

AIRPORTS

Baltimore-Washington International Thurgood Marshall (410) 859-7111
www.bwiairport.com

Dulles International (703) 572-2700
www.metwashairports.com

Ronald Reagan/Washington National (703) 417-8000
www.metwashairports.com

AMTRAK General Information (800) 523-8720
www.amtrak.com

ANNAPOLIS

Naval Academy (410) 263-6933
The United States Naval Academy provides tours beginning on the Academy grounds at Ricketts Hall. Call for tour times and fees.

AUTOMOBILE RENTALS

Budget Rent-A-Car (301) 816-6000
10915 Georgia Avenue
Wheaton, Maryland

Enterprise Car Rental (10% discount) (301) 495-4120
619 Sligo Avenue
Silver Spring, Maryland
Courtesy phone in the Kirkland Center; Representative will pick you up here.

BANKS

Sun Trust Bank – Hillendale Branch (301) 431-3008
1700 Elton Road
Silver Spring, Maryland
Hours: Monday-Thursday
9 a.m. – 5 p.m.
Friday 9 a.m. – 6 p.m.
Saturday 9 a.m. – 2 p.m.
Across New Hampshire Avenue from the college

BASEBALL

BALTIMORE ORIOLES (410) 685-9800

www.orioles.com
Camden Yards
Baltimore, Maryland

BOWIE BAYSOX (301) 464-4865

www.baysox.com
Prince George's Stadium
Bowie, Maryland
Class AA Baseball
Affiliate of the Baltimore Orioles

WASHINGTON NATIONALS (202) 397-7328

www.washington.nationals.mlb.com
RFK Stadium, Washington, D.C.

BOWLING

AMF Laurel Tenpin Bowling Center (301) 490-6006

15013 Baltimore Avenue (Route 1)
Laurel, Maryland

White Oak Duckpin Bowling Lane (301) 593-3000

11207 New Hampshire Avenue
Silver Spring, Maryland

CAR WASH

Auto Park Car Wash (301) 890-3322

3231 Automobile Blvd.
Silver Spring, Maryland
*Located in the Montgomery County Auto Park; Route 29 & Briggs
Chaney Road*

CARD SHOP

Judy's Hallmark (301) 439-8774

10151 New Hampshire Avenue
Silver Spring, Maryland
Located across the street from the college

CHURCHES/SYNAGOGUES/TEMPLES

<u>Adelphi United Presbyterian Church</u> 9401 Riggs Road Adelphi, Maryland	(301) 434-6337
<u>Burnt Mills Seventh-Day Adventist Church</u> 10915 Lockwood Drive Silver Spring, Maryland	(301) 593-8496
<u>Church of Our Savior/Episcopal</u> 1700 Powder Mill Road Silver Spring, Maryland	(301) 439-5900
<u>Colesville Presbyterian Church</u> 12800 New Hampshire Avenue Silver Spring, Maryland	(301) 622-4555
<u>Good Shepard United Methodist Church</u> 9701 New Hampshire Avenue Silver Spring, Maryland	(301) 434-3331
<u>Hillandale Baptist Church</u> 2601 Powder Mill Road Silver Spring, Maryland	(301) 434-5430
<u>The Mormon Temple</u> 9900 Stoneybrook Drive Kensington, Maryland	(301) 587-0144
<u>Shaare Tefila Congregation (Conservative)</u> 11120 Lockwood Drive Silver Spring, Maryland	(301) 593-3410
<u>Southeast Hebrew Congregation (Orthodox)</u> 10900 Lockwood Drive Silver Spring, Maryland	(301) 593-2120
<u>St. Camillus Catholic Church</u> 1600 St. Camillus Drive Silver Spring, Maryland	(301) 434-7314
<u>St. Stephen's Lutheran Church</u> 11612 New Hampshire Avenue Silver Spring, Maryland	(301) 622-1273
<u>Unitarian Universalist</u> 10309 New Hampshire Avenue Silver Spring, Maryland	(301) 434-4050

CLEANERS

Aristo Cleaners (301) 434-1200
10119 New Hampshire Avenue
Silver Spring, Maryland
Located in the shopping center across the street from the college

DRUG STORES

CVS Pharmacy (301) 439-1360
10113 New Hampshire Avenue
Silver Spring, Maryland
Located in the shopping center across the street from the college
Hours: 8 a.m. – 10 p.m.
Pharmacy Hours: Monday-Friday 8 a.m. – 10 p.m.
Saturday 8 a.m. – 6 p.m.; Sunday 10 a.m. – 6 p.m.

EYE GLASS REPAIR

Hillandale Opticians (301) 439-1655
10149 New Hampshire Ave

Silver Spring, Maryland
Located in the shopping center across the street from the college

FAX MACHINES

Business Center of the Kirkland Center
(Cost is \$3 for the 1st page, \$1 for each additional page – pay at the front desk)

FIRE DEPARTMENT/AMBULANCE

In an emergency dial 911

Hillandale Fire Station (301) 434-2400
10617 New Hampshire Avenue
Silver Spring, Maryland

FOOTBALL

Washington Redskins (301) 276-6050
www.redskins.com
FedExField
Arena Drive
Largo, Maryland

Baltimore Ravens (410) 261-7283

www.baltimoreravens.com
M&T Bank Stadium
1101 Russell Street
Balitmore, Maryland

GARDENS AND NATURE CENTER

Brookside Gardens and Nature Center

(301) 962-1400

www.BrooksideGardens.org
1800 Glenallan Avenue
Wheaton Maryland

Brookside Gardens is Montgomery County's incomparable, award-winning 50-acre public display garden situated within Wheaton Regional Park. A lovely resource for nature enthusiasts and gardeners.

U.S. Botanical Gardens

(202) 225-8333

www.usbg.gov
1st and Maryland Avenue, SW
Washington, D.C.
Hours: 10 a.m. – 5 p.m.
Admission – Free

The Architect of the Capitol and the U.S. Botanic Garden (USBG) welcome you to the newly renovated Conservatory. We are proud to offer the citizens of Washington and visitors from across the nation a beautiful and fascinating living plant museum here on our Nation's Mall at the foot of the U.S. Capitol. We invite you to return again and again, to watch us grow and to see our ever-changing exhibits.

The grounds of the U.S. Botanic Garden are located on the National Mall across from the U.S. Capitol along First Street, S.W., between Maryland Avenue and C Street.

Bartholdi Park

The Park was created in 1932 and named for Frederic Auguste Bartholdi, the sculptor of the historic fountain located at its center. The beds in the Park were geometrically arranged and planted in formal classical style to feature the fountain and to accommodate public gatherings.

The National Garden

www.nationalgarden.org

The National Garden is a symbol of America's appreciation of and respect for nature and our environment. It is one large garden comprised of several smaller gardens, including: The Rose and Butterfly Gardens (part of the Basic Garden), the Regional Garden and the First Ladies' Water Garden. The final plans include an Environmental Learning Center as well. The National Garden is located on the Capitol grounds, on a three-acre site adjacent to the U.S. Botanic Garden Conservatory. Once completed, it will serve as a living laboratory for learning about ourselves through the study and understanding of the complexity of nature.

GOLF COURSES

Northwest Park Golf Course (301) 598-6100

9- or 18-hole course
Layhill Road
Silver Spring, Maryland
Located near Route 29 in Silver Spring

Paint Branch (301) 935-0330

9-hole course
4690 University Boulevard
College Park, Maryland
Located near University of Maryland

Sligo Park Golf Course (301) 585-6006

9-hole course
9701 Sligo Creek Parkway
Silver Spring, Maryland
Located off Colesville Road, in Silver Spring

GROCERY STORES

Giant Food Store (301) 593-1225

www.giantfood.com
11221 New Hampshire Avenue
Silver Spring, Maryland
Located off New Hampshire Avenue, North, in the White Oak Shopping Center

Safeway Food (301) 445-6190

www.safeway.com
10101 New Hampshire Avenue
Silver Spring, Maryland
Located across the street from the college

HAIRDRESSERS

Family Flair (301) 431-6660

1610 Elton Road
Silver Spring, Maryland
Located across the street from the college behind the Safeway

Hair 2000 (301) 681-6702

11253 A Lockwood Drive
Silver Spring, Maryland 20901
Located off New Hampshire Avenue, North, right on Lockwood

HOSPITALS

Holy Cross Hospital (301) 754-7000
1500 Forest Glen Road
Silver Spring, Maryland

Washington Adventist Hospital (301) 891-7600
7600 Carroll Avenue
Takoma Park, Maryland

KENNEDY CENTER (202) 467-4272

www.kennedycenter.com
New Hampshire Avenue at F Street, NW
Washington, D.C.
John F. Kennedy Center for the Performing Arts provides tours of the Center every day of the year from 10 a.m. to 1 p.m. The tours are free and include the Center's four theaters, lounges and national gifts of furnishings and works of art from 27 countries.

LIBRARIES

White Oak Community Library (301) 622-2492
11701 New Hampshire Avenue
Silver Spring, Maryland
Hours: Monday 10 a.m. – 8:30 p.m.; Tuesday-Wednesday 12:30 p.m. – 8:30 p.m.
Thursday 10 a.m. – 6 p.m.; Friday 10 a.m. – 5 p.m.; Saturday 9 a.m. – 5 p.m.

AFL-CIO Library (301) 431-5445
10000 New Hampshire Avenue
Silver Spring, Maryland
Hours: Monday-Friday 9 a.m. - 6:30 p.m.
Variety of union publications and books.
Located in the George Meany Memorial Archives Building

MCI CENTER (202) 628-3200

www.mcicenter.com
601 F Street, NW
Washington, D.C.
MCI Center is the country's newest state-of-the-art sports and entertainment facility. Home to the NBA's Wizards, and WNBA's Mystics. The 20,000-seat MCI Center also hosts Georgetown University men's basketball, concerts and more than 220 sports, entertainment and cultural events each year.

MEMORIALS, MONUMENTS AND MUSEUMS

Smithsonian

Air and Space Museum

(202) 633-1000

www.nasm.si.edu

Independence Avenue at 4th Street, SW
Washington, D.C.

Hours: 10 a.m. – 5: 30 p.m. daily.

Admission is Free

Includes Charles Lindbergh's airplane "The Spirit of St. Louis"; John Glen's space capsule. Great exhibits and movies on flying.

National Museum of American History

(202) 633-1000

www.americanhistory.si.edu/visiting

14th and Constitution Avenue, NW
Washington, D.C.

Hours: 10 a.m. – 5:30 p.m.

EXTENDED SUMMER HOURS

10 a.m. – 6:30 p.m. each day from May 26 through September 4.

Closed December 25.

Includes unforgettable exhibits of old cars, dresses worn by the First Ladies, old-fashioned trains, information on the history of printing, and the history of American television including both "Fonze's" leather jacket and "Archie Bunker's" chair. Current exhibits include "Duke Ellington: American Musician" and "Engines of Change: The American Industrial Revolution, 1790-1860".

Arlington National Cemetery

(703) 607-8000

www.arlingtoncemetery.org

Arlington, Virginia

Hours: 8 a.m. – 5 p.m., October 1 through March 31

8 a.m. – 7 p.m., April 1 through September 30

JFK's and RFK's graves and the Tomb of the Unknown Soldiers with an amazing changing of the guard ceremony held every hour.

Bureau of Engraving and Printing

(202) 874-3019

www.moneyfactor.gov

14th and C Streets, SW

Washington, D.C.

Public Tour: 9 a.m. – 10:45 a.m. & 12:30 p.m.-2 p.m. (every 15 minutes)

Extended Summer Hours (MAY-AUG): 5 p.m. – 7 p.m. (every 15 minutes)

The Bureau is CLOSED on weekends, federal holidays and the week between Christmas and New Years.

Please bear with us during this time of heightened security, and be advised that all tour policies are subject to change without public notification. If the Department of Homeland Security level is elevated to CODE ORANGE, the Bureau of Engraving and Printing is CLOSED to the public unless otherwise noted.

Korean War Veterans Memorial

(202) 426-6841

www.nps.gov/kwvm/home.htm

French Drive, SW

Washington, D.C.

Open all year

Hours: daily 8 a.m. – 12 a.m. midnight, except Christmas Day.

PARKING: Parking is extremely scarce in Washington, D.C. Parking is available on city streets during non-rush hour times (9 a.m. until 4 p.m.) during the week. Parking is available along Ohio Drive near the Lincoln and Jefferson Memorials.

June 25, 1950 the 38th Parallel marked the beginning of a war that was to be like no other. Many years have passed since the end of the Chosin Reservoir Campaign in North Korea. The American public has all but forgotten the violence and valor that took place there at the fighting man's level. The fiftieth anniversary of the Korean War gives both the armed forces and the nation an opportunity to honor those veterans who served in that bitter war. The battle continues along the present demilitarized zone. The location of this line largely above the 38th Parallel is historic evidence that in Korea, aggression did not pay. In Korea, the American soldier with his Korean and United Nations allies fought with bravery and skill against his communist foes.

Lincoln Memorial

(202) 426-6895

www.nps.gov

Foot of 23rd Street, NW

Washington, D.C.

No charge. Open all year. Closed December 25.

The Lincoln Memorial is a tribute to President Abraham Lincoln and the nation he fought to preserve during the Civil War (1861-1865). The Lincoln Memorial was built to resemble a Greek temple. It has 36 Doric columns, one for each state at the time of Lincoln's death. A sculpture by Daniel Chester French of a seated Lincoln is in the center of the memorial chamber.

Maryland Science Center

(410) 545-5927

www.mdsci.org

Inner Harbor

Baltimore, Maryland

Memorial Day to Labor Day

Thursday – Saturday 10 a.m. to 8 p.m.

Sunday – Wednesday 10 a.m. to 6 p.m.

Labor Day to Memorial Day

Monday CLOSED

Tuesday –Friday 10 a.m. to 5 p.m.

Saturday 10 a.m. to 6 p.m.

Sunday 11 a.m. to 5 p.m.

They offer three full floors of hands-on exhibits, IMAX films, planetarium shows, kids' room, observatory, Science Store and a new café.

Mount Vernon

(703) 780-2000

www.mountvernon.org

Located at the end of the George Washington Parkway South.

3200 Mount Vernon Highway

Mount Vernon, Virginia

Open all year

Hours: 8 a.m. – 4 p.m. – April – August

9 a.m. – 5 p.m. – March, September and October

9 a.m. – 4 p.m. – November – February

George Washington's home

National Archives

(202) 501-5205

www.archives.gov

8th and Constitution Avenue, NW

Washington, D.C.

Hours: March 15 – Labor Day

10 a.m. – 7 p.m.

Day after Labor Day – March 14

10 a.m. – 5:30 p.m.

Includes the original Declaration of Independence and the Constitution;
there is also a great exhibit of early photographs.

Tours

National Aquarium in Baltimore

(410) 576-3800

www.aqua.org

Pier 3

501 East Pratt Street

Baltimore, Maryland

March, April, May, June

Friday Only: 9 a.m. – 8 p.m.

All Other Days: 9 a.m. – 5 p.m.

July and August

Monday – Thursday 9 a.m. – 5 p.m.

Friday – Saturday 9 a.m. – 8 p.m.

Sunday: 9 a.m. – 6 p.m.

Dive in for an unforgettable journey under the sea. Stunning exhibits
and more than 11,000 aquatic animals make this Inner Harbor
destination Baltimore's most popular attraction. Express entry available
when you purchase tickets online.

National Capital Trolley Museum

(301) 384-6088

www.DCTrolley.org

1313 Bonifant Road

Silver Spring, Maryland

Hours: January 2 - November 30: Saturday – Sunday 12 noon – 5 p.m.

March 15 – May 15: Thursday – Friday 10 a.m. – 2 p.m.

June 15 – August 15: Thursday – Friday 11 a.m. – 3 p.m.

October 1 - November 15: Thursday-Friday 10 a.m. – 2 p.m.

Old trains and trolleys are on display at this unique museum.

National Gallery of Art

(202) 737-4215

www.nga.gov

9th and Constitution Avenue, NW

Washington, D.C.

Hours: Monday – Saturday: 10 a.m. – 5 p.m.; Sunday: 11 a.m. – 6 p.m.

No charge

National Gallery of Art--East Wing

4th and Constitution Avenue, NW

Washington, D.C.

Hours: Monday – Saturday: 10 a.m. – 5 p.m.

Sunday: 11 a.m. – 6 p.m.

Interesting architecture makes this museum an exhibit in itself.

Underground corridor between the East Wing and the Main Building

National Museum of Women in the Arts

(202) 783-5000

1250 New York Avenue, NW

Washington, D.C.

Adults: \$10; Seniors and Students: \$8 – Age 18 and under: Free

Hours: Monday – Saturday: 10 a.m. – 5 p.m.

Sunday: 12 p.m. – 5 p.m.

The NMWA offers the single most important collection of art by women in the world.

National Museum of Natural History

(202) 357-1535

www.mnh.si.edu/info_desk.html

10th and Constitution Avenue, NW

Washington, D.C.

Hours: 10 a.m. - 5:30 p.m. daily.

Memorial Day – Labor Day - extended summer hours for all days will be 10 a.m. to 7:30 p.m.

All exhibits and stores within the Museum will be open during that time. The last show in the IMAX Theater will begin at 7:30 p.m.

Their exhibit includes the Hope Diamond, other jewels, wonderful mineral and crystal exhibits. Huge exhibits on gorillas and dinosaurs, also.

Supreme Court

(202) 479-3000

www.supremecourtus.gov/visiting/visiting.html

First Street and Maryland Avenue, NE

Washington, D.C.

Hours: Monday – Friday, 9 a.m. – 4:30 p.m.

Closed Saturday and Sunday

The Supreme Court offers a variety of educational programs. Exhibits, which are changed periodically, and a theater, where a film on the Supreme Court is shown, are located on the ground floor. Lectures in the Courtroom are typically given every hour on the half-hour, on days that the Court is not sitting, 9:30 a.m., concluding at 3:30 p.m.

- Thomas Jefferson Memorial (202) 426-6841
www.nps.gov/thje/home.htm
South Bank of Tidal Basin
Washington, D.C.
Hours: Daily 8 a.m. – 11:45 p.m.
Closed: December 25
Political philosophers, architect, musician, book collector, scientist,
horticulturist, diplomat, inventor, and third President of the United
States Exhibits and bookstore
- The Treasury Department (202) 622-2000
www.ustreas.gov
1500 Pennsylvania Avenue, NW
Washington, D.C. 20220
- U.S. Capitol (202) 225-6827
www.aoc.gov
Between 1st and Independence Avenue & Constitution Avenue, SW
Washington, D.C.
Hours: 9 a.m. – 4:30 p.m.
The Capitol is open to the public for guided tours only, Monday through
Saturday. The Capitol is open on all federal holidays except
Thanksgiving Day and Christmas Day.
- U.S. Holocaust Memorial Museum (202) 488-0400
www.ushmm.org
100 Raoul Wallenberg Place, SW
Washington, D.C. 20024
Hours: 10 a.m. – 5:30 p.m. daily.
Closed on Yom Kippur and Christmas Day
No charge but call for Tour information and getting tickets.
This museum regularly presents changing exhibitions about all aspects
of the Holocaust and various related issues; there is a three-floor
permanent exhibit that presents a history of the Holocaust through
artifacts, photographs, films, and eyewitness testimonies.
- U.S. National Arboretum (202) 245-2726
www.usna.usda.gov
3501 New York Avenue, NE
Washington, D.C.
Hours: 8 a.m. – 5 p.m. daily – Closed Christmas Day
The Arboretum's beautiful 446-acre campus in Washington, D.C.
contains an array of display gardens, collections, and historical
monuments set among native stands of eastern deciduous trees.

Vietnam Veteran's Memorial

(202) 634-1568

www.nps.gov/vive

21st and Constitution Avenue, NW
Washington, D.C.

Hours: 8 a.m. – 11:45 p.m. daily – Closed December 25

The Vietnam Veterans Memorial serves as a testament to the sacrifice of American military personnel during one of this nation's least popular wars. The memorial consists of three distinct sections. "the wall", the three service men statue and flagpole and the women in service to the Vietnam war statue. The purpose of this memorial is to separate the issue of the sacrifices of the veterans from the U.S. policy in the war, thereby creating a venue for reconciliation.

Washington Monument

(202) 426-6839

www.nps.gov/wamo

15th and Constitution Avenue, NW
Washington, D.C.

Hours: 9 a.m. – 4:45 p.m.

No charge

Of all the Presidents of the United States, George Washington is the most celebrated. Efforts to commemorate his legacy began during his lifetime and continue to this day. Down through the years they have taken on many forms. His leadership and service to the republic have been distinguished through the naming of the federal capital, universities, streets, counties, and a state. In addition to these honors, he had been remembered in works of art, monumental buildings, and historic preservation, involving Americans of all walks of life. But none have captured the imagination of the people world-wide like the Washington Monument. See the breathtaking view from the top of this 558-foot monument.

Washington Zoo

(202) 673-4800

www.nationalzoo.fi.edu

3001 Connecticut Avenue, NW
Washington, D.C.

Open: April 1 – October 31: 6 a.m. - 8 p.m.

(Animal Buildings 10 a.m. – 6 p.m.)

November 1 – March 31: 6 a.m. – 6 p.m.

(Animal Buildings 10 a.m. – 4:30 p.m.)

No charge.

Parking: first hour – \$4; 2 to 3 hours – \$12; 3 hours or more – \$16

White House

(202) 456-7041

www.whitehouse.gov

1600 Pennsylvania Avenue, NW
Washington, D.C.

Call for tour hours and tickets.

You must get a ticket at the Visitors Center located at 15th and E Streets and you may wait there until your tour begins.

Woodend Mansion

(301) 652-9188

www.audubonnaturalist.org/woodend.htm
8940 Jones Mill Road
Chevy Chase, Maryland
Home of the Audubon Naturalist Society
Enjoy the serenity of our wildflower meadow, hike our meandering trails, explore the aquatic life of our pond at our 40-acre nature sanctuary minutes from our nation's capital.

World War II Memorial

(202) 619-7222

www.nps.gov/nwwm
17th Street, NW
Washington, D.C.
Hours: 24 hours, 7 days a week
The World War II Memorial honors the 16 million who served in the armed forces of the U.S., the more than 400,000 who died, and all who supported the war effort from home. The memorial is a monument to the spirit, sacrifice, and commitment of the American people. The Second World War is the only 20th Century event commemorated on the National Mall's central axis. The memorial opened to the public on April 29, 2004 and was dedicated one month later on May 29. It is located on 17th Street, between Constitution and Independence Avenues, it is flanked by the Washington Monument to the east and the Lincoln Memorial to the west.

METRO INFORMATION

(202) 637-7000

www.metroopensdoors.com
Information and maps are available at the Front Desk.

NATIONAL PARK SERVICE

Agricultural Research Center

(301) 504-9595

www.ba.ars.usda.gov/aboutus/
Building 003 BARC-WEST Room 223
10300 Baltimore Avenue
Beltsville, Maryland
Hours: Monday – Friday, 8 a.m. – 4:30 p.m.
The Agricultural Research Center is the largest research center operated by the United States Department of Agriculture. The National Visitor Center is housed in a charming Log Lodge built from blueprints for Yellowstone ski lodges, and completed in 1937. Visitors can peer into the future of food and farm sciences in plant breeding, animal and human nutrition, products, and inventions of agricultural science. Ask about our film series. The staff offers tours of the Research Center by appointment.

Howard B. Owens Science Center

(301) 918-8750

www.691.gsfc.nasa.gov

[Planetarium, Space Environment & Nature Exhibits]

9601 Greenbelt Road

Lanham, Maryland

Hours: 7 p.m. every Friday that schools are in session

The county's only permanent planetarium can be found at the Science Center. Included are exhibits featuring arthropods, reptiles, and small mammals. Other exhibits show persistence of vision, color mixing, mineral fluorescence, and other phenomenon associated with light, sight and perception. The Center also houses the Challenger Learning Center, a simulated space environment including a mission control and space station.

National Agricultural Library

(301) 504-5755

www.nal.usda.gov

10301 Baltimore Boulevard

Beltsville, Maryland

Hours: 8:30 a.m. – 4:30 p.m.

Established in 1862 under legislation signed by President Lincoln, the National Agricultural Library, along with the Library of Congress and the National Library of Medicine, is one of the three national libraries of the United States. It is the largest agricultural library in the world with over 2.3 million volumes on 48 miles of shelves located on 14 floors.

National Wildlife Visitors Center

(301) 497-5760

www.fws.gov/patuxent/vcdefault.html

10901 Scarlet Tanager Loop

Laurel, Maryland

Hours: 9 a.m. – 4:30 p.m.

President Franklin D. Roosevelt established the Refuge in 1936. It now encompasses more than 12,000 acres. Explore wildlife and the environment in a Smithsonian-quality experience featuring interactive exhibits. The focus is on global environmental issues, migratory bird studies, habitats, endangered species and creature life cycles. Magnificent walking trails available. For those who would rather sit, enjoy the view from the tram tours (seasonal & weather-dependent, minimal fee applies).

University of Maryland Observatory

(301) 405-6555

www.astro.umd.edu/openhouse

Metzerott Road

College Park, Maryland

The Astronomy Department's Observatory is open to the public on the 5th and 20th of each month.

During winter and early spring, programs begin at 8 p.m.

During summer and fall, programs may begin at 9 p.m.

A program includes a lecture, slide show and telescopic viewing.

POLICE DEPARTMENTS

In an emergency dial 911

Wheaton Police Department (240) 773-5500
2300 Randolph Road
Wheaton, Maryland

Silver Spring Police Department (301) 565-7740
801 Sligo Avenue
Silver Spring, Maryland

POSTAL SERVICES

Available at the Front Desk
Stamps; incoming & outgoing mail; UPS; special deliveries; etc.

Mobile Post Office
Every Monday: 1:30 p.m. – 2:00 p.m.
In front of the Kirkland Center

RACE COURSES-HORSES

Laurel (301) 725-0400
www.laurelpark.com
Flat Track
Route 198 and Route 1
Laurel, Maryland
Post time: 1:10 p.m. – Doors Open: 11:30 a.m.
Hours: Doors open at 11:30 a.m. unless otherwise stated.
Close at approximately 8:30 p.m. on Sunday, Monday and Tuesday
Close at 12 midnight on Wednesday and Thursday
Close at 1 a.m. Friday
Close at 12:30 a.m. Saturday
The days and hours of operation are subject to change.

Pimlico (410) 542-9400
www.pimlico.com
Flat Track
Baltimore, Maryland
Doors Open 11:30 a.m. – Post time 1:10 p.m.
Simulcasting Daily
Hours: Doors open at 11:30 a.m.
Close at approximately 8:30 p.m. on Sunday, Monday and Tuesday
Close at 12 midnight on Wednesday and Thursday
Close at 1 a.m. Friday
Close at 12:30 a.m. Saturday
Preakness Saturday close at 7:00 p.m.
The days and hours of operation are subject to change

RESTAURANTS

Aangan Indian Restaurant (301) 657-1262
4920 St. Elmo Avenue
Bethesda, Maryland
Hours: Monday – Saturday: 11:30 a.m. – 2:30 p.m.
Monday – Friday: 5:30 – 10 p.m.
Saturday: 5:30 – 10:30 p.m.
Sunday: 12 - 3 p.m.
Food made to order

Asian Bistro (301) 589-0123
www.asianbistro.com
8537 Georgia Avenue
Silver Spring, Maryland
Hours: Sunday – Thursday: 11 a.m. – 10 p.m.
Friday – Saturday: 11 a.m. – 11 p.m.
Fresh sushi bar, vegetarian dishes, Japanese and Chinese cuisine

Athenian Plaka (301) 986-1377
7833 Woodmont Avenue
Bethesda, Maryland
Hours: Sunday – Thursday: 11 a.m. – 10 p.m.
Friday – Saturday: 11 a.m. – 11 p.m.
Cuisine: Greek
Live Greek music

Austin Grill (240) 247-8969
www.austingrill.com
919 Ellsworth Avenue
Silver Spring, Maryland
Hours: Monday – Thursday: 11:30 a.m. – 1 a.m.,
Friday: 11:30 a.m. – 2 a.m.
Saturday: 11 a.m. – 2 a.m., Sunday: 11 a.m. – 1 a.m.
Fresh, homemade entrees and desserts
More than 25 salsas, sauces and dressings. Live sound stage.

Bacchus Restaurant (301) 657-1722
7945 Norfolk Avenue
Bethesda, Maryland
Hours: Monday – Friday: 12 – 2:30 p.m.
Friday – Saturday: 6 – 10:30 p.m.
Sunday: 6 – 10 p.m.
Cuisine: Lebanese

Baja Fresh (301) 587-6542
www.bajafresh.com
8515 Fenton Street
Silver Spring, Maryland
Hours: Monday - Thursday: 11 a.m. – 9 p.m.
Friday - Saturday: 11 a.m. – 10 p.m., Sunday: 11 a.m. – 9 p.m.
Cuisine: Mexican - Lunch and dinner

Bar-B-Que House (301) 317-9529
9990 N. Washington Boulevard
Laurel, Maryland
Hours: Monday - Thursday: 8 a.m. - 9 p.m.
Friday - Saturday: 9 a.m. - 10 p.m.
A classic barbeque restaurant with home-style cooking and excellent side dishes and a 13 year legacy

Benihana (301) 652-5391
7935 Wisconsin Avenue
Bethesda, Maryland
Hours: Monday – Thursday: 11:30 a.m. – 11 p.m., Friday: 11:30 a.m. – 11 p.m.
Saturday: 12 noon – 11 p.m., Sunday: 12 noon – 10 p.m.
Lively Japanese – chef slices and dices before your eyes – Sushi bar

Benjarong Thai Restaurant (301) 424-5533
www.benjarongthairerestaurant.com
885 Rockville Pike (Route 355)
Rockville, Maryland
Hours: Monday – Thursday: 11:30 a.m. – 10 p.m.
Friday – Saturday: 11:30 a.m. – 10:30 p.m., Sunday: 5 p.m. – 10 p.m.
A blend of rich & sharp, spicy & sour, sweet & bitter, crisp & tender

Bethesda Crab House (301) 652-3382
4958 Bethesda Avenue
Bethesda, Maryland
Hours: Daily 9 a.m. – 11 p.m.
The place for crabs and beer

Bombay Indian Restaurant (301) 593-7222
11229 New Hampshire Avenue
Silver Spring, Maryland
Leave the college and turn left at New Hampshire Avenue. Stay on New Hampshire Avenue. The restaurant is in the White Oak Shopping Center on your right

Crisfield Seafood Restaurant (301) 589-1306
www.crisfieldseafoodrestaurant.com
8012 Georgia Avenue
Silver Spring, Maryland
Hours: Monday closed
Tuesday – Thursday: 11 a.m. – 9 p.m.,
Friday – Saturday: 11 a.m. – 10 p.m.
Sunday: 12 noon – 9 p.m. No reservations
Take Beltway towards Silver Spring and take exit #30B toward Silver Spring, about 2 ½ miles on right

Chef Theo's (301) 593-5350
www.cheftheos.com
11271 New Hampshire Avenue
Silver Spring, Maryland
Hours: Monday – Saturday: 8 a.m. – 10 p.m., Sunday: 8:30 a.m. – 9 p.m.
Leave college, turn left at New Hampshire Ave. Stay on New Hampshire Ave. Theo's is in the White Oak Shopping Center on your right.

Coldstone Creamery (301) 565-0126
www.coldstonecreamery.com
821 Ellsworth Drive
Silver Spring, Maryland
Made to order for each customer by blending in mix-ins on a frozen granite stone (the Cold Stone!), and served in a fresh-baked waffle cone. Ice cream, yogurt and Italian sorbet

Domino's Pizza (301) 445-3030
10145 New Hampshire Avenue
Silver Spring, Maryland
Located in the shopping center across the street from the college

Eggspectation (301) 585-1700
www.eggspectation.ca
923 Ellsworth Drive
Silver Spring, Maryland
Hours: Monday – Saturday: 7 a.m. – 10 p.m.; Sunday: 7 a.m. – 9 p.m.
Breakfast, lunch and dinner

Golden Bull (301) 439-4800
9107 Riggs Road
Adelphi, Maryland
American – Prime Rib and Seafood
Hours: 11 a.m. – 9:30 p.m.
Leave the college and turn right on New Hampshire Avenue. Go to third traffic light and make a left on Adelphi Road. At next traffic light make a right on Riggs Road. Restaurant is on left hand side

Hunan Manor (301) 681-5360
11237 New Hampshire Avenue
Silver Spring, Maryland
Hours: Monday – Thursday: 11 a.m. – 10 p.m.,
Friday – Saturday: 11 a.m. – 11 p.m., Sunday – 12 noon – 10 p.m.
Chinese
Leave the college and turn left at New Hampshire Avenue. Stay on New Hampshire Avenue. The restaurant is in the White Oak Shopping Center is on your right

La Panetteria (301) 951-6433
www.lapanetteria.com
4921 Cordell Avenue
Bethesda, Maryland
Hours: Monday – Thursday: 11:30 a.m. – 10 p.m.,
Friday – Saturday: 11:30 a.m. – 11 p.m., Sunday: 3:30 p.m. – 10 p.m.
Cozy old fashioned Italian Restaurant. Southern and Northern Italian

Lebanese Taverna (301) 588-1192
www.lebanesetaverna.com
933 Ellsworth Drive
Silver Spring, Maryland
Awarded the AOL's 2005 City's Best All Around Restaurant
The menu features authentic Middle Eastern fare with an accent on appetizers, many of which are vegetarian friendly. One highlight to the menu is the "Feast for Two" mezza platter providing the diner with a variety of over 25 appetizers.

Mi Rancho (301) 588-4744
www.ranchorestaurant.com
8701 Ramsey Avenue
Silver Spring, Maryland
Hours: Sunday – Thursday: 11:30 a.m. – 10 p.m.
Friday – Saturday: 11:30 a.m. - 11 p.m.
Tex Mex
Take the Beltway to Exit #30, Colesville Road towards Silver Spring. Take that to Georgia Avenue and make a right and then a left onto Ramsey

Mrs. K's Toll House (301) 589-3500
www.mrsk.com
9201 Colesville Road
Silver Spring, Maryland
American
Hours: Brunch – Sunday: 10:30 a.m. – 3 p.m.
Closed Monday
Lunch - Tuesday – Saturday: 11:30 a.m. – 2:30 p.m.;
Dinner – Tuesday – Thursday: 5:00 – 9:00;
Friday – Saturday: 4:30 – 9:30 p.m.;
Sunday 5 – 8 p.m.
Century old tollhouse: antique china, glass. Casual attire. Reservations recommended. Outdoor seating also, weather permitting.

O'Briens Pit Barbecue (301) 340-8596
www.obrienspitbarbeque.com
387 East Gude Drive
Rockville, Maryland
Hours: Sunday – Thursday: 11 a.m. – 9 p.m.
Friday – Saturday: 11 a.m. – 9:30 p.m.
Some amazing, tender and flavorful beef, pork, ribs, chicken and turkey
Country Music

Panera Bread (301) 495-0860
www.panerabread.com
8541 Georgia Avenue
Silver Spring, Maryland
Hours: Monday – Saturday: 6 a.m. – 9 p.m.; Sunday: 7 a.m. – 8 p.m.
Fresh breads, soups, salads, pastries and desserts

Potbelly Sandwich Works (301) 562-9696
www.potbelly.com
917 Ellsworth Drive
Silver Spring, Maryland
Hours: Monday – Thursday: 11 a.m. – 8 p.m.;
Friday – Saturday: 11 a.m. – 9 p.m.
Sunday: 11 a.m. – 8 p.m.
Made to order sandwiches, hand dipped ice cream milkshakes,
homemade soups and desserts. Live music

Quiznos (301) 434-2650
www.quiznos.com
10171 New Hampshire Avenue
Silver Spring, Maryland
Subs, salads, bread bowls and soup
Across the street from the college

Rock Bottom (301) 652-1311
www.rockbottom.com
7900 Norfolk Avenue
Bethesda, Maryland
Hours: Sunday – Thursday: 11 a.m. – 1 a.m.;
Friday – Saturday: 11 a.m. – 2 a.m.
Microbrewery, steaks, salads, seafood, pasta and some ethnic varieties –
full service bar – patio open in summer – three pool tables

Romano's Macaroni Grill (301) 562-2806
www.macaronigrill.com
931 Ellsworth Drive
Silver Spring, Maryland
Everything you love about Italian!

Sergio (301) 585-1040
8727 Colesville Road
Silver Spring, Maryland
Hours: Lunch: Monday – Friday: 11:30 a.m. – 2 p.m.; Dinner: 5 p.m. –
9:30 p.m.
Italian
*Take Beltway to Exit #30, Colesville Road, towards Silver Spring. The
restaurant is on the left in the Hyatt Hotel.*

Scooters (410) 799-5432
7615 Washington Blvd.
Elkridge, Maryland
Hours: Monday – Friday: 10:30 a.m. – 10 p.m.
Saturday – Sunday – 11 a.m. - 11 p.m.
Crabs & Seafood
*Take Route 95 North to Route 175 East then turn left on Route 1 North.
Go about 1 mile and Scooter's is on the right*

Tastee Diner (301) 589-6477
8601 Cameron Street
Silver Spring, Maryland
Food, Drinks, Soups & Salads, Meats, Vegetables, Fruits

Thai Derm Restaurant (301) 589-5341
939 Bonifant Street
Silver Spring, Maryland
Hours: Monday – Friday: 11 a.m. – 3 p.m. & 5 p.m. – 9:30 p.m.;
Saturday: 12 noon – 3 p.m. & 5 p.m. – 9:30 p.m.
Fine Thai cuisine, genuine authentic tastes of Far East Asia, vegetarian
meals offered also. Beer, wine and soft drinks

SERVICE STATIONS

Hillandale Exxon

(301) 431-3652

10206 New Hampshire Avenue
Silver Spring, Maryland
Gasoline only, self-service
Located just beyond the gate entering the college

Hillandale Shell

(301) 434-2200
10201 New Hampshire Avenue
Silver Spring, Maryland
Maintenance, repairs and gasoline
Located across the street from the college

Hillandale Citgo

(301) 439-3317

10226 New Hampshire Avenue
Silver Spring, Maryland
Maintenance, repairs and gasoline
As you leave the college, turn right at the light, the station is on the left

SHOPPING

City Place Plaza

(301) 589-1091

Silver Spring, Maryland
Ellsworth Avenue
Marshalls, Borders Books, Burlington Coat Factory, Ann Taylor Loft,
Men's Warehouse, Bombay Company, plus restaurants and movies.
*Located on the corner of Colesville Road & Fenton Street in downtown
Silver Spring*

Westfield Shopping Montgomery

(301) 469-6025

www.westfield.com/montgomery
7101 Democracy Boulevard
Bethesda, Maryland
Hours: Monday – Saturday: 10 a.m. – 9:30 p.m.;
Sunday: 11 a.m. – 6 p.m.
Macy's, Nordstrom, Sears and over 230 other stores including an
assortment of eateries
*Take the Beltway west to Old Georgetown Road. Go North on Old
Georgetown Road, less than a mile, to Democracy. Turn left and the
Mall is about 1 mile on the right*

The Mall at Prince George's (301) 559-8894

3500 East West Highway (Route 410)

Hyattsville, Maryland

Hours: Monday – Saturday: 10 a.m. – 9:30 p.m.;

Sunday: 12 noon – 6 p.m.

Macy's, Kids R US, Target, JC Penny, and a 100 other stores and eateries

Go South on New Hampshire Avenue and at the third traffic light make a left onto Adelphi Road. Go approximately 3 miles to Route 410 (East-West Highway) and turn right. The shopping center is about 1/4 mile on the right

Sears (301) 681-17000

www.sears.com

White Oak Shopping Center

11259 New Hampshire Avenue

Silver Spring, Maryland

Leave the college and turn left at New Hampshire Avenue. Stay on New Hampshire Avenue. White Oak Shopping Center is on your right

Union Station (202) 371-9441

www.unionstation.com

50 Massachusetts Avenue, NW

Washington, D.C.

Hours: Monday – Saturday: 10 a.m. 9 p.m.; Sunday: 12 noon – 6 p.m.

Upscale shops and restaurants amid historic and grand architecture.

Wheaton Plaza (301) 942-3200

www.westfield.com

11160 Veirs Mill Road

Wheaton, Maryland

Hours: Monday – Saturday 10 a.m. – 9:30 p.m.;

Sunday: 11 a.m. – 6 p.m.

Target, Macy's, JC Penny, CVS Drug Store, many small shops and several eating facilities. Movie theater adjacent to the Plaza.

Take the Beltway, west to Georgia Avenue North. Go approximately 3 miles to Wheaton Plaza on the left

SOCCER (Professional)

D.C. United

(703) 478-6600

www.dcunited.com

R.F.K. Stadium in Washington, D.C. from April through September

SWIMMING POOLS

Fairland Aquatic Center

(301) 206-2359

13820 & 13950 Old Gunpowder Road
Laurel, Maryland

Hours: Monday – Friday: 6 a.m. – 9 p.m.

Saturday – Sunday: 8 a.m. – 4 p.m.

Public facility, has four swimming areas plus a whirlpool spa and is open to the general public at a cost of \$5.00 for adults. (Students need to bring with them something with the college's name and address and their picture ID.) It is 6.2 miles from the National Labor College.

There are always at least three lap lanes open.

Go across New Hampshire Avenue onto Powder Mill Road and at the first traffic light bear left, continuing on Powder Mill until you pass over interstate 95. Take the first left, Old Gunpowder Road. Go 2.2 miles and the Center is on the left.

TAXI SERVICE

See Front Desk

TENNIS (OUTDOORS)

Hillandale Park

New Hampshire Avenue
Silver Spring, Maryland

Take a left at New Hampshire Avenue and go 1/2 mile. The two tennis courts are on the right

THEATER (Movies)

AMC Academy – 8 Theaters

(301) 220-1155

Center Court Beltway Plaza Mall
6198 Greenbelt Road
Greenbelt, Maryland

Take Beltway towards Richmond to Exit 23. Go south on Kenilworth Avenue, bear right onto Greenbelt Road. Beltway Plaza is located three blocks down Greenbelt Road on the right

Round House Theater

(301) 644-1100

8641 Colesville Road
Silver Spring, Maryland

Sony Calverton – 8 Theaters

(301) 937-0742

4001 Powder Mill Road
Calverton, Maryland

This theater complex is located in Calverton. Go through light at New Hampshire Avenue, bear left at first light, Powder Mill Road. Continue down Powder Mill Road and make a right onto Beltsville Drive

- The Majestic Theater (301) 565-8884
 www.consolidatedmovies.com
 900 Ellsworth Drive
 Silver Spring, Maryland
 Our megaplexes offer state-of-the-art and innovative stadium seating, digital sound, wall-to-wall screens and gourmet concessions. The luxury theatres offer many amenities and first class service. In fact, your satisfaction is guaranteed at all Consolidated Theatres.
- Wheaton Plaza – 11 Theaters (301) 949-9200
 Wheaton Plaza Shopping Center
 Veirs Mill Road
 Silver Spring, Maryland
Leave the college and turn right at the light. Take first ramp onto Beltway and follow to Georgia Avenue, North. Go about 2 ½ miles to Mall on left
- THEATERS (Stage)
- Arena Stage (202) 488-3300
 www.arenastage.com
 1101 6th and Maine Avenue, SW
 Washington, D.C.
- National Theater (202) 628-6161
 www.nationaltheatre.org
 1321 Pennsylvania Avenue, NW
 Washington, D.C.
- John F. Kennedy Center for the Performing Arts (202) 467-4600
 www.kennedycenter.com
 (New Hampshire Avenue at F Street, NW)
 2700 F Street, N.W.
 Washington, D.C.
- Olney Theatre (301) 924-3400
 www.olneytheatre.org
 2001 Olney-Sandy Spring Road
 Olney, Maryland
- Ford's Theater (202) 347-4833
 www.fordstheatre.org
 511 10th Street, NW
 Washington, D.C.
- Warner Theater (202) 783-4000
 www.warnertheater.com
 (13th and E Streets, NW)
 513 13th Street, NW
 Washington, D.C.

Strathmore-Music Center

(301) 581-5100

www.strathmore.org
5301 Tuckerman Lane
North Bethesda, Maryland
and

The Mansion of Strathmore

10701 Rockville Pike
Rockville, Maryland

Outdoor concerts, art exhibits, performing arts, literary lectures and events. World-class performances by major national artists of folk, blues, pop, jazz, show tunes and classical music.

TOURS

Gold Line Tours

(301) 386-8300

www.graylinedc.com

Evening tour – \$38.00 for adults and \$19.00 for children (3-11 years).

Prices subject to change.

The tours begin evenings at 7:45 p.m. from Union Station Bus Level

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