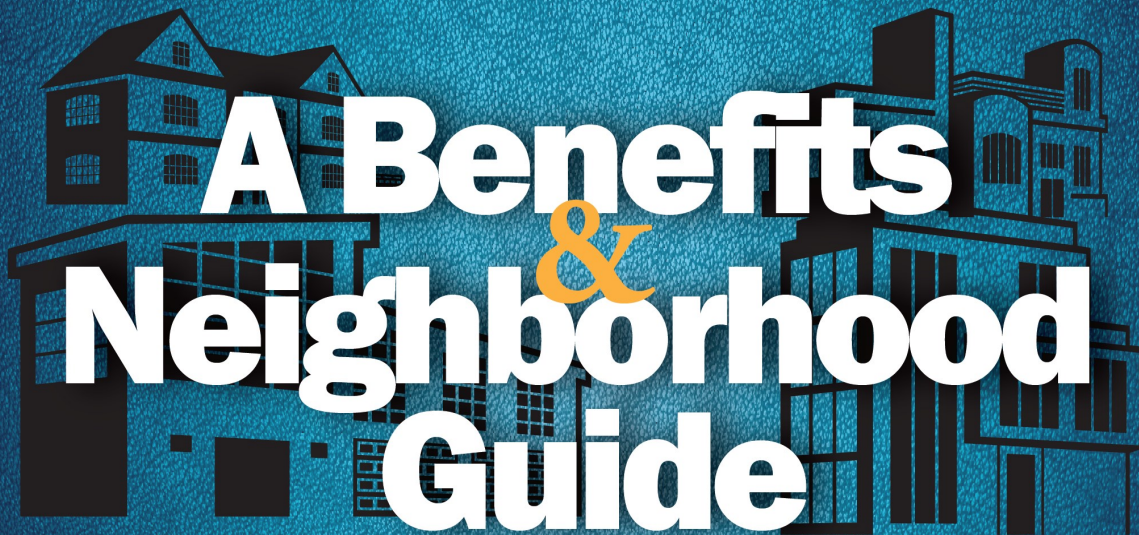


Working for FDA's

*Center for Drug Evaluation
and Research*



A Benefits & Neighborhood Guide

WELCOME

WHITE OAK WORK LIFE

BENEFITS

HOMES

SCHOOLS

DINING

ARTS & CULTURE

EVENTS

RECREATION & OUTDOORS



WELCOME

We are proud to introduce you to the Center for Drug Evaluation and Research (CDER) at the U.S. Food and Drug Administration. We have compiled this informative guide to acquaint you with the benefits of working at CDER, as well as the benefits of living in the Washington DC Metropolitan Area. We hope you enjoy your stay with us.

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WHITE OAK WORK LIFE

WORK LIFE PROGRAMS

Programs and sponsored projects managed by the Work Life Branch provide employees the opportunities to strike a balance between personal and professional lives. The Work Life Branch focuses on providing a positive work experience by offering programs such as the Employee Assistance Program, Nursing Mother's Program, Childcare and more. Projects such as Bring Your Child to Work Day, the White Oak Classic and others enhance the quality of work life of FDA employees.

Credit Union on White Oak Campus

FedFinancial FCU was founded in 1935 under the name Public Health Service Federal Credit Union, serving a subset of employees of what is now the U.S. Department of Health and Human Services. Today our charter allows us to serve all U.S. civilian government employees, retirees, their family members and housemates throughout the Washington, DC and Baltimore, MD metropolitan areas. We are a full-service financial institution offering savings, checking, credit cards, mortgages, home equity loans, home equity lines of credit, auto loans and more.

Hours of Operation: Monday thru Friday 9:00 am to 3:00 pm
(Except every fourth Wednesday monthly: 12:30 pm - 3 pm)
Website: <https://fedfinancial.org/>

Employee Assistance Program (EAP)

Confidential no-cost services are available to employees and/or their dependents and household members on-site at the White Oak Office. Counselors are also available at various sites in the DC area and throughout the country. For an appointment located at White Oak, you can call the National Service Center EAP number at 1-800-222-0364 (available 24/7).

Services Include:

- Telephone Counseling and Crisis Assistance 24/7
- Assessment, Referral, & Case Management
- Health and Wellness Presentations
- Short-term Individual Counseling (up to 6 sessions)

White Oak Campus Shower Facility

The FDA White Oak Campus has 13 shower facilities at the following locations available for use by our employees.

Building 22

Men's - Room G-4A
Women's - Room G-4B

Building 32

Men's - Room G1C43
Women's - Room G1C41

Building 51

Men's - Room G1C11
Women's - Room G1C13

Building 62

Men's - Room G202
Women's - Room G204

Building 64

Unisex Bathroom – Located directly off the tunnel entrance to the building (no posted room number).

Building 66

Men's - Room G6C05
Women's - Room G6C07

Building 75

Men's - Room G5C12
Women's - Room G5C11

White Oak Winners Child Care Center (WOW)

Hours of Operation: Monday thru Friday 6:30 am to 6:00 pm
Child Care Provider: Executive Childcare Development Center (ECDC)
Center Director: Carol Reynolds
Ages: 6 weeks to 5 years old
Center Phone Number: (240) 402-9691
For Waitlist information contact the center directly.

FDA Employee Recreation Association

The FDA Employee Recreation Association sponsors a Farmer's Market, Discounted Tickets, Bargain Travel and Clubs. The Farmer's Market provides employees the opportunity to sample local produce in Bldg 32/51 Courtyard each Tuesday from 11:00 am to 2:00 pm between the months of May and October. The Clubs include: Weight Watchers, Golf Club, Toastmasters Club, Volleyball and Softball. Additional clubs are being added.

Website: <http://recgov.org/fda/>

Fitness Center

FDA and the Federal Occupational Health (FOH) have partnered together and are prepared to help you with your fitness needs at the White Oak Fitness Center. FOH staff will help you identify your fitness goals, provide exercise instruction and keep you motivated while you work toward a healthier you. The Fitness Center is equipped with the latest LifeFitness brand equipment, with a full line of cardiovascular, strength training and free-weight equipment. Various classes are offered including: Strength Training, Zumba, Body Pump, CX Works, Boot Camp, Yoga, Abs & Lower Back and more! Get started today and enjoy the benefits of a healthy body and a healthy heart!

Hours of Operation: Monday thru Friday 5:30 am to 8:00 pm

Membership: Open to all badged FDA, GSA and AEDC personnel

Prices: \$20 per month

Phone Number: 301-796-2334

FDA Nursing Mother's Program

The Food and Drug Administration Auxiliary Programs Management Branch continues to strive to improve the balance of work and personal life for the employees of FDA. In doing so a Nursing Mother's Program has been implemented for employees who choose to breast feed their babies. The program was developed to provide FDA's nursing mothers with a private, sanitary, onsite location to continue the benefits of breastfeeding for mothers and child without adding stress to their already busy life. There are seven locations on the White Oak campus.

Telework Program

Telework provides eligible managers and employees a flexibility that may help balance work/life while reducing commuting costs, pollution and decreasing the agency's space footprint. The Office of Personnel Management defines telework as "work arrangements in which an employee regularly performs officially assigned duties at home or other worksites geographically convenient to the residence of the employee". Telework (or flexi-place) is simply a way of getting work done from a different location. The Center for Drug Evaluation and Research (CDER) currently has 2,933 active civilian and commissioned corps officer Telework participants, the second highest in Telework participation within the FDA.

WORK LIFE PROJECTS

Bring Your Child to Work Day (BYCTWD)

The BYCTWD event encourages children to think about their future careers and get a glimpse of their parent's work life. Children, ages 8 and up, and their parents will be able to choose from more than 20 seminars, activities, games, and tours on a first-come, first-served basis. This annual event occurs each April and volunteers are always welcome.

BENEFITS

RETIREMENT

Federal Government Retirement System (FERS)

FERS is a three-tiered retirement plan, which includes Social Security Benefits, the Basic Benefit Plan, and the Thrift Savings Plan (TSP). As a CDER employee, you pay full Social Security taxes and a small contribution to the Basic Benefit Plan. In addition, CDER puts an amount equal to 1% of your basic pay each pay period into your TSP account. You are able to make tax-deferred contributions to the TSP, which are matched by the Government. If you are being rehired and worked in the federal government prior to December 31, 1983, you may be covered by the Civil Service Retirement System (CSRS) or CSRS Offset. If this is the case, you should consult a benefits specialist.

Social Security Benefits

Social Security is a national system of benefit payments to those who qualify under the Old Age Survivors and Disability Insurance (OASDI) programs of the Social Security Act. During working years, all working persons pay Social Security taxes. When their earnings stop, or are reduced due to retirement, disability, or death, monthly cash benefits are paid to replace part of the earnings the employee and the family have lost.

Basic Benefit Plan

The Basic Benefit Plan is a monthly annuity benefit, which is calculated as: the value of 1% of the average of your highest basic pay over three years (“high-3 average pay”), multiplied by your years of federal service. The plan includes survivor and disability benefits. Basic benefits can apply under the following conditions: immediately after retirement, postponed after retirement, early retirement, and deferred retirement. All conditions are subject to age and years of service qualifications. That is, if you retire before meeting age and years of service qualifications, your

benefits will be reduced. To receive any benefits from the Basic Benefit Plan upon retirement, you must have at least 5 years of creditable civilian service. Survivor and disability benefits are available after 18 months of service. Your contribution to the Basic Benefit Plan is equal to the difference between 7% of your basic pay and Social Security's OASDI tax rate (0.80%). You can be refunded for your contributions if you leave Federal employment, however, you will no longer be eligible for benefits and you cannot redeposit your refund.

Thrift Savings Plan (TSP)

TSP is a tax-deferred retirement savings plan that resembles the private sector's 401(k) plans. There are three types of contributions to TSP: an automatic 1% agency contribution, employee contributions, and agency matching contributions. Your contributions to TSP are under your control and are optional. However, they are a major component of the retirement system. It should be noted that TSP contributions are made before Federal and most state income taxes are calculated, and that you are not taxed on earnings from TSP.

INSURANCE PROGRAMS

Federal Employees Health Benefits Program (FEHB) The FEHB program is a voluntary health insurance program offered to permanent Federal employees and employees with appointments of more than one year. The program offers coverage under fee-for-service plans and health maintenance organizations (HMO) plans, as well as consumer-driven and high deductible plans. Coverage is extended to retirees and dependents.

A summary of available plans and brochures from which you may choose are available on OPM's Federal Employees Health Benefits Program page. Times to enroll in FEHB include: within 60 calendar days of your appointment, during Federal Benefits Open Season in November- December, or when you experience a Qualifying Life Event (QLE). Marriage or birth of a child are two examples of QLEs. Retirement is not a QLE. Further details on life events are available on OPM's website at <http://www.opm.gov/insure/lifeevents/index.asp>.

Premium Conversion is a “pre-tax” arrangement under which the part of your salary that pays for health insurance premiums will be non-taxable. If you enroll in health insurance, you will be automatically enrolled in premium conversion, although you may waive this option. You can also use your Health Care Flexible Spending Account or Limited Expense Health Care Flexible Spending Account with FEHB. Premiums for enrollment are shared with the FDA or your retirement system.

Federal Employees’ Dental and Vision Insurance Program (FEDVIP)

FEDVIP is a voluntary program that provides you with supplemental dental and/or vision insurance coverage if your FEHB plan does not already include dental or vision insurance. Although separate from FEHB, FEDVIP is similar to FEHB in that it is subject to the same enrollment times, employees eligible for FEHB are eligible for FEDVIP, you can use a Flexible Spending Account, and FEDVIP extends to most dependents. FEDVIP is always secondary to FEHB, and coordination of benefits with FEHB is required. Unlike FEHB, there is no Government contribution to FEDVIP—you pay the entire premium.

Federal Flexible Spending Accounts Program (FSAFEDS)

The Federal Flexible Spending Accounts Program (FSAFEDS) allows you to pay for certain health and dependent care expenses with pre-tax dollars, incur eligible expenses, and get reimbursed. You may choose to make a voluntary allotment from your salary to your FSAFEDS account. FSAFEDS is subject to Federal Benefits Open Season, but unlike FEHB and FEDVIP, enrollment is not continuous—you need to re-enroll every year. If you do not incur eligible expenses or file timely claims, you will lose your contribution to the account. All three FSAs have a minimum election of \$250 and a maximum election of \$5,000.

- A** Health Care FSA (HCFSA) allows pre-tax reimbursement of eligible medical costs not covered or reimbursed by insurance, such as co-payments and over-the-counter medicines. Federal employees eligible for FEHB may enroll in the HCFSA. However, if you are enrolled in a High Deductible Health Plan with a Health Savings Account, you cannot enroll in a HCFSA. You have the option of electing a LEX HCFSA.
- B** Limited Expense Health Care FSA (LEX HCFSA) is used in place of HCFSA if you are enrolled in a High Deductible Health Plan with a Health Savings Account. LEX HCFSA allows you to submit eligible dental and vision expenses only. LEX HCFSA can be used in addition to the HCFSA.
- C** Dependent Care FSA (DCFSA) allows pre-tax reimbursement for eligible dependent care expenses that are necessary to allow you or your spouse to work, look for work, or attend school full-time.

Federal Employees' Group Life Insurance Program (FEGLI)

The FEGLI program is a voluntary term life insurance program offered to permanent employees and employees with appointments of more than one year. The program offers Basic life insurance, Standard (Option A), Additional (Option B) and Family (Option C). It is not part of Federal Benefits Open Season. As a new employee, you are automatically covered for Basic life insurance, and the appropriate cost for this coverage will be deducted from your pay beginning with your first paycheck unless you to waive coverage. If you wish to waive coverage, you must do so before the end of your first pay period. You must have basic coverage if you wish to elect optional coverage. The Government pays one third of the cost of basic coverage, but none of the cost of optional coverage.

- A** Basic life insurance is equal to the value of your annual salary rounded up to the nearest \$1,000, plus \$2,000.
- B** Standard is \$10,000 of insurance.
- C** Additional is 1, 2, 3, 4, or 5 times your annual rate of basic pay rounded up to the nearest \$1,000.
- D** Family is coverage for your spouse and all dependent children, with 1, 2, 3, 4, or 5 multiples. Each multiple is equal to \$5,000 for your spouse and \$2,500 for each dependent child.

Federal Long Term Care Insurance Program (FLTCIP)

The Federal Long Term Care Insurance Program (FLTCIP) provides long-term care services such as home care, adult day care, and facility care. FLTCIP is not subject to Federal Benefits Open Season, and an application is required to enroll. New employees can have an abbreviated application within 60 days of their appointment date, while applications at other times require a longer application with a review of medical information. FLTCIP extends to spouses and family members. You pay your premiums, and can keep your FLTCIP coverage if you are no longer in an eligible group.

LEAVE

Annual Leave

Annual leave is available for vacations or personal time. New employees earn 4 hours of annual leave bi-weekly for a total of 13 days per year. Annual leave accrual increases to 6 hours bi-weekly after 3 years of Federal service, and 8 hours bi-weekly after 15 years of Federal service. Part time employees earn annual leave on a pro-rated basis. In addition, there are 10 paid holidays per year. Employees who are members of the Senior Executive Service (SES) earn 8 hours per pay period regardless of years of Federal service.

Sick Leave

Sick leave is available for personal medical needs, care of a family member, and adoption-related purposes. Federal employees earn 4 hours of sick leave bi-weekly for a total of 13 days per year. Part time employees earn sick leave on a pro-rated basis.

Voluntary Leave Transfer Program (VLTP)

One of the many work and family/life services available to CDER employees is the Voluntary Leave Transfer Program (VLTP). It allows participating Federal employees to share their accrued annual leave with other employees who are faced with economic hardship because of insufficient leave to cover a medical or family medical emergency.

HOMES

The area surrounding CDER boasts some of the finest neighborhoods and best addresses in the country. As the Nation's capitol, the Washington DC Metropolitan area is a unique and vibrant city with a variety of appealing options. The following is merely an introduction to some of DC's neighborhoods. Whether you are looking for a suburban home where you can walk your kids to premier schools, or an urban apartment in the heart of the city, the Washington DC area has it all.

NEIGHBORHOODS

Frederick 42 miles Northwest of White Oak



Annapolis
32 miles East
of White Oak

Map not to scale

MARYLAND

- 14 SILVER SPRING
- 15 COLUMBIA
- 16 ELLICOTT CITY
- 17 OLNEY
- 18 BETHESDA
- 19 CHEVY CHASE
- 20 ROCKVILLE
- 21 POTOMAC
- 22 CABIN JOHN/GLEN ECHO
- 23 GAITHERSBURG
- 24 NORTH POTOMAC/DARNESTOWN
- 25 GERMANTOWN
- 26 FREDERICK
- 27 LAUREL

MONTGOMERY COUNTY, MARYLAND

SILVER SPRING

Population 71,452

Median age 33.8

Median annual household income \$72,954

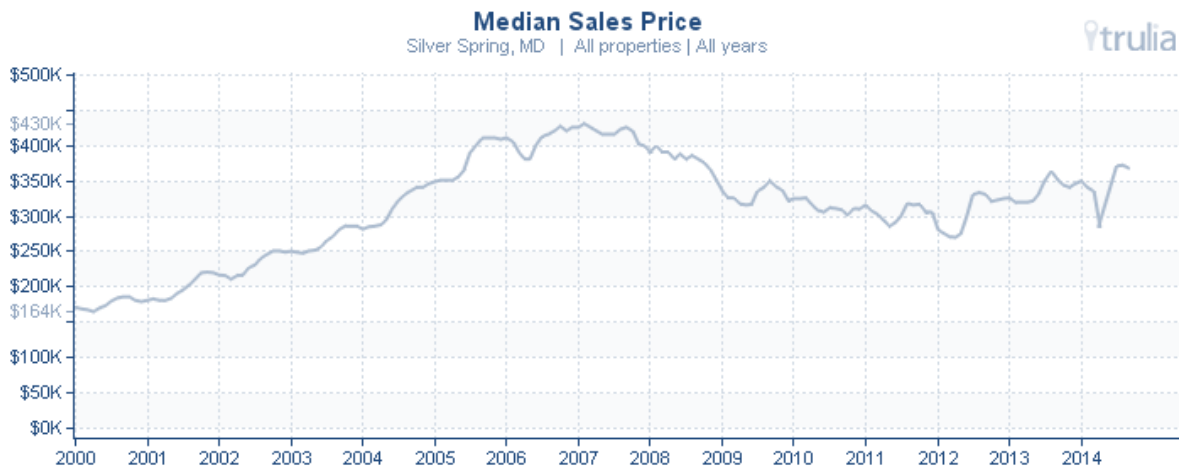


Image source: silverspringcenter.com

Silver Spring is in Montgomery County and is the second largest city in Maryland. Silver Spring contains both urban and suburban areas and is located right outside Washington, DC.

Silver Spring was named by Francis Preston Blair, who found a Mica flecked sparkling spring in the immediate Silver Spring area. Blair, who came to Maryland from Kentucky to publish a newspaper in support of President Andrew Jackson, found the spring while horseback riding in 1842. Enchanted with the spot, he built his summer home, also called "Silver Spring." Although the spring no longer exists, it is now commemorated in Acorn Park at 8060 Newell St.

Since 2000, Silver Spring's downtown community has enjoyed an expansive redevelopment with popular attractions, entertainment, art, and restaurants .

HOWARD COUNTY, MARYLAND

COLUMBIA

Population 99,615

Median age 37.6

Median annual household income \$98,529

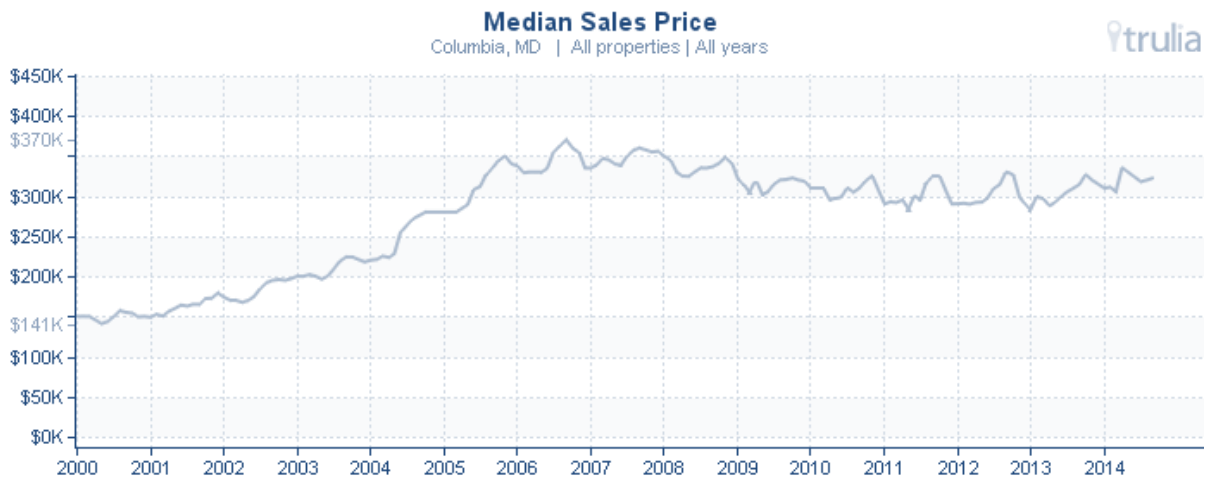


Image source: visithowardcounty.com

Columbia is a planned community comprising 10 self-contained villages, located in Howard County, Maryland—the second wealthiest county in the United States, according to 2013 U.S. Census Bureau figures. It began with the idea that a city could enhance its residents' quality of life. Creator and developer James W. Rouse saw the new community in terms of human values, rather than merely economics and engineering. Opened in 1967, Columbia was intended to not only eliminate the inconveniences of then-current subdivision design, but also eliminate racial, religious, and class segregation.

Columbia proper consists only of that territory governed by the Columbia Association, but larger areas are included under its name by the U.S. Postal Service and the Census Bureau. These include several other communities which predate Columbia, including Simpsonville, Atholton, and in the case of the census, part of Clarksville.

HOWARD COUNTY, MARYLAND

ELLICOTT CITY

Population 65,834

Median age 40.6

Median annual household income \$114,769

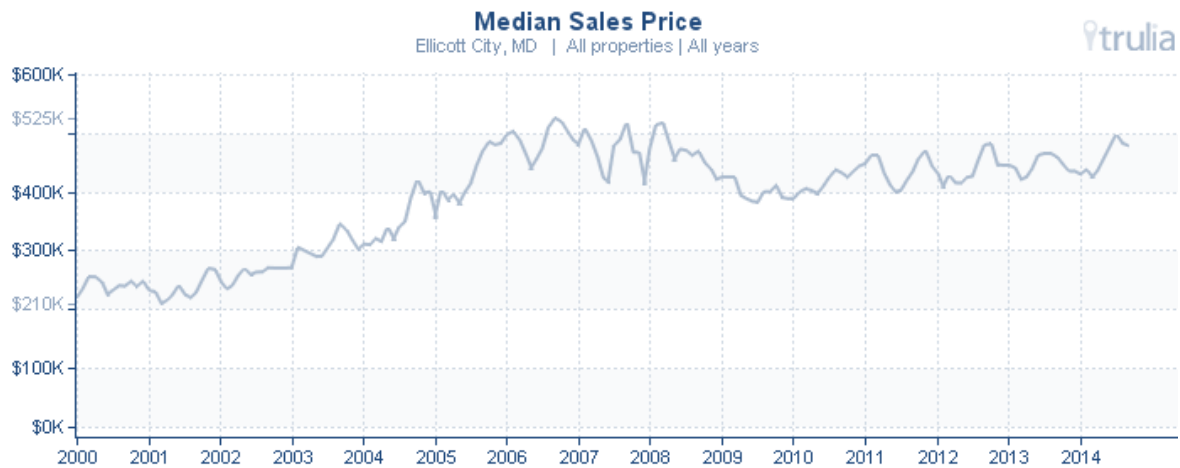


Image source: citydata.com

Ellicott City is a five-block historic district in Howard County, Maryland that is nestled in the scenic hills above the Patapsco River. Founded in 1772, the town has an old world charm and offers unique shopping and dining destinations. Ellicott City is also home to the oldest railroad station in the U.S., the last operating grist mill in Maryland and the first federally funded highway.

The historic town is located about 11 miles west of Downtown Baltimore and 30 miles northeast of Washington DC.

MONTGOMERY COUNTY, MARYLAND

OLNEY/SANDY SPRING/ BROOKEVILLE

Population 33,844

Median age 42

Median annual household income \$124,891

Households with children 48%

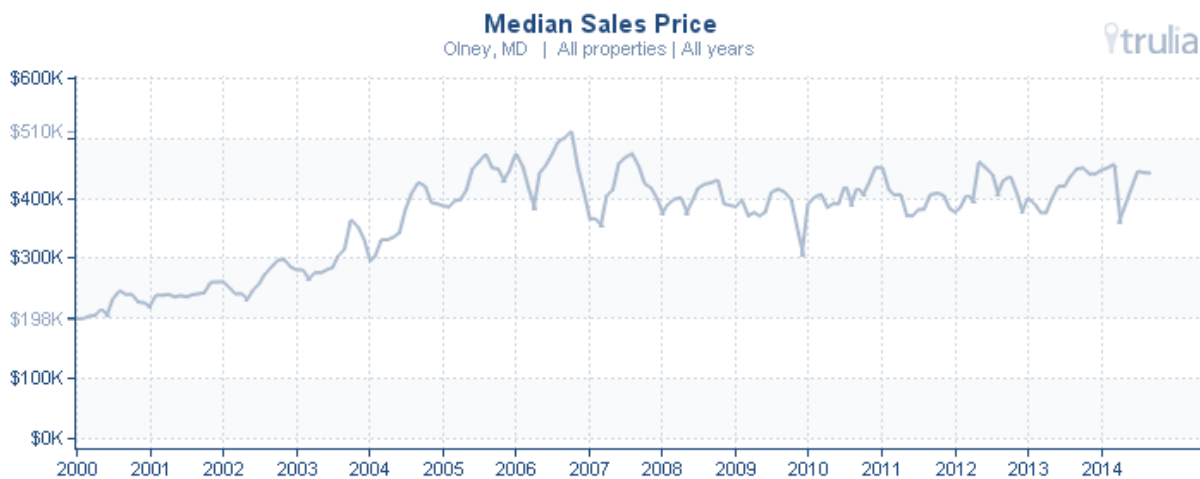


Image source: olneymd.org

Olney, a census-designated place and an unincorporated area of Montgomery County, Maryland, is located in the north central part of the county, 20 miles (32 km) north of Washington, D.C. It was largely agricultural until the 1960s, when growth of the Washington suburbs led to its conversion into a mostly residential area. As generally defined, Olney had a total population of 31,438 in the 2000 U.S. Census. In July 2007, Money magazine ranked Olney as 17 (the highest ranked town in Maryland) out of the top 100 in its "America's Best Places To Live" edition. In August 2013, Olney appeared again as #22 in Money magazine's "Top-earning towns" edition of "America's Best Places to Live."

MONTGOMERY COUNTY, MARYLAND

BETHESDA

Population 60,858

Median age 42.7

Median annual household income \$141,817

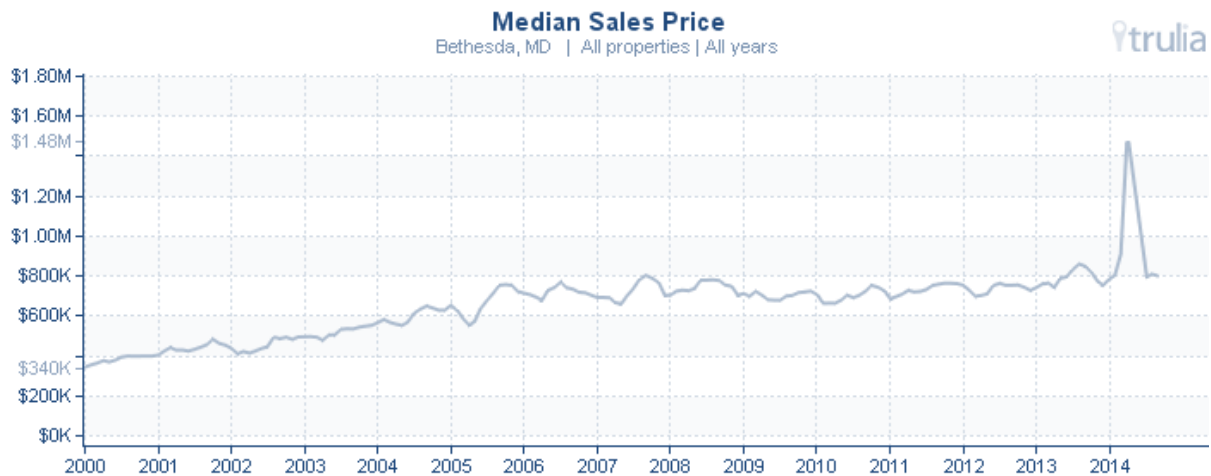


Image source: bethesdarow.com

Bethesda is located in Montgomery County, Maryland, and is one of Washington D.C.'s most affluent suburbs. Bethesda is well known as a restaurant destination, but it also features the Bethesda Arts & Entertainment District and events such as the Bethesda Fine Arts Festival. Outside the downtown area, which features luxury condos, Bethesda real estate is characterized by older homes that are known to retain their value.

Several major employers call Bethesda home: the National Institutes of Health, Walter Reed National Military Medical Center, as well as the corporate headquarters of Marriott International and Lockheed Martin. Getting to and from Bethesda is easy as the city is served by both the Bethesda and Medical Center stations on Metro's red line. Bethesda residents are also some of the most highly educated people in the nation. Not surprisingly, a number of excellent public schools are located in Bethesda, making it ideal for families with school-age children.

MONTGOMERY COUNTY, MARYLAND

CHEVY CHASE

Population 9,545

Median age 44.9

Median annual household income \$157,802

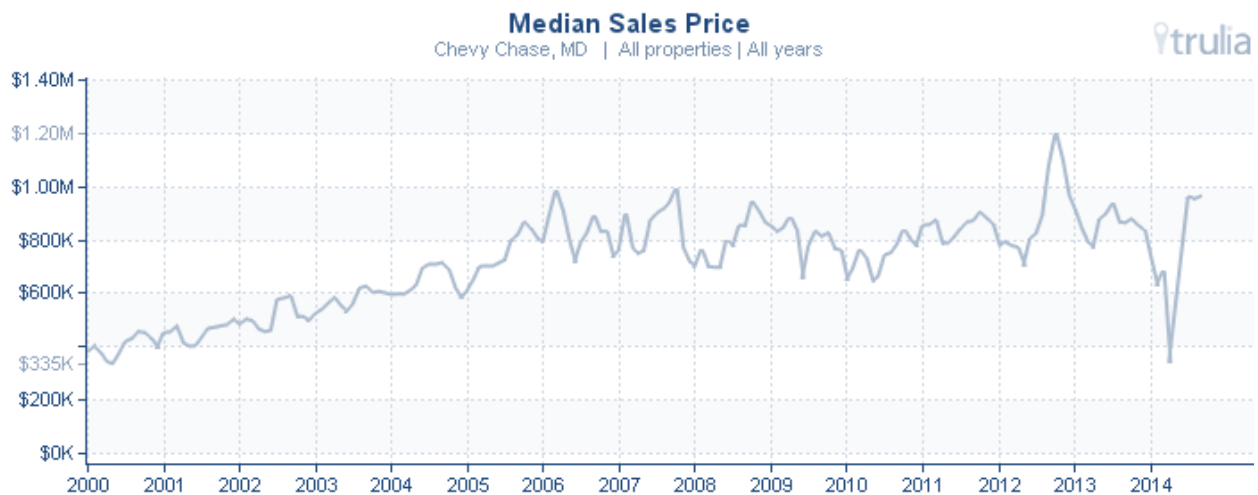


Image source: chevychaseliving.com

Chevy Chase, Maryland lies within walking distance of Northwest Washington D.C. This community of nearly 120,000 residents offers a quieter, more serene alternative to D.C. without sacrificing most of the amenities of its big city neighbor. Chevy Chase real estate sits among some of the best shopping and dining options in the greater D.C. region, as well as numerous hotels and cultural offerings to accommodate overflow from the nation's capital.

Three Metro stations on the red line service the largely residential area. Real estate in this affluent neighborhood includes Colonial style single family homes, Federal style townhouses, and remodeled ramblers. For many people looking to buy a home in Washington D.C., Chevy Chase real estate is a desirable option.

MONTGOMERY COUNTY, MARYLAND

ROCKVILLE

Population 61,209

Median age 39.9

Median annual household income \$97,667

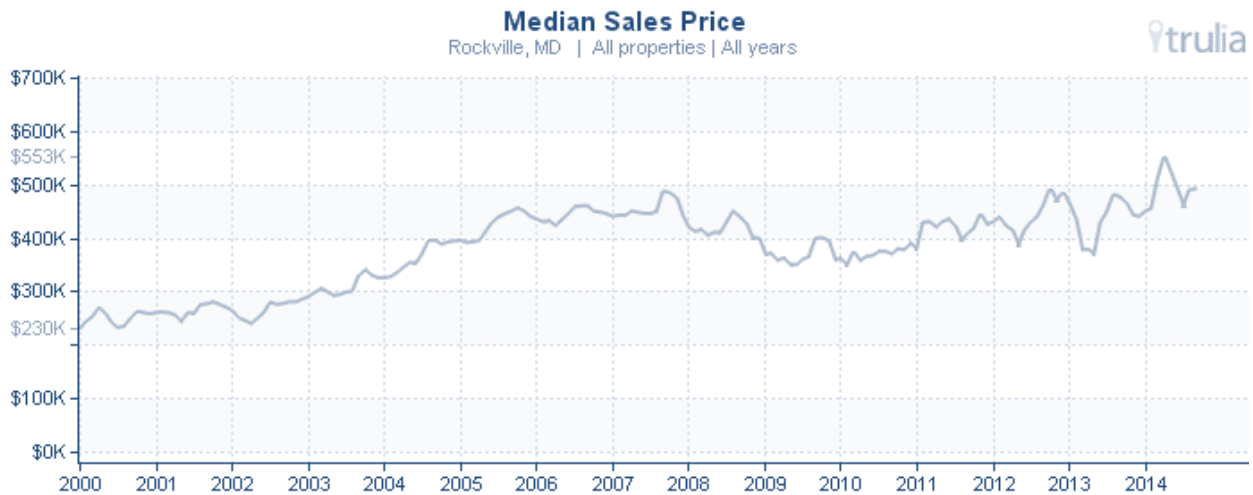


Image source: terrain.org

With its city center just 17 miles northwest of FDA's main campus, Rockville is an ideal location for those who value a short commute by either car or Metro (the Washington area's subway). Rockville is a medium-sized community that affords both the amenities of a cosmopolitan city while still being family-friendly. Rockville's excellent public schools make it a perfect environment to raise children. Scientists and other professionals make up nearly 90 percent of Rockville's workforce.

Rockville is at the core of the Interstate 270 Technology Corridor, which is home to numerous software and biotechnology companies, as well as several federal government institutions. The city also has several upscale regional shopping centers and is one of the major retail hubs in Montgomery County.

MONTGOMERY COUNTY, MARYLAND

POTOMAC

Population 44,965

Median age 46

Median annual household income \$173,289

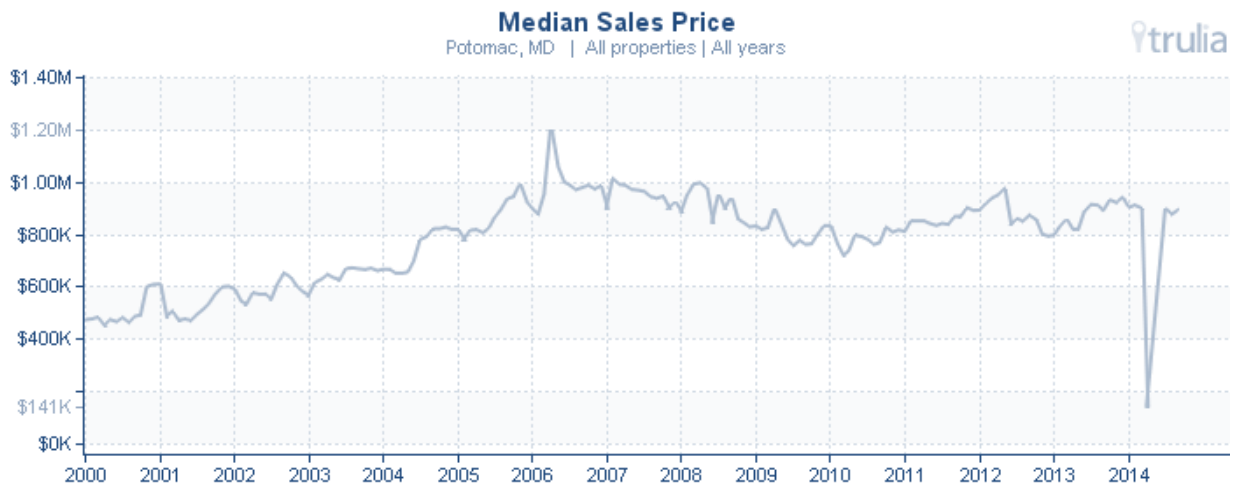


Image source: nps.gov

Potomac is located about 15 miles northwest of Washington, D.C. and is named for the river it borders. Potomac real estate, however, is not just for water lovers. Because of the area's rolling hills and large lots, many Potomac real estate owners are also horse owners. All forms of recreation can be enjoyed at the popular and scenic Great Falls National Park, part of which is located in the Potomac area.

Potomac real estate is home to some of the state's—and the nation's—wealthiest neighborhoods, such as Falconhurst, Bradley Farms, Palatine, and the golf community of Avenel. The most affluent homes are tucked in and around Potomac Village, a local shopping district featuring upscale shops and restaurants. Essentially all Potomac real estate is considered desirable, and large, single-family, million-dollar homes dominate the area. Many Potomac real estate owners are, in fact, retirees who appreciate the proximity of Washington D.C. but prefer the natural beauty of this picturesque suburb. Commuters are also drawn to Potomac real estate; several professional athletes, CEOs, and members of the media are area residents.

MONTGOMERY COUNTY, MARYLAND

CABIN JOHN/GLEN ECHO

Population 2,280

Median age 50.1

Median annual household income \$188,242

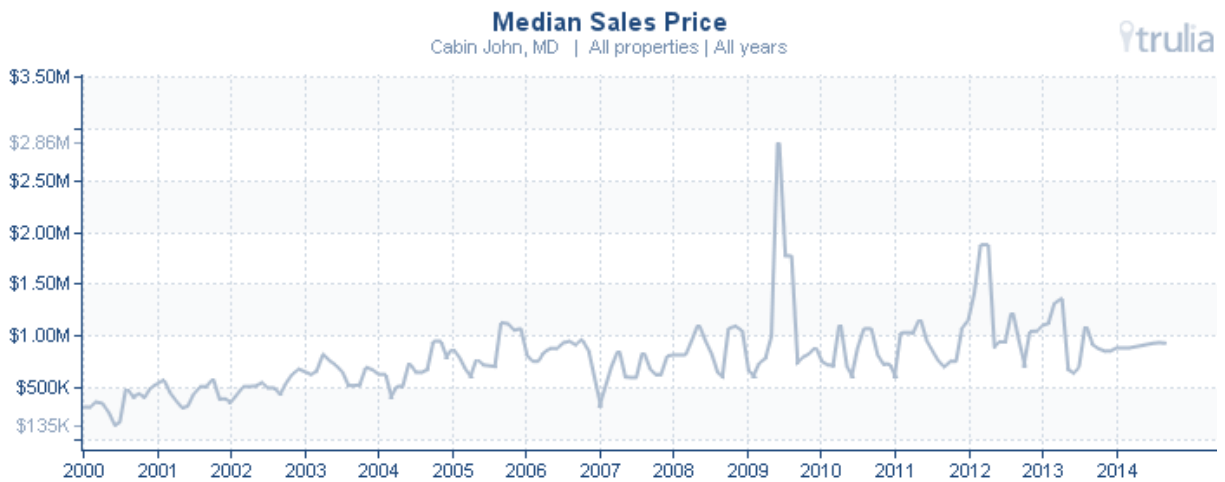


Image source: washingtonconservatory.org

Cabin John and Glen Echo lie along the Potomac River. The two closely-connected neighborhoods resemble their larger neighbors of Potomac and Bethesda in many ways, but what sets Cabin John and Glen Echo apart are their secluded, old-world, wooded beauty. The founders of Glen Echo described it in an 1888 advertisement as, "Glen Echo on the Potomac: The Washington Rhine." Closely following the Potomac River, the Chesapeake and Ohio National Historic Park passes through both neighborhoods. Glen Echo is notable for its national historic sites: Glen Echo Park (a historic amusement park), and the Clara Barton National Historic Site. Originally a Chautauqua retreat, Glen Echo Park is frequently a venue for arts and cultural classes, such as pottery and dance.

MONTGOMERY COUNTY, MARYLAND

GAITHERSBURG

Population 59,933

Median age 34.8

Median annual household income \$81,178

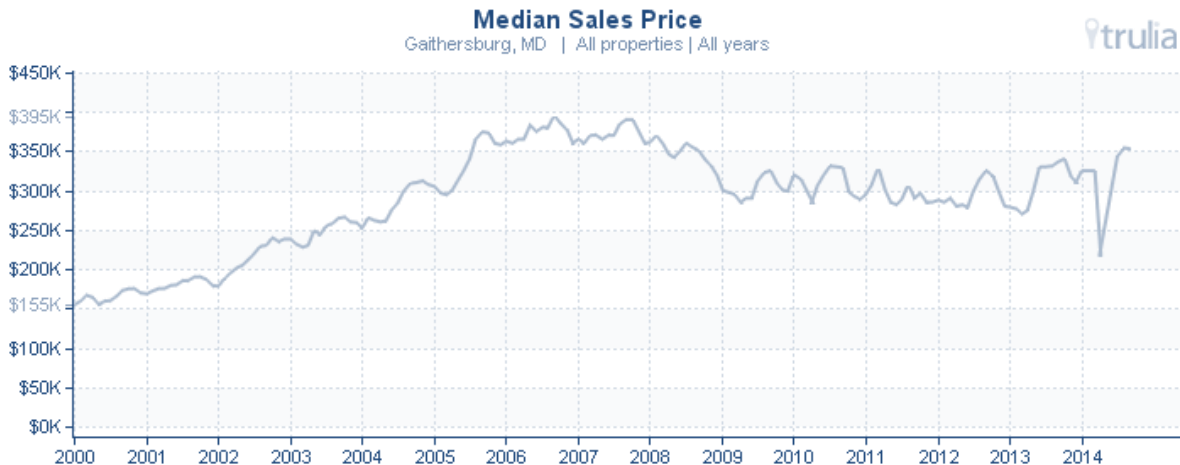


Image source: riowashingtonian.com

With just over 60,000 residents located in the heart of Montgomery County, Gaithersburg is one of the largest cities in Maryland. In Gaithersburg you'll find a diverse population living in a mixture of housing types in warm, welcoming neighborhoods. Gaithersburg combines a respect for its heritage, demonstrated by the revitalization efforts in our Olde Towne residential and commercial district, with thoughtful planning for new communities. Our businesses range from world renowned technology companies to family-owned service providers.

Gaithersburg is a sizable incorporated city north of Rockville and to the west of Upper Rock Creek Park. Southern Gaithersburg contains the Shady Grove Metro Station, the northern-most stop on the Metro's Red Line which also travels into downtown Washington.

MONTGOMERY COUNTY, MARYLAND

NORTH POTOMAC/ DARNESTOWN

NORTH POTOMAC

Population 24,410
Median age 42.2
Median annual household income \$149,883

DARNESTOWN

Population 6,802
Median age 45.6
Median annual household income \$172,627

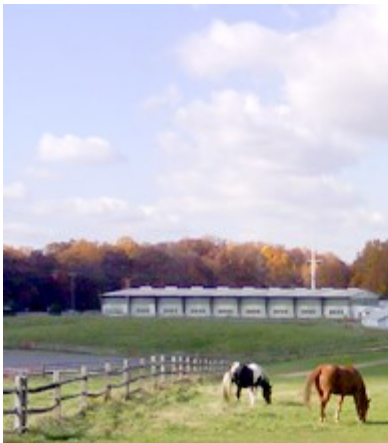
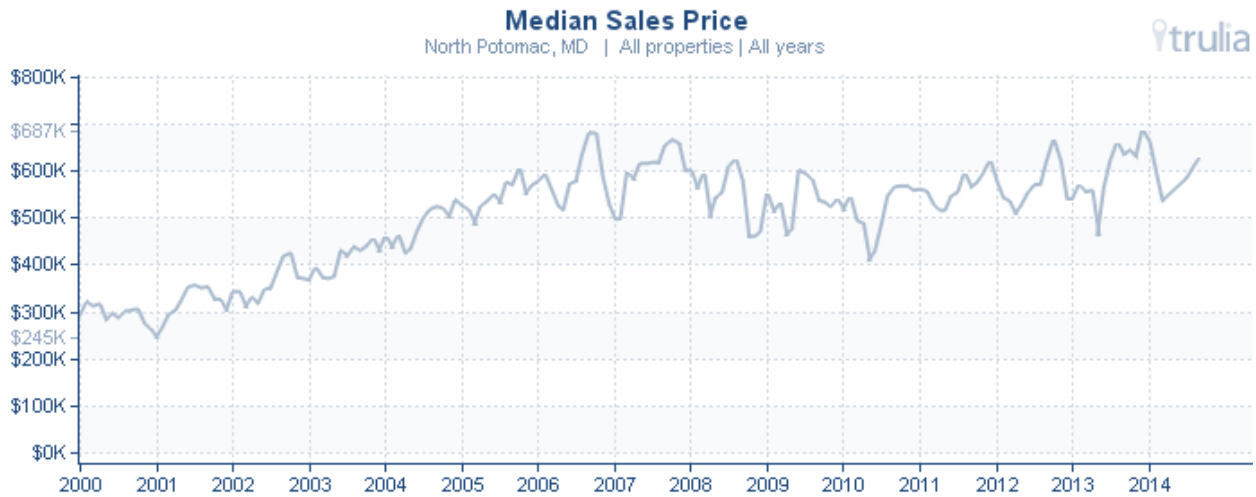


Image source: potomachorse.com

North Potomac and Darnestown are in many ways rural extensions of Potomac, yet the amenities of Gaithersburg and Rockville to the east are within a reasonable distance by car. The area features increased access to parks, such as Aberdeen, Muddy Branch, Blockhouse Point, Seneca Creek State Park, and Lake Needwood. Homes in the area are large and situated on generous lots of cleared farmland, while about 50% of the area remains forested.

In 2009, CNN Money Magazine listed North Potomac as one of the wealthiest best places to live in the U.S., describing it as, "a tony town that sits on the bank of the Potomac River," and noting that "beautiful old estates, top-rated golf courses and a number of riding clubs in the area are available to those with a flair for fine living." North Potomac was also named the 16th most affluent U.S. neighborhood by Forbes in 2008.

MONTGOMERY COUNTY, MARYLAND

GERMANTOWN

Population 86,395

Median age 33.9

Median annual household income \$88,747

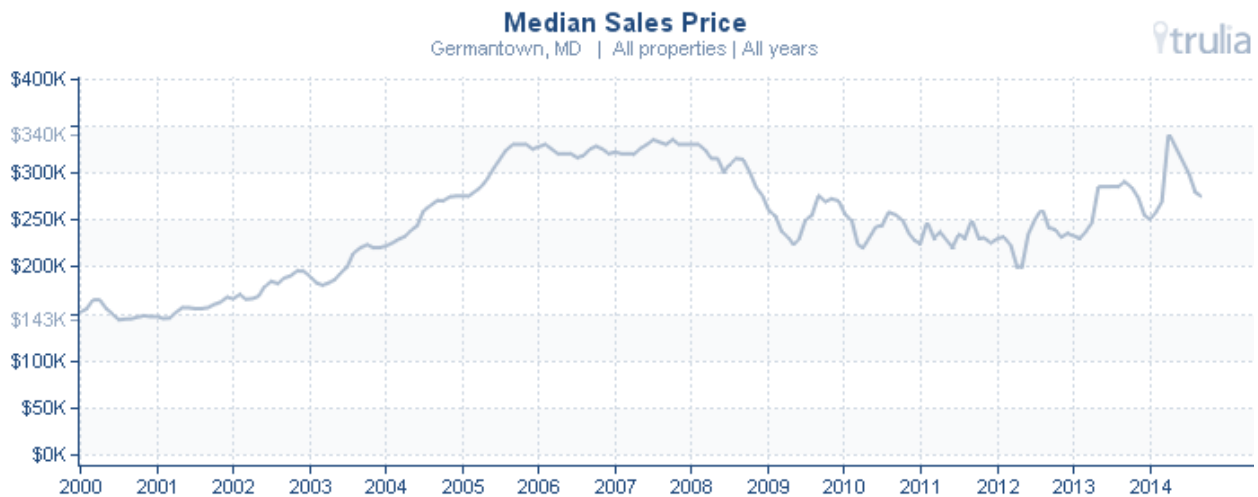


Image source: montgomerycountymd.gov

Despite recent growth, Germantown maintains its historic, rural character. The town is completely surrounded by parkland, including North Germantown Special Park, Black Hill Regional Park, Little Seneca Lake, Hoyles Mill Conservation Park, South Germantown Recreational Park, Seneca Creek State Park, and Clopper Lake. A swath of woodland separates Germantown from Gaithersburg to the south.

Germantown is accessible by I-270, which runs south to the Capital Beltway, as well as by the MARC commuter train, which connects with the closest Metro station — the Shady Grove Station in Gaithersburg.

FREDERICK COUNTY, MARYLAND

FREDERICK

Population 65,239

Median age 34.5

Median annual household income \$65,328

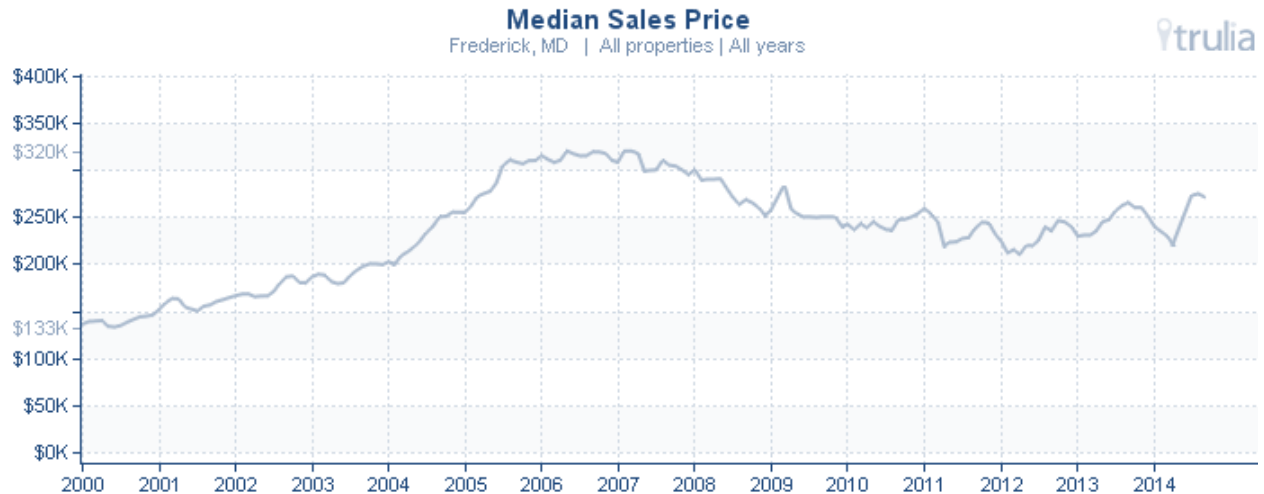


Image source: downtownfrederick.org

Frederick County is known as one of the least urban areas of the Washington, D.C. Metro area, located to the northwest of Germantown. The city of Frederick boasts a 50-block historic district, as well as many modern housing developments. Its more rural location places Frederick in the middle of the beautiful foothills of the Appalachian Mountains. Catoclin Mountain Park, Cunningham Falls State Park (location of the presidential retreat, Camp David), Frederick Municipal Forest, South Mountain State Park, and Sugarloaf Mountain Natural Area are all just outside of Frederick. The fertile agricultural lands around Frederick supply the town's nine farmers' markets. Frederick is also a great place for history enthusiasts, with the Monocacy National Battlefield and the Chesapeake and Ohio National Historic Park in the immediate area and the Antietam National Battlefield a very short drive to the west.

PRINCE GEORGE'S COUNTY, MARYLAND

LAUREL

Population 25,115

Median age 34.8

Median annual household income \$66,355

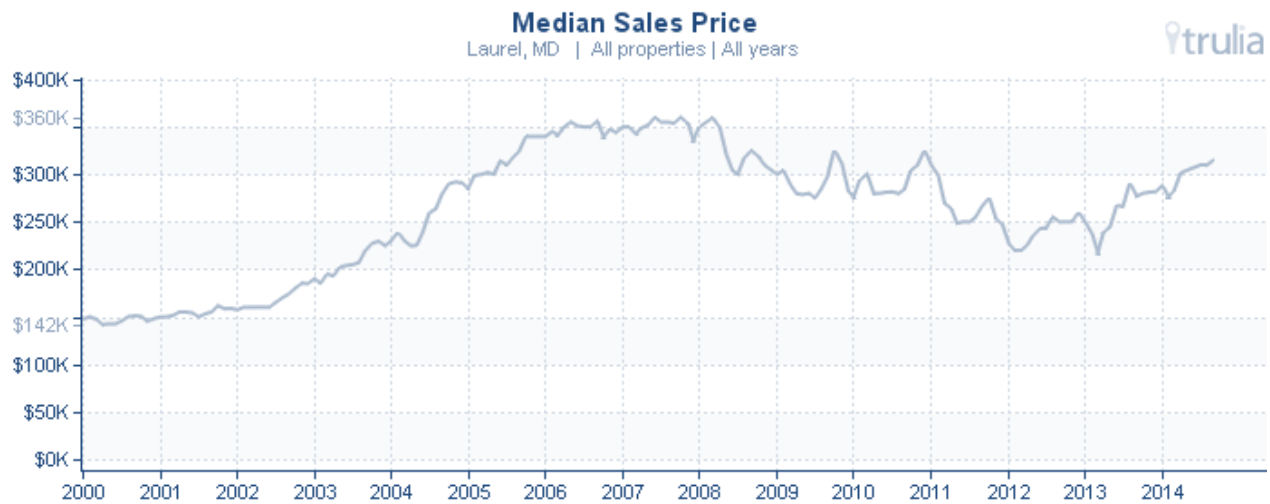


Image source: mymarylandcastle.com

Laurel is a city in northern Prince George's County, Maryland, located midway between Washington, D.C. and Baltimore on the Patuxent River. Founded as a mill town in the early 19th century, the arrival of the Baltimore & Ohio Railroad in 1835 expanded local industry, and later enabled the city to become an early commuter town for Washington and Baltimore workers. Largely residential today, the city maintains a historic district centered around its Main Street, highlighting its industrial past.

The Department of Defense is a prominent presence in the Laurel area today, with the Fort Meade Army base, the National Security Agency, and Johns Hopkins University's Applied Physics Laboratory all located nearby. The Laurel Park Racecourse, a thoroughbred horse racetrack, is located just outside city limits.

VIRGINIA

- 29 ARLINGTON
- 30 MCLEAN
- 31 GREAT FALLS

ARLINGTON COUNTY, VIRGINIA

ARLINGTON

Population 207,627

Median Age 33.7

Median annual household income \$102,459

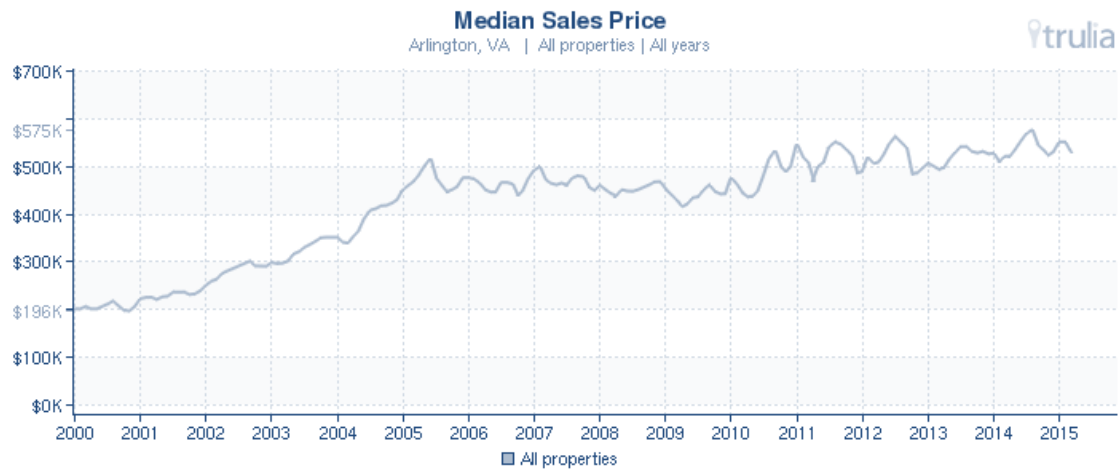


Image source: marines.mil

Arlington, the most populous community in Virginia, is located just across the Potomac River from Washington's monuments and historic Georgetown neighborhood. It is home to a dynamic mix of government employees, private contractors, families, and artists. Those areas of Arlington immediately adjacent to Metro stops tend to be very dense and urban in feel, while other areas display a more typical suburban pattern of development.

Arlington is a cultural hub in northern Virginia, playing host to opera, live theatre, museums, symphonies, and ballet. Numerous clusters of immigrant communities also add to the richness of Arlington's cultural fabric. Home to Arlington National Cemetery and numerous Civil War era forts, Arlington's history is never far away. Residents of Arlington also benefit from the fact that the heart of Washington is just a short walk, car ride, bike, bus, or Metro ride away.

FAIRFAX COUNTY, VIRGINIA

MCLEAN

Population 48,115

Median age 45.1

Median annual household income \$179,066

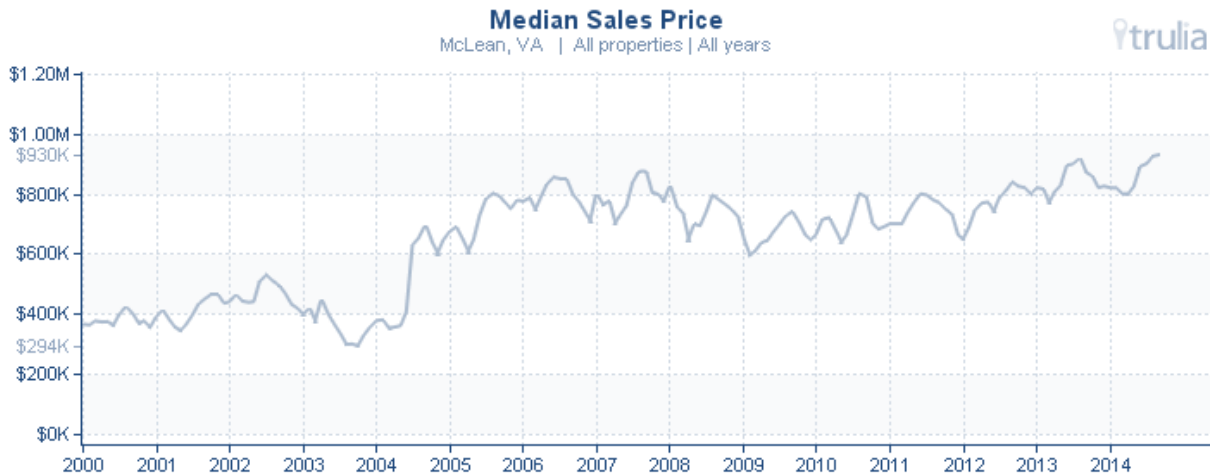


Image source: capitalregionusa.org

Located just across the Potomac River from Cabin John, Mclean is one of the areas in Virginia closest to the FDA. Mclean has a diverse and highly prosperous population. The headquarters of companies such as Capital One, Booz Allen Hamilton, Hilton Hotels, SAIC, and USA Today, among many others, call Mclean home. These high-caliber jobs and excellent schools mean that Mclean is home to diplomats, Congressmen, and many other government officials.

Mclean also has a vast array of shopping opportunities, including the Tysons Corner Center (the Washington area's largest mall) and the upscale Tysons Galleria mall. Though currently without immediate Metro access, Mclean will soon be connected with downtown Washington by the new Silver Line now under construction. Phase 1 of the line is set to open in 2013, while the entire line (including a stop at nearby Dulles International Airport) is on schedule for completion by 2016.

FAIRFAX COUNTY, VIRGINIA

GREAT FALLS

Population 15,427

Median age 43.2

Median annual household income \$217,552

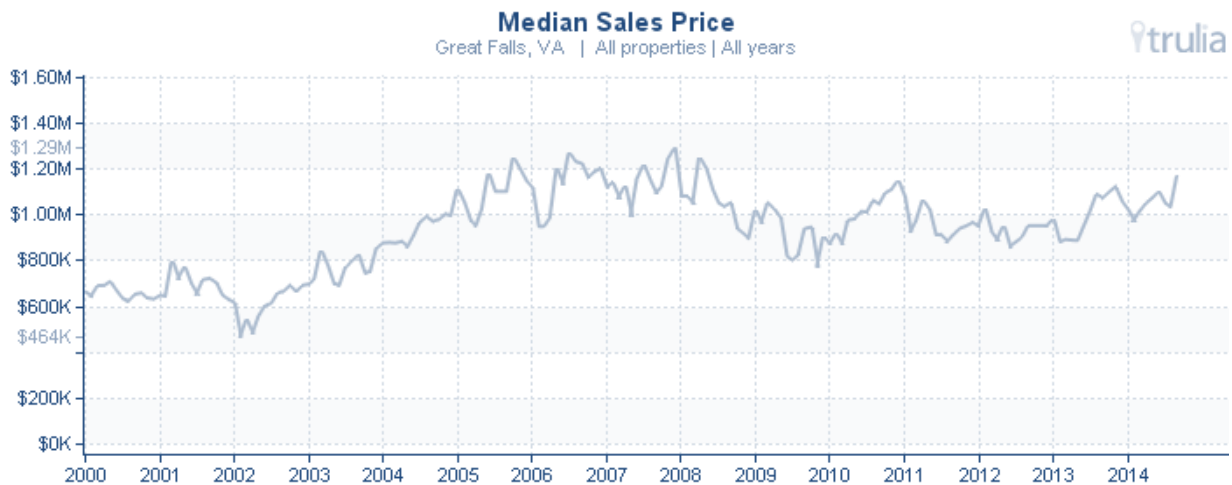


Image source: nps.gov

A small suburb with major appeal, Great Falls tops 2011's list of affluent towns in the U.S. Residents there enjoy wide-open spaces indoors and out. \$1 million-plus homes set on two- to five-acre lots ensure plenty of privacy, but if that's not enough room, locals can spread out at Great Falls National Park where the Potomac River rushes through 800 acres of stunning wilds.

There are no condos, apartments, or townhomes in this D.C. suburb, but the distance between neighbors is less vast than you might think. An active newcomers group welcomes recent arrivals, and good old-fashioned socials in the Village Centre bring everyone together for holidays and summer concerts.

Great Falls, VA, is named after nearby Great Falls National Park, located on the rocky, rugged upper Potomac River across from Potomac, MD. Great Falls is known for its plentiful outdoor activities, including Olympic-level kayaking in the river and cliffs perfect for rock climbing. Largely residential, the vast majority of Great Falls' residences are elite single-family homes on generous lots.

WASHINGTON D.C.

33 GEORGETOWN

34 FRIENDSHIP HEIGHTS

WASHINGTON, DC

GEORGETOWN

Population 26,866

Median age 33.9

Median annual household income \$105,674

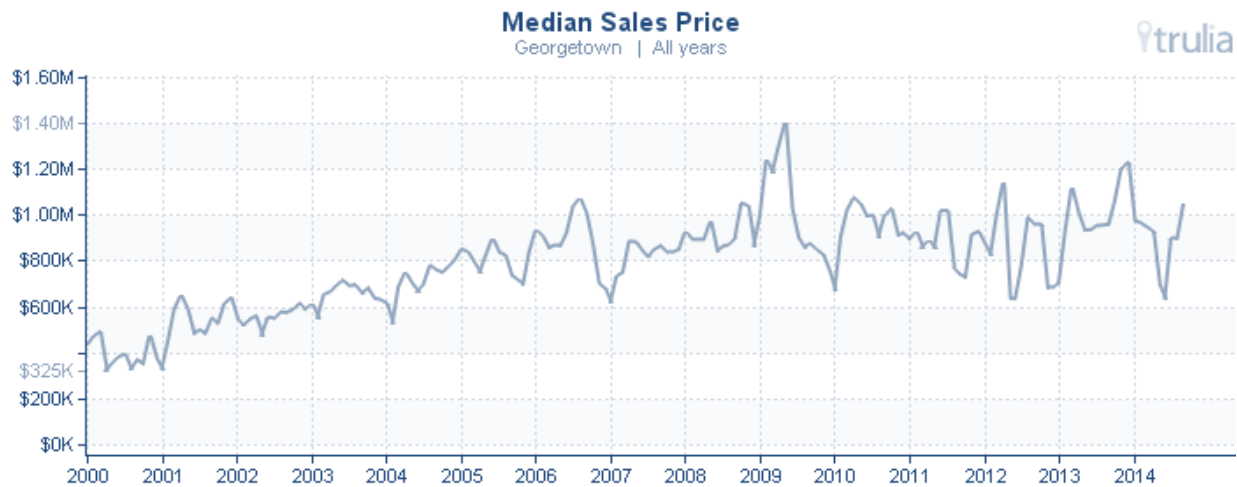


Image source: dcliving.com

Georgetown is one of DC's finest and most sought after neighborhoods. Situated along the Potomac River with access to some of the best views in all of Washington DC, Georgetown is a popular, stylish Washington neighborhood, which originated as a tobacco port in the 17th century. In addition to its prominent university, Georgetown has many historic homes, many of which are now public museums. The embassies of France, Mongolia, Sweden, Thailand, and the Ukraine are all in Georgetown.

Georgetown real estate offers a unique experience with historic homes and gardens. Many well-known national figures and prominent Washingtonians live here. In addition to its fine homes, people flock to Georgetown to enjoy the chic shopping and dining establishments along Wisconsin Avenue and M Street. Georgetown lends itself to walking, with notable attractions, shops, and restaurants relatively close to each other and easily accessible.

WASHINGTON, DC/MONTGOMERY COUNTY, MARYLAND

FRIENDSHIP HEIGHTS/VILLAGE

Population 4,698

Median age 48.6

Median annual household income \$80,756

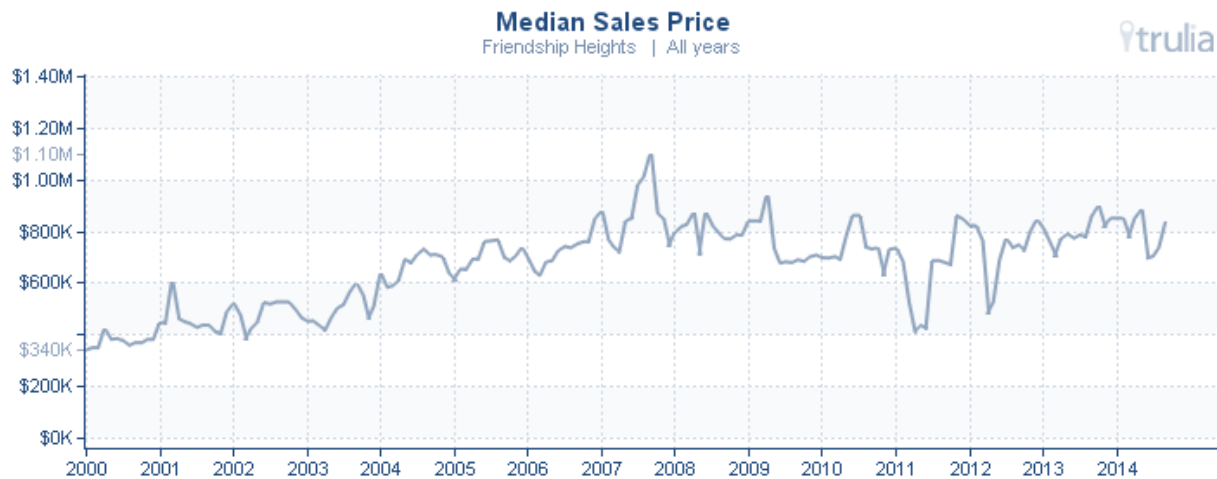


Image source: cparkre.com

The Friendship Heights area is always a popular option for those looking to live in Washington D.C. Straddling the border of northwest Washington, D.C. and southern Montgomery County, MD, Friendship Heights is a good choice for those looking to live within DC city limits without living in an urban setting.

In addition to fine residences, upscale shopping is easy to find in Friendship Heights. The area is well known for its two popular shopping plazas, Chevy Chase Pavilion and Mazza Gallerie, which together offer more than 440,000 square feet of retail and dining space. Three more retail destinations—the Chevy Chase Center, the Collection at Chevy Chase, and Wisconsin Place—are currently in development. Three grocery stores—all within close proximity—serve the neighborhood's residents. The area is also served by the Friendship Heights metro stop on the red line, which makes it easy to get downtown quickly.

Information in the Homes section provided by:

www.trulia.com

www.census.gov

<http://hr.od.nih.gov/workingatnih/executive/recruit/homes.htm>

<http://silverspringcenter.com/visitorsguide.asp>

http://en.wikipedia.org/wiki/Columbia,_Maryland#

<http://dc.about.com/od/daytripsgetaways/a/Ellicott-City-Visitors-Guide.htm>

http://en.wikipedia.org/wiki/Olney,_Maryland

http://en.wikipedia.org/wiki/Laurel,_Maryland

SCHOOLS

The Washington, DC metropolitan area has some of the best schools in the country. Students in Montgomery County Public Schools score among the top in the United States on Advanced Placement examinations. The following is an introduction to twenty-two excellent public and private schools in the DC metropolitan area. No matter what you are looking for, be it magnet schools, college prep, Montessori, specialty programs, or something else, the area surrounding CDER has it all.

BETHESDA/CHEVY CHASE

Sidwell Friends School

Bethesda, Maryland

<http://www.sidwell.edu>

Sidwell Friends is an independent, co-educational, Quaker day school that serves approximately 1,118 students from pre-kindergarten through grade 12. It's comprised of two separate campuses that are located in Washington, D.C., and Bethesda, Maryland. Its campuses have athletic fields, play areas, gardens, and facilities for art, music and science. Sidwell Friends contains a large and inviting library, computer lab, health center, multi-purpose room and tutoring areas. It has a rich and rigorous interdisciplinary curriculum that is designed to stimulate creative inquiry, intellectual achievement and independent thinking. The school's curriculum provides each child with a broad foundation in the humanities and sciences while stressing the importance of critical and creative thinking, competence in oral and written communication, and quantitative operations.

Oeness-Family School

Chevy Chase, Maryland

<http://www.onenessfamily.org>

Oeness-Family School is an independent, co-educational, Montessori school that serves approximately 130 students in pre-kindergarten through 8th grade. At Oeness-Family School, students study traditional academic subjects through hands-on materials, frequent field trips, classroom presentations and special instructors. While giving consideration to the students' individual learning styles and particular interests, teachers impart an understanding of how different subjects are related to each other and applied in the real world. The school's curriculum heavily emphasizes character building and multicultural understanding. These values are supported by special events and festivals such as United Nations Day, the Festival of Lights, and the Harmony Peace Run.

BETHESDA/CHEVY CHASE

Chevy Chase Elementary School

Chevy Chase, Maryland

<http://www.montgomeryschoolsmd.org/schools/chevychasees>

Chevy Chase Elementary School is a public school that serves approximately 450 students. Its campus houses a 70,000 square-foot building comprised of three floors of classrooms and offices, a gymnasium and a large multipurpose room. It has an inner courtyard that contains native plantings, a pond, vegetable garden, picnic area and an outdoor area that includes a soccer field, baseball field, basketball courts and a playground. An active community of students, parents and staff achieve a standard of excellence through empowerment, meaningful work, collaboration, perseverance and creativity. Chevy Chase Elementary School's highly gifted center provides talented students with a full-time instructional program beyond the Montgomery County Public School program of studies. The program content is accelerated, compacted and enriched to meet the needs of highly able students. The Middle Years Program at Chevy Chase Elementary School is devised to help students develop the knowledge and skills they need to participate actively in an increasingly interrelated world. From producing the "CCNN" news show to stretching their muscles through yoga, students have opportunities to grow, develop and extend their interests beyond the classroom.

Westland Middle School

Bethesda, Maryland

<http://www.montgomeryschoolsmd.org/schools/westlandms>

Westland Middle School is a public school that offers 1,043 students an engaging and challenging curriculum. The International Baccalaureate Program at Westland Middle School encourages students to become compassionate learners. It also provides each student with a rigorous liberal arts curriculum in English, foreign languages, mathematics, music, science and social studies. Westland students can participate in a wide range of after school programs such as yoga, tennis, hockey, kayaking, theater production and digital photography.

BETHESDA/CHEVY CHASE

Bethesda-Chevy Chase High School

Chevy Chase, Maryland

<http://www.montgomeryschoolsmd.org/schools/bcchs>

Bethesda-Chevy Chase High School is a comprehensive public high school that serves approximately 1,788 students. It has a media center that contains several computer workstations, television and media production facilities, a greenhouse, a music laboratory, gymnasiums, a weight training room and a 900-seat auditorium. Bethesda-Chevy Chase High School has two “firsts” among Montgomery County Public Schools—a Cyber Café, opened in March 2003, and a state-of-the-art Language Lab, installed in the summer of 2004. It has a full complement of challenging academics and innovative programs including an honors program, an advanced placement program and an International Baccalaureate Program. Bethesda Chevy Chase High School provides each student with a rigorous liberal arts curriculum in English, foreign languages, mathematics, music, science and social studies.

ROCKVILLE

Green Acres Day School

Rockville, Maryland

<http://www.greenacres.org>

Green Acres Day School is a co-educational, progressive school that serves approximately 320 students in pre-kindergarten through 8th grade. The school's campus includes newly constructed or renovated classroom buildings, science rooms, music rooms, art rooms, a 20,000 volume library, photo lab, creative movement room and a teaching kitchen. An environment of trust, cooperation and mutual respect encourages students to become increasingly independent thinkers and responsible contributors to an ever-changing, multicultural world. Green Acres Day School is dedicated to fostering the natural curiosity of students and engaging them actively in the joy of learning. The program emphasizes small classes and experiential, hands-on learning integrated across subjects. Students receive instruction in academics, the arts, athletics and technology.

The Avalon School

Gaithersburg, Maryland

<http://avalonschools.org>

The Avalon School is an independent, college preparatory day school that offers 350 boys a challenging liberal arts curriculum in grades 2 through 12. The school seeks to cultivate in its students a sense of intellectual freedom and personal responsibility. These ideals form the foundation of the school and are encouraged through rigorous study, hearty athletics, broad activity and the daily example of both faculty and parents. As an academically rigorous college preparatory school, Avalon reaches beyond prestigious college admissions and test scores, also measuring its success by the cultural literacy of its students. This concept is based on the notion that boys, regardless of their eventual profession or vocation, should be versed in the arts, literature, poetry, languages and the sciences. At Avalon students participate in activities such as school-wide poetry competitions, field trips, interscholastic sports and athletic competitions that build friendships, discipline and self-assurance based on deeds.

ROCKVILLE

College Gardens Elementary School

Rockville, Maryland

<http://www.montgomeryschoolsmd.org/schools/collegegardenses>

College Gardens Elementary School is a public school that serves approximately 820 students in pre-kindergarten through grade 5. Its Chinese Immersion program uses the target language as a teaching tool, surrounding or “immersing” students in the second language. In-class activities, such as math, science, social studies and those outside of the class such as meals or everyday tasks, are conducted in the target language. The school’s rigorous instructional program promotes globally-minded, creative, confident and reflective lifelong learners.

Parkland Middle School

Rockville, Maryland

<http://www.montgomeryschoolsmd.org/schools/parklandms>

Parkland Middle School is a magnet school for aerospace technology that offers 826 students in grades 6 through 8, an innovative and challenging academic curriculum. Its distinct instructional focus has an academically rigorous and accelerated core curriculum that promotes high school and college preparation for all students. At Parkland Middle School, students take specialty courses that are centered on mathematics, science, aerospace and robot engineering. Students explore a rigorous scientific environment involving team problem solving and research work.

Thomas Wootton High School

Rockville, Maryland

<http://www.montgomeryschoolsmd.org/schools/woottonhs>

Thomas Wootton High School is a public school that serves approximately 2,409 students. The Science and Technology program at Thomas Wootton high school provides students with a course of study that emphasizes a strong background in science, mathematics, and computer technology. In addition to participating in a rigorous series of courses that prepares them for a career in the sciences, students work with a program coordinator to shape their individual paths of study depending on interests, goals and future ambitions. Students who have a passion for history, literature, languages, philosophy, law, and psychology can choose a course of study focused on humanities by supplementing their studies with added coursework in the other fields.

POTOMAC

The Bullis School

Potomac, Maryland

<http://www.bullis.org>

The Bullis School is an independent, co-educational, college preparatory day school serving approximately 645 students in grades 3 through 12. The school's 102 acre campus contains outdoor playing fields, basketball and tennis courts, and a performing arts center equipped with art, dance and photography studios. The Bullis School provides a student-centered and balanced experience in academics, athletics, the arts and community service. Its curriculum uniquely prepares all students to become caring citizens and creative, critical thinkers who will thrive in tomorrow's world.

McLean School of Maryland

Potomac, Maryland

<http://www.mcleanschool.org>

The McLean School of Maryland is an independent, co-educational day school for students in kindergarten through 12th grade. Its curriculum emphasizes learning through the arts, physical education and computer technology as well as the essential academics. It cultivates confident learners by initiating a progression of readiness that involves team-work between students, parents and faculty. Leading small groups of children with similar learning styles and competencies, teachers develop stimulating lessons in reading, language arts, word study and math that allow children to progress to different levels at their own pace. Students participate in weekly community meetings that involve poetry readings, musical performances and presentations from visitors.

Potomac Elementary School

Potomac, Maryland

<http://www.montgomeryschoolsmd.org/schools/potomaces>

Potomac Elementary School is a public school that services 557 students. It has both an Arts Integration and Chinese Immersion program that aims to tap the potential of every learner by providing opportunities to engage, create and problem solve as cognitively active learners. Students in the Arts Integration program take classes in dance, movement, theater, music and visual arts. Students in the Chinese Immersion program spend half their day being taught in Chinese and the other half in English. The Montgomery County Public School math and science curriculum are taught in Chinese. Reading, language arts and social studies are delivered in English. Immersion students also receive one hour of direct language instruction in Chinese each week.

POTOMAC

Winston Churchill High School

Potomac, Maryland

<http://www.montgomeryschoolsmd.org/schools/churchillhs>

Winston Churchill High School is a comprehensive public high school that services 2,113 students in grades 9 through 12. The Signature Program at Winston Churchill High School is dedicated to providing unique experiences and opportunities for students through research internships, interactive presentations, workshops and an area of dedicated research study. The program allows students to develop their interests in a particular career field of choice in the areas mathematics, technology and science, creative and performing arts, and International Studies. At Winston Churchill High School, students participate in summer activities related to their area of focus as well as other career exploration activities that enhance their skills.

SILVER SPRING

Barrie School

Silver Spring, Maryland

<http://www.barrie.org>

The Barrie School is an independent, co-educational, college preparatory day school that serves approximately 350 students in pre-kindergarten through 12th grade. A low student to teacher ratio, allows teachers to take a more hands-on approach with students. Each student is challenged to reach his or her own potential in a colorful, competition-free arena. The school is comprised of a Montessori lower school, a dynamic middle school and a college-focused upper school. Classroom teaching is connected to the outside world through extension days, service learning, internships and an extended study week program. The Barrie School's goal is to prepare young people to be citizens of a global society by heavily emphasizing character building and multicultural understanding. Students have the opportunity to take a variety of classes in foreign language, music, art, journalism, computer technology and law.

Sligo Creek Elementary School

Silver Spring, Maryland

<http://www.montgomeryschoolsmd.org/schools/slilocreekes>

Sligo Creek Elementary School is a public school that serves approximately 582 students. The school's Academy Program implements its curriculum with a heavy emphasis on science, math, and technology. A half-time science coordinator provides resources to the school above and beyond what is normally available in other elementary schools in Montgomery County. This coordinator teaches in a well-equipped science lab that was designed and built into the remodeled school. In addition to a wide variety of equipment for measurement and inquiry, the lab features an automated weather source weather station that provides continuous real-time weather data both to the school for instructional purposes, and to the Internet for use by other students, the public and news outlets worldwide. In the school's French Immersion program, reading, language arts, mathematics, science and social studies are taught entirely in French at all grade levels. This instruction is supported by the use of texts, novels, expository readings and audiovisual materials which are in French.

SILVER SPRING

Eastern Middle School

Silver Spring, Maryland

<http://www.montgomeryschoolsmd.org/schools/easternms>

Eastern Middle School is a public school that serves approximately 814 students. Students work in a creatively charged, technology-rich environment in three areas of concentration: writing and literature, media production and world studies. The Humanities and Communication Program at Eastern Middle School offers students intensive courses in writing. The program offers hands-on opportunities to work as a member of a production team in the program's television studio where students work in teams as performers, cinematographers, producers, directors, audio engineers, editors and graphic artists.

Montgomery Blair High School

Silver Spring, Maryland

<http://www.mbhs.edu>

With over 2,800 students and 200 teachers, Montgomery Blair High School is the largest public school in Montgomery County, Maryland. It offers a variety of classes and experiences that can make any student's high school experience rich and rewarding. The school's five career-themed academies offer all students a chance to explore their interests and build a solid foundation of academics where they envision future work and study. The Academies at Montgomery Blair High School are smaller learning communities consisting of students, teachers, counselors and administrators united by common interests and career goals. The Academies at Montgomery Blair High School include the following: Entrepreneurship, Human Services, International Studies and Law, Media Literacy, Science, Mathematics, Engineering and Technology.

WASHINGTON, DC

Lowell School

Northwest, Washington, DC

<http://www.lowellschool.org>

Lowell is a co-educational, progressive school that serves 300 students from pre-kindergarten through grade 8. The school's curriculum promotes collaborative learning with an emphasis on building conceptual understanding and strong analytical skills. The Lowell School supports the development of internal motivation through carefully designed learning experiences that draw on students' interests and passions. At Lowell students take part in a program that is rich in its diversity of offerings in reading, writing, literature, math, science, social studies, Spanish, visual arts, music, drama, dance, health, physical education and technology. The curriculum also utilizes a spiral approach to skill acquisition which allows for very thoughtful introduction, development, reinforcement and application of skills as children progress through each grade.

Georgetown Day School

Northwest, Washington, DC

<http://www.gds.org>

Georgetown Day School is a co-educational, college preparatory school that offers more than 1,000 students a challenging curriculum. Georgetown Day School is dedicated to providing a supportive educational atmosphere in which teachers challenge the intellectual, creative and physical abilities of each student. Its educational program provides each student with instruction in the academic disciplines, the arts, physical education and athletics. Activities such as community service, student council, interscholastic sports and theater production play an important role in helping students develop a sense of responsibility, teamwork and a strong community identity.

WASHINGTON, DC

Maret School

Northwest, Washington, DC

<http://www.maret.org>

The Maret School is an independent, co-educational, college preparatory day school that serves approximately 635 students. At the Maret School, students have resource classes in Spanish, science, music, art, library and physical education. Its curriculum provides students with a nurturing and stimulating environment in which language arts, social studies and mathematics are presented through a variety of group, partner and independent activities. The curriculum is carefully integrated so that subjects such as reading, writing, geography, history, science, mathematics, music and art reinforce one another. Enhancing every subject area are field trips that take advantage of the School's location in its historically significant city and culturally diverse community.

Washington International School

Northwest, Washington, DC

<http://www.wis.edu>

Washington International School is a co-educational day school offering 910 students a challenging international curriculum and rich language program from pre-kindergarten through grade 12. In addition to their academic studies in mathematics, science, language, literature, social sciences and the arts, students learn how to be engaged global citizens. The school's commitment to language learning is a hallmark of the curriculum and reflects its belief in the value of bilingualism. Active sports, community service and travel programs expose students to the rich culture of the world. While on campus students are also involved in theater, music, art, journalism, debate and many other activities.

MORE RESOURCES

Montgomery County Public Schools

www.montgomeryschoolsmd.org

Education Scorecard

<http://nbcscorecard.greatschools.org>

Private School Locator

<http://nces.ed.gov/surveys/pss/privateschoolsearch>

Council for American Private Education

<http://www.capenet.org>

DINING

The Washington DC metro area is an emerging hotspot for world-class dining. From vegan bakeries like Sticky Fingers in Columbia Heights to Wolfgang Puck's The Source on Pennsylvania Avenue, DC has something to please all varieties of tastes and budgets. Furthermore, DC features a variety of specialty food stores and several farmer's markets. Many premier dining establishments are often clustered around metro stops, making a culinary tour of the area quite reasonable.

DINING DESTINATIONS

Capitol Hill

Capitol Hill is known for high-class and high-priced dining, such as the French Bistro Bis, Charlie Palmer Steak, and CityZen. Capitol Hill is also a destination for cheaper options catering to young professionals, such as the Good Stuff Eatery, Taqueria Nacional, and the Market Lunch in Eastern Market. Eastern Market is a year-round farmer's market that has been operating since 1873 and can be easily accessed via the Eastern Market stop on the Orange/Blue line.

Dupont Circle

With many embassies and galleries like the Phillips in close proximity, Dupont Circle is a great place for ethnic dining such as Malaysia Kopitiam or Zorba's. There are plenty of cafés, diners, and bars, and there are high-class restaurants like Komi, this year's "best restaurant in DC" according to Washingtonian Magazine. Dupont Circle's weekly farmer's market is one of the most popular in the city. Another popular destination in the area is Kramerbooks, an independent bookstore with an attached café.

Georgetown

Clustered along the commercial routes of M Street and Wisconsin Avenue, the restaurants here cater to Georgetown students (such as the famous Tombs) and upscale shoppers with cafes, ethnic restaurants, and high-class restaurants like Citronelle and 1789. Also due to the large student populace, Georgetown has a lively nightlife with a number of popular bars in the area.

Chinatown

In spite of the fact that DC's Chinatown is relatively small, it is a popular destination, as there are plenty of ethnic restaurants in the area. You can also find lots of American cuisine, such as delis like Cowgirl Creamery or Potato Valley Cafe, and barbecue at Capital Q or Saints Paradise Cafeteria. Wolfgang Puck's The Source is here, as well as Jose Andres' Zaytinya. Chinatown is frequently buzzing with people due to its proximity to the Verizon Center, which hosts a variety of sporting and cultural events.

U St/Shaw

U Street is the home of Ben's Chili Bowl, a DC institution. U St is a great place for bars and jazz clubs, ethnic restaurants, delis, and cafes. Busboys and Poets, located nearby, is particularly popular and draws diverse patrons from across DC. U Street is also served by its own Metro station on the Yellow/Green line.

Bethesda

Bethesda easily has the highest concentration of restaurants in the D.C. metro area. In spite of the fact that it is an affluent area, restaurants in the region run the gamut from inexpensive to pricey and offer everything from burgers to Afghan cuisine, so there are dining options available for the most particular of palates. Whether you're looking for a quick lunch on a budget or taking that special someone out on the town, you can find what you need right here. Many of the local restaurants are clustered around two areas—Bethesda Row and Woodmont Triangle, making it easy to find a new favorite eatery.

Bethesda Row

Located a few blocks southwest from the Bethesda Metro stop, Bethesda Row is home to a number of Maryland branches of DC landmark restaurants, including Jaleo, Lebanese Taverna, and Georgetown Cupcake. The area also boasts the Bethesda chapters of popular cheap eats like Five Guys and SweetGreen. That's not to say that all the restaurants on Bethesda Row are chains – one need only look at Mussel Bar and Redwood to find fine dining options that are unique to Bethesda Row. In addition to sit down establishments, there are several delicious options for a sweet treat after your meal, whether it's gelato at Dolcezza or chocolates at Cacao.

Woodmont Triangle

The Woodmont triangle region features many restaurants that are unique to Bethesda in addition to local chains. Some restaurants—Tastee Diner, for example—have been in their current locations for decades. Whether you're looking for burgers (Fresh Grill or DC chain BGR), Chinese (Foong Lin and North China), or an Indian buffet (Haandi), there are plenty of choices for the whole office to enjoy. Diners looking for a more formal dinner would certainly embrace a visit to Brasserie Monte Carlo or Woodmont Grill.

Silver Spring

Whether downtown or in the suburbs, Silver Spring offers a variety of cheap eats. Through the Cherry Hill exit at the FDA campus, you are just minutes away from Chipotle, Five Guys, Panera, Chick-fil-A, IHOP, and many more. Just five miles south of the FDA's campus is downtown Silver Spring where you'll find a variety of food offering seafood to Italian cuisine. Downtown Silver Spring is also a destination for fine dining with Mrs. K's Toll House and 8407 Kitchen Bar.

Wherever you do decide to go for a meal, you'll never run out of new places to try in Bethesda. With hundreds of restaurants within the city's 12 square miles, employees at CDER have ample options without having to travel far.

MORE RESOURCES

Washingtonian Magazine features an online restaurant finder with reviews. They annually list the area's "100 Best Restaurants" in January, and the area's best "Cheap Eats" and "Dirt Cheap Eats" in June.

<http://www.washingtonian.com>

The Washington Post features a Going Out Guide, with a section just for restaurants.

<http://www.washingtonpost.com/gog/dc-restaurants.html>

ARTS & CULTURE

HISTORIC SITES & MUSEUMS

The Washington, DC area is full of historic monuments and tributes to American culture. Many of these sites are centrally located at the National Mall. Some monuments on the Mall include the Washington Monument, the Lincoln Memorial, the National World War II Memorial, the Korean War Veterans Memorial, and the Vietnam Veterans Memorial. The National Archives, at the north end of the Mall, houses thousands of historic documents including the Declaration of Independence, the United States Constitution, the Bill of Rights, and an original copy of the Magna Carta.

Located directly south of the mall, the Tidal Basin features rows of Japanese cherry blossom trees that were presented as gifts from the nation of Japan in 1912. The Franklin Delano Roosevelt Memorial, Jefferson Memorial, and the District of Columbia War Memorial are also located around the Tidal Basin.

The Smithsonian Institution is an educational foundation chartered by Congress in 1846 that maintains most of the nation's official museums and galleries in Washington, D.C. The U.S. government partially funds the Smithsonian, thus making its collections open to the public free of charge. Many of these are clustered around the Mall, including the National Museum of Natural History, the National Air and Space Museum, the National Museum of African Art, the National Museum of American History, the National Museum of the American Indian, the Sackler and Freer Art galleries, the Hirshhorn Museum and Sculpture Garden, and the Smithsonian Institution Building ("The Castle").

The Smithsonian American Art Museum and the National Portrait Gallery are located in the Donald W. Reynolds Center for American Art and Portraiture, near Washington's Chinatown. This building was formerly the Old Patent Office Building, and was the site of President Lincoln's Second Inaugural Ball. Other Smithsonian museums and galleries include the National Postal Museum near Union Station and the National Zoo in Woodley Park.

The National Gallery of Art is located on the National Mall near the Capitol. The gallery's West Building features the nation's collection of American and European art through the 19th century. The East Building, designed by architect I. M. Pei, features works of modern art. Congress also supervises the United States Botanic Garden, the oldest continually operating botanic garden in the US. The National Building Museum occupies the former Pension Building located near Judiciary Square, and was chartered by Congress as a private institution to host exhibits on architecture, urban planning, and design.

The Library of Congress is the largest library in the world both by shelf space and number of books. It is open to the public and features Jefferson's Library, a Gutenberg Bible, and rotating exhibits of its materials. D.C. is also home to the Folger Shakespeare Library, the world's largest collection of the printed works of Shakespeare. Both libraries are located on Capitol Hill.

There are many private art museums in the District of Columbia, which house major collections and exhibits open to the public such as the National Museum of Women in the Arts, the Corcoran Gallery of Art, and the Phillips Collection in Dupont Circle. The Phillips is notable as the first museum of modern art in the United States. Other private museums in Washington include the Newseum, the International Spy Museum, and the National Geographic Society Museum. The United States Holocaust Memorial Museum located near the National Mall maintains exhibits, documentation, and artifacts related to The Holocaust.

PERFORMING ARTS & MUSIC

Washington, D.C. is a national center for the performing arts. The John F. Kennedy Center for the Performing Arts is home to the National Symphony Orchestra, the Washington National Opera, and the Washington Ballet. The Kennedy Center Honors are awarded each year to those in the performing arts who have contributed greatly to the cultural life of the United States. Washington also has a local independent theater tradition. Institutions such as Arena Stage, the Shakespeare Theatre Company, the Warner Theatre, Ford's Theatre, and the Studio Theatre feature classic works and new American plays.

The U Street Corridor in Northwest D.C. is home to institutions like Bohemian Caverns and the Lincoln Theatre, which hosted music legends such as Washington-native Duke Ellington, John Coltrane, and Miles Davis. Other jazz venues feature modern blues such as Madam's Organ in Adams Morgan and Blues Alley in Georgetown.

The United States Marine Band, based in Washington, D.C., is the oldest musical group in the United States (formed in 1798, before the city's founding). The Marine Band's most famous conductor is undoubtedly John Philip Sousa, who composed

MORE RESOURCES

To learn more about the many cultural events around the district, take a look at the Going out Guide's section on Museums, Theater, or Music:

<http://www.washingtonpost.com/gog/>

EVENTS

SMITHSONIAN CRAFT SHOW

Washington, DC • Late April

One of the country's most prestigious showcases of contemporary American crafts, this annual exhibit features basketry, ceramics, furniture, jewelry, metal, and wood. There are opportunities to shop for very special pieces, meet both up-and-coming and established craftsmen, attend demonstrations, and view the huge collection of amazing works.

PASSPORT DC

Washington, DC • May

This annual event features Washington's status as a global city as international missions open their doors to Washingtonians. Embassies and international cultural centers showcase the music, dance, crafts, and cuisine of their nations. Highlights include the World Embassy Tour on May 1 and the Asian Heritage Festival on May 22.

BETHESDA FINE ARTS FESTIVAL

Bethesda, MD • Early May

Delight in fine art and crafts created by 140 of the nation's best artists, live entertainment, and Bethesda's best restaurants!

Artists from throughout the country will showcase painting, drawing, photography, furniture, jewelry, mixed media, and ceramics. Participating artists were selected and juried by members of the Bethesda Arts & Entertainment District. Sunshine Artist ranked the 2008 Bethesda Fine Arts Festival the 78th Best Festival in the U.S. and Best Show in Maryland and Washington, D.C.

DC JAZZ FESTIVAL

Washington, DC • Early June

For two weeks, in one of the area's biggest annual music events, D.C. gets artists from around the globe, including nine-time Grammy winner Paquito D'Rivera, Dianne Reeves, Roy Hargrove, Eddie Palmieri, Poncho Sanchez, James Moody and the Berklee College All-Stars.

NATIONAL CAPITAL BARBECUE BATTLE

Washington, DC • Late June

The National Capital Barbecue Battle is an annual competition between top BBQ restaurants from the Washington, DC area and around the country. If you love barbecue you'll love the food samples, cooking demonstrations, interactive displays, and children's activities at this sizzling summer festival. The nation's best barbecue teams cook-off for over \$40,000 in cash and prizes in two major contests.

The Barbecue Battle features live entertainment including 30 rock, R&B, jazz, and blues bands performing on three state-of-the-art stages. Patrons will also enjoy the interactive exhibits like the NBA Nation Basketball Tour

SILVERDOCS

Silver Spring, MD • Late June

The world's premiere showcase of documentary filmmaking created by the American Film Institute (AFI) and Discovery Channel presents more than 100 films annually, representing dozens of countries and including Academy Award-nominated entries as well as unheralded new voices and look-ins on works in progress.

SMITHSONIAN FOLKLIFE FESTIVAL

Washington, DC • Late June–Early July

The Smithsonian's yearly celebration of traditional folkways is back to cap the summer's busy season. This year's festival themes include "Asian Pacific Americans: Local Lives, Global Ties," "Mexico," and "Smithsonian Inside Out," a look at the institution's education and research.

INDEPENDENCE DAY

Washington, DC • 7/4

Washington DC is a spectacular place to celebrate July 4th! The National Mall, with Washington DC's monuments and the U. S. Capitol in the background, forms a beautiful and patriotic backdrop to America's Independence Day celebrations. This is an all-day event in the nation's capital, beginning with a parade along Constitution Avenue and ending with a spectacular display of fireworks over the Washington Monument.

STRATHMORE'S COMCAST FILM FESTIVAL

Bethesda, MD • Mid-August

The lawn at Strathmore Music Hall in Bethesda, Maryland sets the stage for free outdoor movies during the Comcast Outdoor Film Festival. Bring a blanket and enjoy the show! Food and snacks will be for sale with a portion of the proceeds benefiting the National Institute of Health Children's Charities - Children's Inn, Camp Fantastic/Special Love, and Friends of the Clinical Center.

TASTE OF BETHESDA

Bethesda, MD • Early October

At the annual Taste of Bethesda, you'll get to sample the foods of more than 50 restaurants, enjoy four stages of live entertainment, and visit the kids corner for cookie decorating, face painting, and giveaways. The Taste of Bethesda is held in conjunction with Best of Bethesda Day which includes Come Back to Bethesda, a car-show, and family day fundraiser benefiting the Children's Inn at NIH.

MORE RESOURCES

Interested in learning more about local events in the DC area? Check out the Washington Post's Going out Guide for events here:

<http://www.washingtonpost.com/gog/dc-events.html>

RECREATION & OUTDOORS

The Washington, DC area is blessed with both mountains and the ocean within a short drive. Whether you want to bike, hike, run, or paddle, Washington offers a bountiful supply of choices. In addition to the largest and most popular places listed here, there are also numerous neighborhood parks that dot the metropolitan area. Similarly, there are a multitude of historical and natural sites in the area beyond those listed here.

The Chesapeake and Ohio Canal National Historical Park

Extending 184.5 miles from Georgetown, through Potomac, to West Virginia, the Chesapeake and Ohio Canal National Historical Park offers tremendous opportunities for outdoor activities. One can canoe on the canal, run or bike on the towpath, and hike for miles between Great Falls and Carderock. The Potomac River offers tranquil kayaking opportunities towards Georgetown, and Olympic-level training conditions around Great Falls. It is not unusual to see rock climbers on the cliffs of the Virginia side of the river.

Rock Creek Park

A national park running through the heart of the city, Rock Creek Park offers both paved and unpaved trails for hiking, running, walking, and biking. More than twice as large as New York's Central Park, Rock Creek Park is also distinctive for never having been developed: it contains the original flora and fauna of the area. In addition to the main portion which lies within the District, the park follows Rock Creek into Maryland. Large portions of the Rock Creek Parkway are closed to cars on weekends for bikers and other recreational uses. The Park is accessible from many neighborhoods; It is possible to access the National Zoo as well as Carter Barron Amphitheatre through Rock Creek Park.

The Capital Crescent Trail

Following the former path of the old Baltimore and Ohio Railroad, this scenic 11 mile paved path runs from downtown Bethesda south to the Potomac River and then southeast to Georgetown. Attracting over 1 million walkers, joggers, bikers, and rollerbladers each year, the Capital Crescent Trail was recognized in 2005 as one of the "21 great places that show how transportation can enliven a community" by The Project for Public Spaces.

The National Mall

Many of Washington's most famous monuments and memorials are located on the National Mall. The mall's park area extends from the Lincoln Memorial on the Potomac, through the World War II Memorial and the Washington Memorial, to the steps of the U.S. Capitol. It is common to see joggers running along the mall's twin, tree-lined paths reminiscent of the wide boulevards of Paris.

The U.S. National Arboretum

The 446 acre National Arboretum features nine miles of paved pathways through diverse collections of azaleas, dogwoods, state trees, and bonsai. With 150 specimens, the bonsai collection is one of the largest in the world.

Washington Memorial Parkway

The Parkway is a scenic stretch of parks that connects many of Washington's historic sites and parks, including Mount Vernon, Theodore Roosevelt Island, Clara Barton National Historic Site, and Glen Echo Park.

The Appalachian National Scenic Trail

The full trail runs 2,175 miles from Georgia to Maine. Nearly 600 miles of the trail pass through Maryland, West Virginia, and Virginia. The Maryland segment, at 41 miles, is ideal for day hikes or trips of 3-4 days.

Assateague Island National Seashore

South of Ocean City on Maryland's eastern shore, Assateague is famous for its wild horses and is great for walking, sea kayaking, and camping.

The Blue Ridge Parkway

The Blue Ridge Parkway extends from Virginia into North Carolina, and is famous for its beautiful Skyline Drive. The colorful views during spring and fall are breathtaking.

Shenandoah National Park

Located in western Virginia, Shenandoah National Park includes part of the Blue Ridge Mountains, the Appalachian Trail, and Skyline Drive. It is a great place for hiking and camping.

MORE RESOURCES

For more information about recreation in the DC area, visit the DC Department of Parks and Recreation at:

<http://dpr.dc.gov>

