

Chevy Chase Village

AN EXCLUSIVE PUBLICATION FOR THE RESIDENTS OF CHEVY CHASE VILLAGE

MARCH 2017

Life



Meet
Elena

Story Inside

Closing Social And Economic Divides
With **Elena De Toledo**

Your Photos. Your Stories. Your Community.

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The Cottage at Curry Manor is a one of a kind Refined Residential Living residence located in the heart of Bethesda. Conceived and developed by Susan Rodgers, RN, founder of Capital City Nurses, The Cottage at Curry Manor is a natural extension of the Capital City Nurses family of companies.

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	301-907-7477	Chevy Chase Garden Club
	301-652-8480	Woman’s Club of Chevy Chase

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Publisher's *note*

This month's issue has a common thread that came together coincidentally and organically but flows perfectly: women, the backbone of our community -- mothers, daughters, wives, sisters and friends. The answer to Beyoncé's famous lyrical question of "who rules the world?"

First, we introduce you to fitCene, founded by Mary Jo Slidell, Lauren Rice and Jill Wiener. This social networking fitness group for women allows them to get fit while also developing friendships at the same time. Are you stuck in a fitness rut? Want to meet some new friends? Give fitCene a call!

Looking for a volunteer role in the community? In this issue, we spotlight a couple organizations that our female residents help support in our community: The National Center for Children and Families and Giving Together, a Bethesda-based "giving circle" of female donors. Please read on for more details. And, as always, Chevy Chase at Home loves our resident volunteers!

If you consider yourself a "social butterfly" and like meeting your neighbors, CCVL is currently looking for community members to help with social events and gathering content for the newsletter. Read on for complete details. I'd love to hear from you!

Finally, don't forget to turn your clocks forward on the 12th and treat yourself to a pint of green stout on the 17th! For more fun March events, see our "Local Events" page in the back of this issue.


Irish Blessing –
May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
and rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.



Have a wonderful March!

Amanda Frasure Kirkpatrick

Chryssa Wolfe
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WANT TO CONTRIBUTE To This Publication?

Do you like meeting people or writing?

Looking for ways to get involved?

We are currently looking for community members who would like to take a more active role in contributing to this publication. If you like meeting fellow residents and love pets, landscaping, homes, etc., you can help!

We are also looking for:

- **Event Coordinator** – this involves planning/coordinating the social events each month.
- **Writers/Jr. Writers** - (adults or students) – A great way for residents to participate in your neighborhood newsletter and for students to also gain valuable resume experience, as well as a little extra income for both!
- **Content Coordinator/Contributors** – What's your idea for the next great article? We are also looking for a person with administrative talent who enjoys meeting people in the neighborhood and would have a bigger part in helping to develop the publication each month.



ATTENTION RESIDENT BUSINESS OWNERS!

Are you a resident business owner? We would love to hear about your business and include it in an upcoming issue. Please email me at amanda.frasure@n2pub.com.



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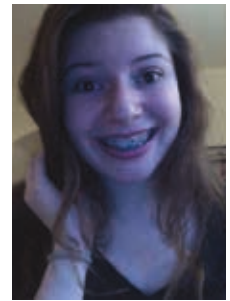









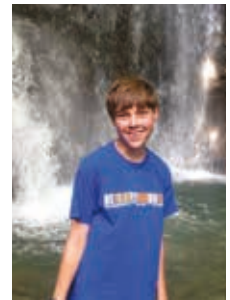
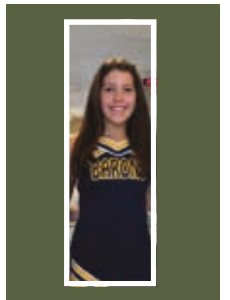



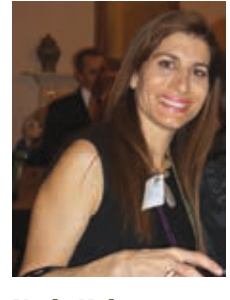





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Betty O'Connor	Isabel Linder	Lori Gordon	Julia Sprenger	Dr. Mary Craddock
				
Mark & Diana Pape	David Walsh	Simon Yeo	Katrina Holmvik	Sandy Geller
				
Elissa Leonard	Jay Treadwell	Neda Kalantar	Alexandra Grais	Carrie & Laura
				
Jehaan Rehman	India Ingersoll	David Jones		

Do you have a story you would like to write or some photos to share in *Chevy Chase Village Life*? We would love to hear from you! Please email **Amanda.frasure@n2pub.com** with suggestions, photos and nominations for our fun sections. Tell us what you want to see in the publication!

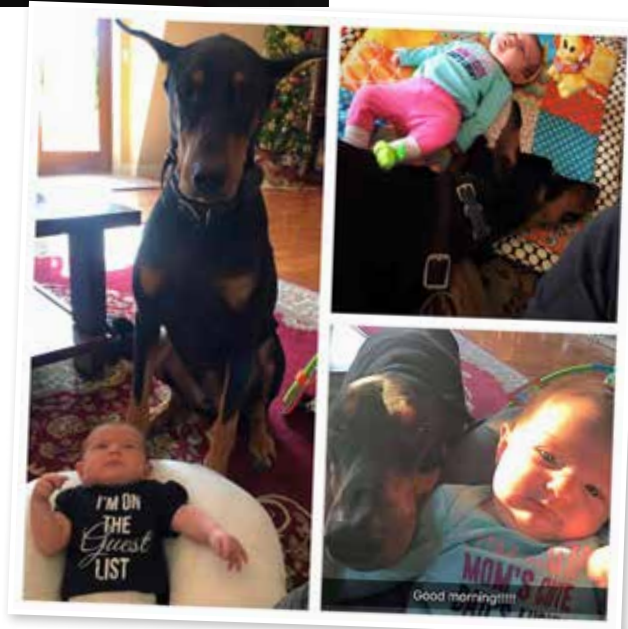


part of the family

meet
Eli!



Happy two months!
My best friend is my brother Eli!
I love to grab dad's beard!
I have started to smile!
I went on my first airplane ride!
My parents ask me all time to stop
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Age: Three

How Long Have you lived in the neighborhood: Three Years

Do you have any siblings: Yes, two. An older sister, Bella, and a younger brother, Archer.

Favorite thing to do: Play Hockey

Favorite Sport: Hockey

What do you like most about it? Picking out new gear

Who is your favorite person and why? My mommy. She takes care of me and cooks me grilled cheese.

What do you want to be when you grow up? A hockey player

"How did we get so lucky?" - Jessica

KALE PESTO AVOCADO GRILLED CHEESE



It's been a whirlwind of a week. Jumping from Denmark to Sweden to Germany...

And 20-something hours later...

I made it! It was quite a journey. But it's absolutely beautiful out here. Plus, I went from 30 degrees to 80 degrees F.

So I can definitely get onboard with the summer months here. And with a view of Table Mountain, I may never leave again. Except maybe for this grilled cheese. This green-loaded cheesilicious wafflized sammie. I know. I made up a few words there. But you catch my drift. Pesto. Kale. Avocado. Voila! You're set.

Ingredients:

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 bunch kale, stems removed and leaves chopped
- 8 slices whole wheat bread
- 2 avocados, halved, seeded, peeled and sliced
- 1 cup shredded mozzarella cheese
- 1/4 cup pesto, homemade or store-bought

Directions:

1. Heat olive oil in a large skillet. Add garlic to the skillet, and cook, stirring frequently, until fragrant, about 1 minute. Stir in kale until bright green and wilted, about 3-4 minutes; set aside.
2. Preheat a waffle iron to medium-high heat. Lightly oil the top and bottom of the waffle iron or coat with nonstick spray.
3. Working in batches, place bread slices into the waffle iron. Top with kale, avocado, mozzarella, pesto and remaining bread slices.
4. Close gently and cook until golden brown and crisp, about 3-4 minutes.
5. Serve immediately.

resident recipe

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Making A Difference

Residents and people came together to march in Washington DC for the Women's March On Washington.

Their Mission & Vision:

We stand together in solidarity with our partners and children for the protection of our rights, our safety, our health and our families -- recognizing that our vibrant and diverse communities are the strength of our country.

Their Vision

The rhetoric of the past election cycle has insulted, demonized, and threatened many of us -- immigrants of all statuses, Muslims and those of diverse religious faiths, people who identify as LGBTQIA, Native people, black and brown people, people with disabilities, survivors of sexual assault -- and our communities are hurting and scared. We are confronted with the question of how to move forward in the face of national and international concern and fear.

In the spirit of democracy and honoring the champions of human rights, dignity and justice who have come before us, we join in diversity to show our presence in numbers too great to ignore. The Women's March on Washington will send a bold message to our new government on their first day in office and to the world that women's rights are human rights. We stand together, recognizing that defending the most marginalized among us is defending all of us.

We support the advocacy and resistance movements that reflect our multiple and intersecting identities. We call on all defenders of human rights to join us. This march is the first step towards unifying our communities, grounded in new relationships, to create change from the grassroots level up. We will not rest until women have parity and equity at all levels of leadership in society. We work peacefully while recognizing there is no true peace without justice and equity for all.

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sponsor spotlight



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fitCene is all about connection. As a “social networking fitness group for women,” fitCene helps women get fit while developing friendships at the same time. Fun is always a part of the picture, too. Why not do all three – friendships, fun, and fitness – with fitCene?

fitCene was founded by Mary Jo Slidell (Director of Marketing & Strategy), Lauren Rice (Director of Content & Community) and Jill Wiener (Director of Partners and Programs). Mary Jo is a graduate from Washington & Lee University, where she was an All-Conference lacrosse player. She earned her MBA from Georgetown University.

Lauren earned her degree in Communication at the State University of New York before earning her Master’s Degree in Health Promotion Management from American University in 2008. She is also a yoga instructor, having completed her 200-hour yoga training certification at Willow Street Yoga Studio.

As for Jill, she earned her Bachelor of Arts degree in Journalism from Leigh University. But took a different course in life when she became a Certified Health Coach through the Institute for Integrative Nutrition.

This trio of accomplished women is always looking for ways to motivate people to adopt better health and fitness. One way to do this is through becoming a member. Consider getting a **Membership Card** to save on a number of discounts: Barre3, Core72, F45, FitCrush, I-Fit Training, Next Phase Group Ex, PureRyde, pure barre, Pulse Fitness, sculpt studio, Sergeants Fitness Concepts, tasty6 and Zengo Cycle.

Or just take part in the numerous activities on their calendar (see www.thefitcene.com). Recently, they celebrated their one-year anniversary at Redwood Restaurant & Bar. Other events are in the works for the future. Take part in the **Fit for All Weekend** on March 23-26 at various fitness studios and businesses. Try new fitness classes, meet new friendly folks here in the local area and strive toward better health.

fitCene is also getting ready for the **Best of the fitCene Awards & Social** this summer. According to their website, “fitCene members will vote on all of their fitness favorites, from gyms to personal trainers to specialty studios to fitness fashion and much more. It will be the Best of Bethesda, fitCene style. We will celebrate our amazing local fitness community and you won’t want to miss the festivities.”

Or check out their family events. Currently, there are a number of exciting events in the works to engage all members of the family. Kids will love the **Just Tryan It** race for kids ages six-14, to be held on June 18 at Landon School. Or mark your calendars for the Equinox/Ivivva Hip-Hop & Function Show in the fall. “The girls get to pick their fave outfit from Ivivva (no purchase required), then take a 30-minute hip-hop class and perform for parents, followed by a ‘function show’ in their Ivivva attire.” What fun! We are excited to be planning a triathlon relay event for women in May, as well as teams for the Rock the Creek Relay in the fall and a destination race in the winter again. These are great ways to bond with and be inspired by other local women.

We have a private Facebook group to help women connect with each other, share great information and promotions, ask for references, find someone to train or race with and more. It’s a great way for women to share or seek information in a private, closed group.



For more information on fitCene, upcoming events and to join this community fitness movement, just check out their website, www.thefitcene.com.



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Budding Musician

in the Neighborhood

Written by Village Jr. Intern, **Claire Holmvik**

When Presley Smith first took up a musical instrument at the age of eight, he loved listening to jazz music, especially when the trumpet was featured. Presley, now 14 and in eighth grade at Landon, has followed in his family's footsteps by pursuing his passion. As the youngest of four, he has been influenced by quite the musical family: his grandmother played the cornet, his oldest brother Henry plays the trumpet, piano and drums, his sister Hunter plays the guitar, ukulele, and bass and his other older brother, Chan, plays the clarinet and sax!! On top of all his family's musical diversity, Presley himself plays the piano and drums in addition to the trumpet.

He fuels his passion for the trumpet with 20-25 hours a week of practicing, several weekly lessons, band class and a jazz band extracurricular. With aspirations of

continuing his dedication, Presley hopes to play trumpet throughout high school and college. When asked how it has changed him and why he loves it so much, Presley claims, "trumpet has definitely affected my outlook on life and made me a more knowledgeable person. I love trumpet because it opens a whole new world where I can connect with many different people of all ages and it has the brightest sound that can be heard over the whole band." Not surprisingly, he says, "there's not a lot I don't love about trumpet."

Well rounded in his ardor for music, Presley claims to love every genre of music, only excluding heavy metal (and favoring jazz and R&B, of course!). He also tries to go to concerts whenever he has the chance, but it's not as much as he would like.

musician spotlight



health & beauty

Change up your Skin Care Routine for Spring with this Guide



-Tips from your neighborhood doctor-

As winter gets farther and farther in our rear view mirror, it becomes necessary to go through a bit of a beauty overhaul. We switch to lighter makeup, hair, and nail colors but we sometimes neglect our skin. After months of harsh weather, our skin is in dire need of a beauty revamp. The question is: Which products should we be using and which should we be avoiding? Below are a few guidelines on how to change up your skin care for spring.

Moisturizer: After some very drying weather, we need to rebuild our skin and replenish the moisture that was lost. What exactly do you need to look for in a moisturizer? Keep an eye out for products that double as a moisturizer and a skin protectant. Sunflower oil and vitamin E work as emollients that trap moisture inside skin cells, plus they keep the skin hydrated. Look for alpha hydroxy and beta hydroxy acids, which help replenish dry skin. Another moisturizer must-have is glycolic acid, which works to gently to remove dead skin cells and leave you with glowing skin.

Exfoliate vs. Cleanse: Sometimes we feel like we have to give up one for the other as the season changes, but luckily, that's not the case. Exfoliating works to help rid your skin of any dry, rough layers left over from the winter. When you're looking for the best scrub, avoid walnut shells or apricot pits, which are rougher exfoliants and can, therefore, irritate or tear the skin. Instead look for ingredients like brown sugar, or scrubs that contain beta hydroxy acids. Where exfoliating should really only happen once or twice a week, cleansing should ideally happen twice a day (morning and night). Using a mild, unscented cleanser will help to ensure your skin won't be irritated.

Don't Forget The SPF: SPF is a must-have year-round but now that the weather is warmer, we'll all likely be outside more and, therefore, there's more of an emphasis on sunscreen. Make sure you know which works for your face and which for the rest of your body because sometimes the formula for your body can cause the skin on your face to break out. Always keep an eye out for non-chemical sunscreens with ingredients like titanium dioxide and/or zinc oxide, as these do not react with skin the way more harsh chemicals do.

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closing social and economic divides

Written and Submitted by Village Intern: **Claire Holmvik**



Closing Social and Economic Divides with Elena de Toledo

When encouraged to take up a social action project in November of her junior year, Elena de Toledo knew exactly what she wanted to do. With her partner Helena Hailu, the two joined together in the International Baccalaureate class, Social and Cultural Anthropology, to start working on an issue that has plagued Bethesda-Chevy Chase High-School for many, many years.

B-CC has offers an open lunch, meaning students who have brought lunches from home or can afford to go out and buy lunch are free to leave the school and eat wherever they please. The only students who must remain at school for part of lunch are those that have to buy lunch from the cafeteria. The majority of students purchasing lunch from

the cafeteria are minorities and many receive subsidized meals. The cafeteria offers unhealthy food choices in a poorly lit and somewhat odorous room. Nearly all of the students who don't have to buy lunch avoid the cafeteria. Many of the students who must buy lunch are ashamed to eat the cafeteria food and/or are so disgusted by it that they only eat food from the vending machines.

As a student at B-CC, Elena quickly became aware of the stigma that came with eating in the cafeteria. When given the open opportunity to

take action in something through IB Anthropology, she knew she needed to come up with a way to make the cafeteria an inclusive environment, somewhere where people of all different backgrounds could eat together without the shame that currently clouds it. Something had to be done about the social segregation that was occurring.

Elena and Helena came up with many different ideas for how they could bridge the divide. The main problem was there was a great backlash from the administration. Remodeling

the cafeteria would be extremely expensive and time-consuming. Although B-CC is currently undergoing major renovations, there just simply isn't enough funding to complete the cafeteria as well. In addition, there are layers and layers of red tape preventing immediate action (specific furniture choices, accessibility, etc.).

Administration fundamentally supported the project but they just didn't see many of the ideas as feasible. Despite the backlash, Elena did receive support from the community and B-CC alums. She also received the \$2,000 Game on Grant from Action for Healthy Kids and \$200 from the Baron Care Committee. Elena recognizes that this isn't enough

to really make a change but it's a step in the right direction. As a senior now, she hopes to pass on this project to younger students so that slowly, we will be able to close the social and economic divide the cafeteria perpetuates.



If you are someone or know someone who would be great to feature that is making a difference, please let us know.

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Sign up for one or more weekly sessions:

June 19-23:	Down by the Sea
June 26-30:	Party in the USA
July 3-7:	Camping Out Under the Stars (No camp 7/4)
July 10-14:	Space Is the Place
July 17-21:	The Mysterious, Mighty Jungle
July 24-28:	Superhero & Superheroine Adventures

Hours: 9:00 a.m. -1:00 p.m.

Optional Early Bird Drop-In: 8:30 a.m.-9:00 a.m.

Optional Afternoon Activities: 1:00 p.m. -3:00 p.m.



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FOCUSED ON HUNGER ISSUES WITH 2016 GRANTS.

By Douglas Tallman

Thank You, Village Residents, For Your Contributions!

This month we highlight Village Residents and the great work that they are doing in their community. Thank you, Cheryl Baird, Marea Hatzios Grant, Ellen Yahuda, Phyllis Kass, Nicole Vanasse, Ann Nichols, Denise Williamson, Joan Edwards, Carolyn Johnson, Michael Yahuda, Amy Cooper, Ruth Robbins, Geraldine Carr, Christine Kessides, and many others. We are proud to recognize these ladies.

Giving Together (GT), a Bethesda-based “giving circle” of female donors, announced recently that three nonprofits addressing food, nutrition and hunger relief received grants from the organization, according to a statement from the organization.

- Nourish Now, a Rockville food recovery and redistribution nonprofit, received a \$25,000 grant as well as two anonymous donations from GT donors, bringing the total award to \$30,000. These funds will allow the nonprofit to expand the number of families served monthly from 500 to 700 and to improve the effectiveness of Nourish Now’s family food security program.



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- Food for Others, a Fairfax, VA, food bank/food pantry, received \$25,000 to enhance the scope and nutritional value of a program that provides low-income elementary school students in 29 Fairfax County schools with a grocery bag of food to take home over the weekend.
- An \$8,000 grant was presented to Crossroads Community Food Network, a nonprofit in Takoma Park, to buy equipment for its new community kitchen. The kitchen, the first of its kind in the local area, will be used by low-income women seeking to build successful food businesses.

The awards represent the culmination of GT's six-month selection process, which narrows the field of applicants to four finalists. A recent vote of GT's membership selected the awardees.

Since its founding in 2009, GT has awarded nearly \$300,000 in grants to nonprofit organizations helping low-income women and children in the greater Washington, D.C., area. Grants have focused on workforce development, housing and homelessness, education, legal services and other areas. The 2016 grants cycle is the first time GT sought applications for proposals addressing hunger.

GT's 2017 grant cycle will begin in April, with a formal request for applications.

Please Visit giving-together.org for more information.



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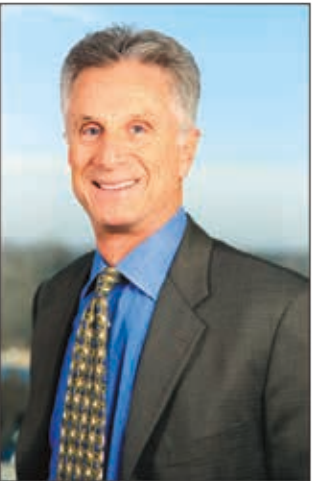
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Village Residents Got To Meet Author

Camilla

TRINCHIERI

At Chevy Chase At Home's M & M



chevy chase at home

Bio submitted by **Camilla Trinchieri**

I was born in Prague a while back to an Italian father and an American mother. Thanks to my diplomat father and other vicissitudes, by the time I was 12 I had lived in seven cities in six countries and learned four languages. I firmly believe my unrooted childhood helped me become a writer.

I came to the U.S. when I was 12 and returned to Italy after I graduated from Barnard College.

In Rome, I worked in the movie industry as a dubbing producer/director with Federico Fellini, Luchino Visconti, Lina Wertmuller and many others. I came back to New York City in 1980, married, received an MFA from Columbia's Graduate Writing Program and became an American citizen.

Under the pseudonym Camilla T. Crespi, I've published seven novels in "The Trouble With" mystery series, featuring Simona Griffo, a nosy Italian immigrant who loves to cook. The series also sold to Germany. Several short stories have appeared in mystery anthologies. "The Breakfast Club Murder," featuring newly divorced Lori Corvino, was published in February 2014.

As Camilla Trinchieri, I wrote "The Price of Silence," published by Soho Press in 2007. The paperback and Italian editions came out in 2008. "Seeking Alice," loosely based on my mother's life in Europe during WWII, was published in Italian in 2010 and in English in 2016. A short story, "Kitchen Communion" appeared in the anthology "The Milk of Almonds," edited by Edvige Giunta and Louise DeSalvo and published by The Feminist Press in 2002. A personal essay, "A String of Beads" is included in the anthology "Unrooted Childhoods," edited by Faith Eidse and published by the Intercultural Press in 2004.

In May 2014, my Italian publisher, Marcosy Marcos, released my latest Trinchieri novel—"What Really Happened to Billy," under the title "Verso domain."

Upcoming Chevy Chase at Home Events
Mon., March 13 & March 27
Making Jewelry
1:00 p.m. to 3:00 p.m.
Chevy Chase Village Hall
Mary Gorman will show some of the items she has made and talk with you about what you'd like to try. This is a members only event.

Tues., March 14
St. Patrick's Day Party
Chevy Chase Village Hall
Blarney! Come join us for Irish music, food and fun.

Tues., March 21
Medical Care Issues For An Aging Population: Part 1, New Models of Care for Chronically Ill Seniors
Chevy Chase Village Hall
The first in our three part series. Dr. K. Eric De Jonge, Director of Geriatrics, MedStar Washington Hospital Center, will speak about innovative home-based health care delivery to frail, ill, elderly patients.



GARDEN CLUB OF Chevy Chase

Submitted By **Pamela Raymont-Simpson**
Photography Credit: **Valerie Grace**

For the past two decades, the Garden Club of Chevy Chase has decorated its Village Hall for the holiday season. December's theme was "Winter Bright and Beautiful." This tradition started as an expression of thanks to the Village for granting the Garden Club a place to hold its monthly meetings and store its belongings and to the deserving staff for their hard work and many duties. For Garden Club members, this decorating has always been a labor of love. In the course of two days in December, members worked together to hold ladders for trimming 15' trees and to hang wreaths with new silver bows on 33 lanterns indoors and with new red bows on 10 exterior windows facing Connecticut Avenue. Installed in the Village Hall's large public rooms were trees filled with snowflakes and icicles; a decoupage garden tree with flowers, gardening tools, birds, and nests; and a children's tree with handmade dolls from years' past. A large green wreath with an owl graced the fireplace. Table-top decorations with "fairie" lights, silver ferns and sparkling branches were also prepared in time for the annual Holiday Party on December 14. Residents of all ages and all faiths were invited for a complimentary evening of delicious food, beverages and children's activities. The Garden Club's annual efforts build community spirit, for which residents and staff alike are appreciative. It is a celebration of joy in the holiday season.

For a number of years, the Garden Club of Chevy Chase has also worked with the National Center for Children and Families in Bethesda to brighten the holidays for their residents. Our contribution has been a one-day project of decorating the main living room of the Center with Christmas decorations. This project includes decorating a large tree and a large mantel and placing various greens and ornaments around the room. We also trimmed the front entrance with large wreaths and greens in planters. In addition, members of the Garden Club shopped for and donated personal gifts for the children and for each parent. This past December we had 11 parents and 29 children, ages 3 weeks to 14 years, for whom to provide. At the end of the day, when the children return from school, they participated in decorating mini artificial trees for each of their rooms and small wreaths for each of their doors. The festivities concluded with a party for all the residents when their gifts from the Garden Club were distributed by Santa. The smile on their faces is the gift they give back to us!



FINANCIAL FITNESS



Contrary to popular belief, leaving behind a legacy isn't solely about leaving an inheritance to your heirs. It's about passing on your core values, beliefs, and life experiences. You've worked hard to build your legacy; now how do you ensure it's passed on the way you wish? Per the Williams Group wealth consultancy, "70% of wealthy families lose their wealth by the second generation, and a stunning 90% by the third."

It's important to make sure a will, trust, power of attorney and medical power of attorney are established. We think it's important to make sure you are having a review of your portfolio, life goals, and your financial plan annually with your financial advisor. It's helpful to have what if scenarios built out in your financial plan to see how paying for college tuition will impact retirement, or if you had to care for a senior parent. This will demonstrate whether your portfolio can accommodate the unexpected. Teaching children the importance of financial stability will hopefully prevent you from having to cover any shortfalls.

As our parents age, it's important to get to know who handles their finances, who their physicians are and in the event they become incapacitated, who is designated as power of attorney. As we age, it is just as important to make sure our children know our wishes as well as who is designated to handle the affairs. Having a family meeting to discuss these financial and health affairs will assist in making sure everyone is aware and understands. It will also help aid in avoiding family turmoil and surprises. The account specifics don't have to be disclosed at this point unless you wish to.

When establishing a financial plan, you will want to take into consideration estate taxes. Do you want this passed onto your heirs or do you want your estate to cover it? Talk to your financial advisor to determine if an Irrevocable Life Insurance Trust or an Intentionally Defective Grantor Trust makes sense for your estate. We are here to partner with you in your journey.



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A ROOM FOR THREE SEASONS

Wentworth, Inc. Designed and Built a Multi-Use Porch for Enjoying the Picturesque Setting

home & design

By **Bruce Wentworth**, AIA, President of Wentworth, Inc.
Photos by **Geoffrey Hodgdon**

Originally from New England, the owners of the Washington, D.C. Colonial Revival home built in 1948 enjoy being outdoors, especially in the spring with their large south-facing garden overlooking cherry blossoms. They wanted to spend more time outside but had concerns about mosquitoes. So they sought our design/build firm to create a three-season porch where they can take in the views, sunlight and privacy in an ideal setting without the worry of insects.

Harmony

As with all remodeling projects, the Wentworth team considers the architectural harmony of a home and how a remodeling project will affect it. Led by Wentworth Project Architect Michael Mersch, AIA, the team designed the new 15' x 18' porch to be sympathetic to the home's style. The porch's gable roof maintains the same roof slope and gracefully joins the existing house, while

the new walls are detailed with pilasters and crown molding to be consistent with the Colonial Revival architecture. Walls of screened panels were designed in a rhythmic pattern leading the eye to the large clerestory and a new exterior stairway linking the backyard to the three-season room and a small deck that accommodates a propane grill.

Practicality

To extend the use of the new porch to three seasons, the design utilizes removable glass-like panels fitted over the screens that help control temperature, wind, pollen and snow. Elevated about 7' above the backyard to take advantage of the garden views, the area beneath the porch

includes a custom-built rack to store the removable storm panels in the summer. The wood and glass panels slide in and out from the rack for easy summer storage. The vinyl lattice enclosure below the porch gives the structure a more finished base and provides additional unobtrusive storage for lawn furniture and garden equipment. Within the porch are four ceiling-mounted Infratech electric heaters for those chilly months.

Style

Because the owners wanted a stylish porch that would complement the design of their upscale home, the Wentworth team incorporated distinct elements including a vaulted ceiling with a 9'-4" spring line

providing a sense of space, air flow and expansiveness. High-quality Zuri decking, decorative beams and beadboard ceiling treatments elevate the aesthetics of the porch experience.

Ventilation

Atop the porch's new gable roof is a central, modern-style 6' x 19" Weathershield clerestory window with electrically-operated awnings that take advantage of the naturally occurring air flow and ventilate the space at the touch of a button. Ten-foot-high screened walls on three sides of the porch allow cross breezes to gently

cool the space. Two Haiku paddle fans provide additional air movement when needed. The design of the porch projects 5' beyond the rear façade and presents views of adjacent trees and landscaping to the west. Because the porch extends farther than the house, it captures the natural west to east cross breezes that help cool the porch in summer months.

Furnishings

When the clients replaced their old deck with this new, slightly larger three-season screened porch, they also incorporated a small deck

area constructed of fireproof Fly ash from Boral TruExterior material to avoid any fire hazards. The porch is furnished with a glass-top table that seats six and two sofas with coffee table, all from Brown Jordan with Sunbrella upholstery and pillows. The seating area works well for reading, TV watching and napping, as well as taking in the views of the gardens and cherry blossoms.



For more information about remodeling, contact Bruce Wentworth, AIA, President of Wentworth, Inc. at **240.395.0705, x200**, or visit www.wentworthstudio.com.



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EARTH DAY

AT KEY SCHOOL

around the neighborhood

By **Claire Swift**, Key School PTA

Community partnerships were at work at Key Elementary School on April 22 for Earth Day as arborist Bill Eck of Bartlett Trees spent the day with Key School teachers and students teaching them about the life cycle of trees, the care of trees, and the importance of healthy trees for our environment.

PTA Green Committee organizer Emily Henderson introduced Key School administrators and science teachers to Mr. Eck, who recently helped treat the school's large Japanese Yoshino cherry blossoms for what is known as Shot Hole disease.

"Bill helped us care for our beautiful trees on campus and offered to work with our science teachers to plan an educational Earth Day," said Henderson. "His knowledge of different species of trees and what makes them special helped all of us have even more of an appreciation for the great function they have in the health and beauty of our school campus. The kids loved him!"

Students photographed trees with iPads, mapped trees on a site map and were present for the releasing of 18,000 pest-controlling ladybugs, welcomed predators that help control insects in the garden.

Saplings were distributed to the children as well. "I loved being able to plant my own tree in my own backyard," said second grader Robert Swift. "It was a Chinese maple tree."

Mr. Eck spent the day in the Key School outdoor classroom and butterfly garden, recently completed with all the elements to gain National Wildlife Association Endangered Species habitat certification. "Our outdoor classroom and butterfly garden was the perfect place to have a day of learning about trees with Bill Eck," said science teacher Amy Johnson. Science, offered twice a week at Key, is a highlight at Key School, where a robust outdoor garden and farmers' market, as well as the annual science fair are core components of the Key School experience. Next year the school will add a master gardener to the team.

Assistant Principal Bryan Riley noted, "As stewards of our environment, it is



important that our students understand how to care for the environment and take proactive measures to maintain it. A great time was had by all, and we look forward to celebrating next year and appreciate the partnership we have established with Bill Eck and Bartlett Trees," added Riley.

the new riviera

DUBROVNIK, THE JEWEL OF THE CROATIAN COAST

By N2 Staff Writer, **Tracy LaFon**

tour & travel

Nestled in the Adriatic Sea lies the Mediterranean's hidden gem. Croatia's coastal city of Dubrovnik is quickly becoming the destination for those seeking the ultimate Riviera retreat. Nicknamed "the Pearl of the Adriatic," this seaside city features an ancient towering wall, ample turquoise waters and lush, jade-tinted mountains.

Isolated from outsiders by restrictive governments for over 100 years, Croatia is a relative newcomer to the tourism business. Because of this, the area is not overrun with commercialized glitzy hotels and resorts, thereby preserving an unspoiled Mediterranean atmosphere. Accommodations are best enjoyed by renting a villa, vacation home or securing a room in the city's many B&Bs and privately offered rooms.

Shimmering Mediterranean seas draw many to this dazzling Eastern European Riviera. Lush greenery shades over many rich sand beaches. Other shorelines feature hidden coves with multi-colored pebbles that are lapped by warm crystal waters. Luxury yachts dot the harbor waiting to host a day or week at sea.

Visitors who choose to take a break from soaking up the sun and sea will find Dubrovnik has a variety of offerings. Indulgent spas, yacht excursions and vineyard tours provide the ultimate in relaxation, while sky-high cable cars, cliff dangling bars and island hopping provide plenty of excitement for the thrill-seekers.

Rich in 14th-century history, marbled streets, red terracotta rooftops, ancient castles and cathedrals transport visitors back in time. Tours offer insight into the unique secrets of Dubrovnik's renaissance history. Take a Wall Walk tour up, over and through the giant wall surrounding the city or safely wander Old Town, which bustles with businesses, restaurants, museums and local shops.



There are over one thousand Croatian islands and Dubrovnik offers excursions to a plethora of them. Lively beaches, romantic coves, cave explorations, and unspoiled nature trails are just a few island experiences to be had. One itinerary must-see for many is Lokrum Island. Here visitors find a 12th-century Benedictine monastery where local peacocks roam, as well as a salt-lake much like the Dead Sea.

For those who want to explore outside of the city, take the time for a day trip. Check out Croatian bazaars or mosques in quaint, cobblestone villages; sample local seafood in one of the many fishermen villages; or explore nature in the stunning cliffs and mountains near the border of Bosnia and Herzegovina.

A final itinerary feature: Dubrovnik is the shooting location of HBO's series *Game of Thrones*. There is a three-hour walking tour covering spots where the show's battle scenes take place or you can experience a meal in the famous Nautika Restaurant, which has an amazing view of the fictional Kings Landing.

Considered the New Riviera, Dubrovnik is a vacation gem not to be missed.

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March

local events

Thursday, February 9

KATIE MAHAN, PIANO

Where: The Mansion at Strathmore

When: 7:30 p.m.

American pianist Katie Mahan has won over audiences worldwide with her innovative musical personality, poetic interpretations, and graceful, charming stage presence. From Bach to Gershwin to Debussy to Bartók to her own daring, solo piano arrangements, Mahan shines. \$30

For more information: Visit <https://www.strathmore.org>

Saturday, February 11

CHRIS SMITHER

Where: The Music Center at Strathmore

When: 8:00 p.m.

Chris Smither is truly an American original. Over the last five decades,

he has honed his signature sound which is influenced by blues and folk as much as modern poetry and philosophy. A profound songwriter and a blistering guitarist, Smither is, as he puts it, a “one-man band to the bone!” Well-respected amongst his peers, a tribute album featuring artists like Bonnie Raitt, Josh Ritter, Dave Alvin, Loudon Wainwright III, and many more was recently released in Smither’s honor. This tour comes on the heels of Smither’s latest release, “Still On the Levee”, a career-spanning retrospective double album.

For more information: Visit <https://www.strathmore.org>

Wednesday, February 15

KODO DADAN 2017

Where: The Music Center at the Strathmore

When: 8:00 p.m.

Exploring the limitless possibilities of the traditional Japanese drum, the taiko, Kodo is forging new directions for a vibrant living art-form. Led by renowned artistic director Tamasaburo Bando, one of the world’s leading Kabuki masters and a recognized Japanese Living Treasure, the athletic performers of Kodo honor and reimagine centuries-old Japanese musical and theatrical traditions. \$35-\$75

For more information: Call 301.581.5100

Saturday, February 18

PLAY IN A DAY

Where: Imagination Stage

When: 8:00 p.m.

Six professional Washington, D.C. area theatre companies will write, direct, rehearse and perform original plays based on similar themes in only 24 hours. The plays will be presented at the 13th annual Play In A Day, a one-of-a-kind event produced by the Bethesda Urban Partnership and Bethesda Arts & Entertainment District, on Saturday, February 18, 2017 at 8 p.m. at Imagination Stage’s Lerner Theater.

For more information: Call 301-215-6660

Thursday, February 23

LUNAFEST: PRESENTED BY GIRLS ON THE RUN AND THE FITCENE

Where: Suburban Hospital Auditorium

When: 6:30-9:00 p.m.

Join us for a thought-provoking evening of extraordinary story telling! LUNAFEST celebrates and inspires individuals passionate about women’s issues through a series of 9 award-winning short films written by, for and about women. Topics range from women’s health, relationships, cultural diversity, breaking barriers and more. Bubbly and Cupcake included in ticket price. \$20-\$60

For more information: Call 301-215-6660

lawn & garden

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

give your garden a haircut!

After being cooped up inside all winter and itching to get back in the garden, you finally have a reason to head outdoors: It’s time to give your garden a haircut!

pruning 101

If you are looking to rejuvenate your garden with lush, hearty plants, then get out your garden shears! Pruning is essential for controlling a plant’s size and shape, removing dead or diseased limbs, and increasing the number of blooms and quality of fruit produced by your trees and shrubs. As the above-ground portion of a plant is pruned and becomes smaller relative to the size of its roots system, the plant’s stored energy and nutrients create a flourish of regrowth. Pruning also keeps trees and shrubs healthy by warding off pests and disease and by allowing air and sunlight to reach the center of the plant.

the time is right

March is the ideal time to prune your summer-blooming deciduous trees and shrubs because it is after the harshest winter weather has passed but before the burst of spring leaves. A good rule of thumb is that if a plant blooms before May 1, then prune it after it blooms, but if a plant blooms after May 1, then prune it in late winter to early spring. The latter category of trees and shrubs should never be clipped in the fall because pruning stimulates new growth at the time they are entering their dormant cy-

cle, and fall pruning leaves plants vulnerable as the temperature drops. Also, try to prune in dry conditions to reduce the risk of spreading potentially harmful microbes that thrive in moisture.

chop, chop!

Using sharp, clean garden shears, begin by pruning off any dead, diseased or damaged branches. If there are two branches crossing over and rubbing one another, prune off the smaller branch. Always cut branches back to their point of attachment to the parent branch or at the branch collar, which is the area of raised bark at the base of a branch. Don’t leave unsightly “stubs,” as they invite disease and are an eyesore for the neighbors! As you continue pruning, it is best to follow the plant’s natural shape. Use caution pruning heavy branches by removing one small section at a time so that its weight does not cause damage – to you or the plant – as it falls. Stop and call a professional if you need to prune trees near power lines or after a storm when there may be unstable branches overhead.

Do you want to prep your garden for a spectacular summer showing? Sharpen your shears and get pruning!

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healthy
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HEALTH BENEFITS TO OWNING A PET

By N2 Staff Writer, **Elizabeth McCabe**

Wet kisses. Constant companionship. A wagging tail. These are just a few of the health benefits of owning a four-legged friend. Fortunately, this is just the beginning. Owning Fido or Fluffy can offer health benefits that you might not have even considered.

Stress Reduction

Are your stress levels out of control? Play with a dog or a cat. In doing so, you will elevate your levels of serotonin and dopamine, which will help you feel calm and relaxed. A pet can also help decrease loneliness. Pet owners often consider their pet a member of the family and treat their dog or cat accordingly. Even petting a cat or a dog can help one feel more relaxed.

Reduce Your Blood Pressure

If you suffer from high blood pressure, get a pet. According to the Centers for Disease Control and Prevention, having a pet around can lower blood pressure. This is especially true for those who are hypertensive. How is this possible? In short, stress reduction lowers blood pressure and anxiety. The unconditional love of a pet can positively impact your health.

Improve Your Heart Health

According to the American Heart Association, owning a pet (especially a dog) is linked to a reduced risk for heart disease. Plus, dogs can encourage exercise. Walking a dog contributes to increased physical activity, which translates into improved cardiovascular health. It's no surprise that dog owners are more likely to exercise daily versus those who don't own a pet. One study showed that dog owners walk 30 minutes more a week than before owning a dog.

But don't leave cats out of the picture. According to the veterinary consultant for GMA, Marty Becker, DVM, you can decrease



your risk of a heart attack by 30 percent by owning a feline and reduce your risk of a stroke by 40 percent. All the more reason to rescue a FURever friend.

Don't underestimate the health benefits from owning a pet. Rover or Rufus can directly impact your health. Not to mention the social benefits – dogs can help their owners meet friendly faces in their neighborhood. People can learn a lot from their pets too: live in the present; don't worry about tomorrow.

If you don't own a pet, consider getting one and do your health a favor in the process.



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She was voted one of the Washington, DC metropolitan area's best alternative healthcare providers by Washingtonian magazine.

If you are searching for a balanced approach to your health, consider Helena Amos. Dr. Amos received her M.D. in Europe and is a licensed acupuncturist. While practicing as a medical doctor, she participated in a seven year acupuncture and natural medicine apprenticeship taught by distinguished doctors from China. She completed three years of Master's level acupuncture in England and the USA. She continues to receive advanced level training in acupuncture, homeopathy, herbology, nutrition, homotoxicology and detoxification.

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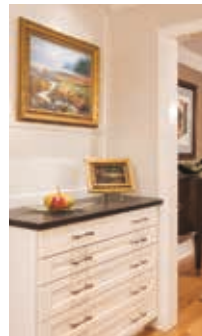
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