockburn Citizens Association resident Carol Weil speak March 2 at the Association's quarterly meeting at St. Mark's Church.

Ms. Weil helps researchers think through regulatory and ethical issues related to their work. In the course of hearing more about this, we were exposed to the new directions in cancer

research, exploring and addressing the genetic determinants of cancer.

When analyzing a subject's DNA, the process produces far more than the just the DNA related to the cancer being studied. Studying the molecules to determine a therapy is the goal. But there is also the ethical question: "Do you tell the subject that they also may have a genetic predisposition to diseases X and Y?"

After hearing this, I am glad she is our lawyer/ethicist on duty at NCI. But wait; there is a much more to fill Ms. Weil's day. With a multi-billion dollar budget, I imagine so. One example follows:

"How good is the process of patient consent, whereby a research subject whose life may be at risk says 'Go ahead' or 'Forget it; I am out-a-here'?" Researchers want to improve



Guest speaker Carol Weil



their communication with potential subjects to assure they truly understand the guts of the research study they are getting into. And what are the odds of a cure or complications. To do less opens NCI to ethical and legal liability.

Before participants broke into a bevy of challenging questions, our speaker spoke of patient medical literacy training and the role of genetic counseling. She portrayed it as an important component to help research subjects and other patients in the new world of understanding genetic determinants of disease and treatment.



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MEET

ASHLEY HATCHER

Owner of NEAT Method DC

Ashley Hatcher,
Owner NEAT
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sponsor spotlight

Photos by Marisa Belle



Where did you grow up? How long have you lived in the area? Tell us about your family:

My name is Ashley Hatcher, and I am originally from Houston, Texas. I moved to the DC metro area in 2011 after meeting my husband, Chris, at a wedding in DC in 2008. We were married three years ago in May 2014 and currently live in Rockville.

Tell us about the events that led up to where you are now:

My background is in fashion, which explains my love of closets! I received a B.A. in fashion merchandising from Sam Houston State University in Huntsville, TX, and went on to complete both an M.S. in apparel design and an M.B.A. with a focus on brand marketing from Louisiana State University. After college, I spent time working in the fashion industry in New York for Ralph Lauren in product development and production before relocating permanently to DC. Even though I am no longer in the fashion industry, I love that NEAT Method's philosophy is all about thinking about design as a part of our process and creating organizing solutions that look just as good as the rest of your home.

What is your business and how/why did you start your business?

NEAT Method is a luxury residential organizing business. NEAT Method was founded in 2009 in San Francisco and now exists in over 20 cities across the U.S. Although I had been organizing for years as a hobby (for fun if you can imagine!), it wasn't until I linked up with the NEAT girls at the beginning of 2016 that I turned my hobby into a business. As the owner of NEAT DC, I handle all NEAT Method business for the DC, Northern Virginia, and most of Maryland (including Baltimore, Annapolis, and the Eastern Shore).

At NEAT Method, we focus on being a white glove service that can come in and help make those "closed door" spaces function more efficiently while looking stylish. Everything from pantries to closets, garages, mudrooms, basements – we've seen it all and love transforming spaces for our clients.

What is unique about your business?

NEAT Method's aesthetic is definitely something that is unique about

...



...

our professional organizing service. Many of our clients have gone through the effort to have their interiors decorated to perfection, and we believe that being organized should feel just as sexy as the rest of your home does. We take care of all of the organizing for you, including shopping for products that we feel will work best for your space. We're realistic, though, which means that for each client, we come up with a customized solution that will work best for you and your family. We also offer unpacking services, too, where we will come in and unpack and organize your new home from the very beginning so that all you have to do is walk into your new home all settled in!

Given your business expertise and the nature of what you do, what advice can you offer to the residents?

Naturally, as a professional organizer, my advice for everyone is always to PURGE! We don't realize how much we accumulate over time in all areas of the home, and I've found over the years that people hold onto items that aren't being utilized at all.

Once you've purged, create groups for all of your items. Do you have shoes, clothes, mail, etc. everywhere? Gather them together and commit one space; you'd be shocked what a difference this makes!

What else we should know about you, your family, or your business?

I am truly passionate about helping my clients de-clutter and create a home that is beautifully organized, and my team and I would love to help you live the NEAT life.

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chefs in the estates



Chocolate Macadamia Cookies

Makes approximately 5 dozen cookies

INGREDIENTS

16 oz. bittersweet chocolate chips, divided
2 TBSP. unsalted butter
3 TBSP. all-purpose flour
1/4 tsp. baking powder
2 large eggs
1/2 cp. sugar
1 tsp. vanilla extract
1 1/2 cups whole macadamia nuts, unsalted

INSTRUCTIONS

- Line 2 heavy cookie sheets with parchment. Preheat oven to 350 degrees.
- Place 8 oz. bittersweet chocolate in a microwave proof bowl with the butter. Melt in a microwave oven, stirring every 15 seconds.
- Using a handheld electric mixer set on high speed, beat the eggs, sugar and vanilla extract until well blended. On the lowest speed, add the melted chocolate mixture and beat just until combined. Mix in the baking powder and then the flour, just until combined. With a spoon, fold in the remaining chocolate chips and the nuts.
- Using 2 teaspoons, drop the batter onto the prepared cookie sheets by heaping teaspoonfuls, mounding each one as high as possible. Bake for 9 to 10 minutes, until the tops are dry. The cookies will still be very soft when they are removed from the oven, but they will firm up as they cool.
- Cool completely on the baking sheets and then peel them off and store them in an airtight container at room temperature. The cookies will last for weeks, but they are at their best if consumed within a couple of days.



Do you like to cook, bake or grill?
Please send us your favorite recipes
to be part of the Chefs in the Estates.
sarah.taylor@n2pub.com



tour & travel
By N2 Staff Writer, Tracy LaFon

FAMILY FUN ON THE HIGH SEAS

PRINCESS: In an effort to entice more families, this cruise line has expanded their kid amenities with laser tag galleries, rock walls, teen clubs, kid-friendly menus and movies shown on a 300-square-foot screen.

HELPFUL TIPS:

- Preparation is the key when cruising as a family. Use a travel agent familiar with your family's expectations.
- To keep embarkment day from being rushed and stressful, arrive a day early and stay overnight in a nearby hotel.
- Your room and luggage might not be readily available; prepare accordingly, making sure you have a small bag with necessities to carry with you.
- The kids' clubs have mixers the first night; encourage your children to attend as this helps them to quickly find new friends and plan their adventures.
- Familiarize yourself with the childcare options on the ship – clearly understand schedules, cost and reservation policies.
- Be sure to note that most ships have multiple pools, some adult-only and some family-friendly. A child still in diapers is not allowed in any pool; this is a health code law. Several ships have splash-pad areas for these little ones to play.
- For best accommodations and dates, schedule far in advance and let the anticipation begin!

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Traditionally, cruises were for romance or retirement. The big ships set sail with nightclubs, casinos and pampered luxury – most of all, they were kid-free. Times have changed and cruises are now one of the most popular vacations for families. Cruise lines have taken notice and now feature activities that cater to families. Decide what your family is looking for and then consider the following cruise lines for your best fit:

DISNEY: Professional shows based on Disney characters, character meet-and-greets, Marvel Superhero night, and the Bibbidi Bobbidi Boutique, which transforms children into princesses, pirates and more, are included with this popular cruise line. Parent-free activities and childcare are offered so parents can enjoy some adult time as well.

NORWEIGAN: Considered the casual cruise line, they offer a delightful family experience. Children's activities are plentiful, including a circus school and a teens-only nightclub. The cruise line has paired with Nickelodeon and now features Sponge Bob and friends. For parents desiring some evening entertainment, late night group babysitting is available for an additional fee.

ROYAL CARIBBEAN: Now partnered with DreamWorks, families will delight in activities that include Shrek, Fiona, Donkey, Kung Fu Panda and the crazy characters from *Madagascar*. The kids will enjoy Adventure Ocean while parents appreciate the ship's many nightclubs, live comedy shows and fine dining.

CARNIVAL: Being considered a great budget cruise line for the family doesn't mean these ships skimp on fun. Offering interactive, lively kids clubs, exclusive entertainment and fantastic water parks, they create a fun-packed vacation.

Bon Voyage!

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home matters

By N2 Staff Writer **Megan Weatherly Lynn**

healthy home

NATURAL CLEANING PRODUCTS

Do you love to have a clean home, but hate the fumes and dangers of many household cleaners? While there will always be some things you have to get out the bleach for, most everyday cleaning can be done with natural and harmless products. These basic recipes will have your home feeling fresh and clean in no time!

DISINFECTANT WIPES

- ¼ cup white vinegar
- 1 cup water
- 8 drops lemon essential oil
- 8 drops tea tree essential oil

- 8 drops eucalyptus essential oil
- cloths that can be washed and reused if desired

Use these homemade wipes to clean frequently used surfaces. The vinegar helps to reduce odors, while lemon and tea tree essential oils are known for their antiseptic and disinfecting properties.

ALL-PURPOSE CLEANER

- 2 tablespoons baking soda
- ½ cup white vinegar
- 10 drops of either lemon or tea tree essential oil

This all-purpose cleaner can be used every day on many surfaces (avoid using on stone countertops or hardwood flooring). The baking soda helps to remove dirt and grime, while the essential oils help to reduce bacteria. Try using this solution to scrub pots and pans or pour into drains for a refreshing cleanse.

OVEN CLEANER

- ½ cup baking soda
- 2 or 3 tablespoons water

Spread this mixture around oven interior and leave it overnight. When you're ready to clean, spray the oven down with white vinegar. This will cause the baking soda to foam. Wipe the solution away with a damp cloth.

GLASS AND MIRROR CLEANER

- ¼ cup rubbing alcohol
- ¼ cup white vinegar
- 2 cups water
- 1 tablespoon cornstarch
- optional essential oils for disinfecting purposes or scent

Spray on and wipe clean. This natural solution has the same base ingredients of many other natural cleaners. The cornstarch is intended to minimize streaking.

Many other recipes for natural cleaning products can be found online. Before attempting to combine ingredients you are unfamiliar with, do some research to be sure that they are safe for you and your home. Check your local health food store for a wide variety of 100% pure essential oils. If you are interested in the many health benefits of essential oils, consider attending a class hosted by a local consultant for essential oil distributors.

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Your stomach is growling and you’re faced with a choice between a calorie-loaded candy bar or a delicious assortment fresh fruits. Do you reach for the crash-and-burn sugar fix or the wholesome and nutritious option?

Go for the fruit! Fruit is full of antioxidants and healthy nutrients. Not only does it contain vitamins and minerals but it’s also full of fiber that will satiate you. The fiber in fruit also has another purpose; it slows down how fast fructose is absorbed. That’s good news for your blood sugar. Consider that fruit doesn’t contain fat either, which is a welcome relief from many of the snacks out there these days.

Reduce your risk of chronic diseases by increasing your intake of fruit. By adding fruit to your diet, you can even protect yourself against some cancers. Blueberries, cranberries, strawberries, and citrus fruit contain phytochemicals that have additional health benefits. Not to mention that fruit is a substitute for many unhealthy snacks, such as doughnuts, potato chips, cookies, cupcakes, and colas.

Don’t forget to get your fill of fiber too. Fiber can improve digestive health but that’s not all! Keep unwanted pounds at bay, prevent diabetes and even heart disease with fiber. Soluble fiber, which turns to gel in the stomach, has numerous health benefits. These include lowering blood glucose, as well as cholesterol.

Fiber-rich foods include split peas, lima beans, black beans, lentils, artichokes, peas, and avocados. Or get your fill of fiber with fruit. Expect to get 8 grams of fiber per cup of raw raspberries and 7.6 grams of fiber per cup of blackberries. Even pears provide 5.5 grams of fiber. Or get your fiber in with your morning bran flake cereal, which will provide 7 grams per cup. Even oatmeal and popcorn provide fiber.

So the next time you feel your stomach rumble, go for healthier options. Fruit and fiber will fill you up and provide numerous health benefits. Incorporate them today for better health!



too; many flowers and herbs do well in window boxes. Vines and flowering plants make the most of vertical space naturally. A trellis adorned with a clematis adds beauty, color and fragrance to your patio and also makes an attractive privacy barrier to ward off your nosy neighbor!

Go mini
Dwarf plants have become increasingly popular and for good reason: they offer the benefits of full-sized plants but are compact enough for small space gardening. Dwarf breeds are available in most plant groups including vegetables, flowering shrubs and fruit trees. Planting dwarf varieties is an economical use of space and broadens the scope of what you can plant in a confined area. Do you love hydrangeas but don’t have 4 square feet to spare? The dwarf variety is mature at a modest 1½-2 feet. Dwarf forsythia provides a vibrant splash of color, yet only stands 1½-2½ feet tall. Even gardeners without space restrictions are interested in dwarf varieties because their smaller size makes them easier to maintain and fit into landscape designs. As with any garden selection, consider the plant’s rate of growth, mature size and light requirements before purchasing.

With thoughtful planning and a little creativity, you can transform an empty, small space into a charming garden with the capability and variety of those twice its size. Think vertically, select your plants strategically, and take your garden from bitty to bountiful!

small gardens

From Bitty To Bountiful!

According to the U.S. Census Bureau, 63 percent of the U.S. population live in cities that cumulatively comprise a mere 3.5 percent of U.S. land. As the number of urban dwellers continues to rise, innovative gardening methods have made it possible to add lush beauty amid a sea of city concrete and enjoy the luxury of fresh produce in metropolitan and other cramped areas. To successfully garden in small spaces, gardeners have to adapt by thinking vertically and selecting plants wisely.

Go vertical
When you can no longer expand, then it’s time to go up. Think beyond your neighbors’ ordinary hanging baskets; to grow a wide variety or large quantity of plants, consider a garden tower; a large soil-filled cylinder with numerous pockets cut around the outside for planting. Multi-pot wall planters, which resemble a set of stairs with a pot on each step, are especially convenient for apartment balconies. Make use of your windowsills and railings,

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local
events

MAY



SPECIAL EVENTS

Landon School Azalea Garden Festival
– 5/5-7

Washington National Cathedral 77th Annual Flower Mart– 5/5 & 6

Virginia Gold Cup – 5/6-The Plains, Virginia, features horse races, Jack Russell Terrier races, tailgate competitions and more.

Georgetown Garden Tour – 5/13 - 10 a.m. - 5 p.m. -The Georgetown Garden Club sponsors a tour of eight Georgetown gardens.

Mount Vernon Wine Festival & Sunset Tour - 5/19 - 21 – An elegant evening of wine, live entertainment, reenactments, and tours of the rarely open cellar vaults.

Maryland Craft Beer Festival – 5/13 – Frederick – More than 25 breweries 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 – 5/1 –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 – 5/13 & 14 – See the works of 140 contemporary artists and enjoy live entertainment, children's activities and downtown Bethesda restaurants.

Blue Angels Air Show - 5/24 -26 – Annapolis – Choreographed flight skills of the U.S. Navy's Flight Demonstration Squadron.

National Memorial Day Concert – 5/28 - 8 p.m. – PBS sponsors a free concert on the West Lawn of the U.S. Capitol.

National Memorial Day Parade– 5/29 - 2 p.m. - 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

Washington National Opera: *Madame Butterfly* - 5/6 -21. In this eye-popping staging of Puccini's immortal tragedy, a dashing American naval officer chooses a naïve young geisha to be his bride, only to betray her-leading to one of the most devastating and legendary final scenes in all of the opera.

ARENA STAGE

Smart People – 5/1-21. Do our belief systems stem from our environment, or are some prejudices hard-wired into us? With barbed wit, Lydia R. Diamond (*Stick Fly*) explores the unavoidable nature of cultural bias and other sticky subjects in the controversial and fiercely funny new play *Smart People*.

FORD'S THEATRE

Ragtime – 5/1 - 20. Based on E.L. Doctorow's celebrated novel, this epic Tony-winning musical depicts three families striving for the American dream at the turn of the 20th century.

SPORTS

Washington Nationals – Home games – 5/2, 3, 4, 10, 11, 12, 13, 14, 23, 24, 25, 26, 27, 28

CHARITY EVENTS

March of Dimes March for Babies – 5/6 – 9 a.m. - Nationals Park. Join this event and walk with us to raise money for babies right here in our community!

American Red Cross Annual Red Tee Golf Tournament – 5/9 - Lansdowne. Raises awareness, friends, and funds to respond to disasters in our community and beyond, when and where needed. In addition, this tournament helps support the men and women of the military and their families.

Zoofari – 5/28 – 6:30 p.m. - National Zoo. More than 100 of Washington, D.C.'s best restaurants will descend upon the Smithsonian's National Zoo for ZooFari: Dine for Wildlife, the area's biggest and longest-running food and drink tasting event.

Glen Echo Park Partnership for Arts & Culture -CELEBRATE HISTORY IN OUR BACKYARD GALA IN THE PARK – 5/20 – 6 p.m. - midnight - Spanish Ballroom. The Gala honors Yumi Hogan, First Lady of Maryland, for her contributions to the arts in Maryland. Music will be provided by the Tom Cunningham Orchestra.

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Address	Neighborhood	List Price	Sale Price	DOM	Beds	Baths	Status
7015 Arandale Rd	Bannockburn Estates	\$2,595,000		18	6	5.5	active
7304 Broxburn Ct	Bannockburn Estates	\$1,079,000		24	5	3	pending
7409 Haddington Pl	Bannockburn Estates	\$1,399,000		53	4	3.5	pending
6719 Selkirk Dr	Bannockburn Heights	\$1,395,000		55	4	4	active
7004 Arandale Rd	Bannockburn Estates	\$2,799,000		69	6	7.5	active
7100 Loch Lomond Dr	Bannockburn Estates	\$1,150,000		16	7	5.5	pending
7100 Nevis Rd	Bannockburn Estates	\$1,495,000	\$1,325,000	55	4	3.5	sold
7500 Nevis Rd	Bannockburn Estates	\$1,608,000		106	5	5.5	active
7508 Glenriddle Rd	Bannockburn	\$795,000	\$770,000	54	3	2.5	sold
6921 Ayr Ln	Bannockburn	\$1,400,000		100	3	2.5	pending
6504 River RD	Bannockburn Heights	\$1,799,000		125	6	5.5	active
6304 Bannockburn Dr.	Bannockburn Coop	\$1,699,000		96	5	4.5	active
7004 Orkney Pkwy	Bannockburn Heights	\$1,349,000		200	5	4.5	active
6512 Elgin Ln	Bannockburn	\$2,249,000		194	5	6	new construction
7333 Heatherhill Ct	Bannockburn Estates	\$1,495,000		223	5	5	pending
7102 River Road	Bannockburn	\$1,499,900		266	6	5	active
6207 Bannockburn Dr	Bannockburn Coop	\$1,525,000		358	5	4	sold
6529 Elgin Ln	Bannockburn	\$1,785,000		428	5	4	new construction



“Being licensed in Maryland, D.C. and Virginia allows me to show my clients all the possibilities.”

What makes you different than others in your profession? I'm a certified Senior Real Estate Specialist (SRES), which means I have taken courses necessary to qualify to help people downsize from that big house where they raised a family and move onto a new phase of life. Through my network of resources, I help with organizing, fix ups, staging and donating. Sometimes adult children are involved, and I like forming a team of sorts with the sellers and their adult children. It can be a challenging process, but one I enjoy and that brings great emotional rewards.

What is the one thing that your clients should know about you? I am able to find my buyers hidden gems and surprisingly great areas since I've lived in Bethesda all my life. Being licensed in Maryland, D.C. and Virginia allows

me to show my clients all the possibilities. This knowledge benefits those who may not know what city they would like to live in yet or those who may be moving for a new job.

How would your clients describe you? My clients have described me as trustworthy, efficient and responsive. Here is part of a recent note that I appreciated: "Working with Vicki was like working with a trusted friend who had only our best interests at heart. Not only did she sell our condo quickly, she helped us with every aspect of the move and preparation. Since I was trying to manage the sale long distance, she took my place in handling all of the many on-site activities. She was always available and responsive to my many questions, and went well beyond our highest expectations."

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