

NORTH FOUR CORNERS NEWS

PUBLISHED BIMONTHLY BY THE NORTHWOOD-FOUR CORNERS CIVIC ASSOCIATION ■ JUNE 2023

2nd Annual Plant Swap 11 June

The Northwood Garden Club will be hosting its Second Annual Plant Swap on Sunday, 11 June. If your garden beds are getting too crowded because annuals have re-seeded or perennials are growing and taking up too much space, dig them up and bring them

to the plant swap. Each plant you bring can be traded in and swapped for a different plant from one of your neighbors' gardens.

Pro tip: if you don't have extra pots, especially for larger plants, reuse a plastic mulch or garden soil bag to bring your plant in. There will also be some annuals for sale—which members have grown from seed—with proceeds going to the NFCCA.

The Plant Swap will be held at 304 Dennis Avenue on Sunday, 11 June, from 1 to 4 p.m. Please mark your calendars!

The Northwood Garden Club was formed here in the neighborhood several years ago. We meet to share gardening tips, sources and information. We welcome beginners as well as experienced gardeners. At the beginning we met via Zoom, but just held our first in-person meeting on a lovely patio.

If you are interested in joining this group, send an email to NorthwoodGardenClub+subscribe@nfcca.groups.io. (Note: you must first join the NFCCA listserv to access the club's subgroup; see directions on page two or on our website, www.nfcca.org.) ■

Next Meeting on 7 June—Early!

The next meeting of the Northwood-Four Corners Civic Association will be held on Wednesday, 7 June 2023, at 7:30 p.m. **Please note that the meeting will occur one week earlier than usual.** The meeting will be held in person at Forest Knolls Elementary School as well as virtually.

To find the access codes for the online meeting, go to the NFCCA website at www.nfcca.org; the codes will be posted the week of the meeting. See speakers on page 4.

All residents of the Northwood-Four Corners-Forest Knolls area are invited to attend and express their views. Please note that only paid members of the NFCCA are eligible to vote if a vote is called. (Annual dues—\$15 per household—may be paid at the meeting or online.) ■

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WWW.NFCCA.ORG

PRESIDENT'S MESSAGE

Hola, Neighbors! Ema here to welcome summer in North Four Corners!

Since we won't have another issue of the newsletter until October, I want to take this opportunity to give you my official State of the Neighborhood Report: The neighborhood is thriving!

We had so many great neighbor-led events this year, the most recent of which was the fabulous neighborhood-wide yard sale on 6 May (see story on page 9). Thank you to Julie and Karen for organizing that amazing event and to all the neighbors who participated. It was great to see so many neighbors walking around interacting with each other.

We also had an all-ages bike ride for Earth Day in April (and one scheduled for July 16; see page 15). Many thanks to the Northwood Bicycle Club crew for another great event.

The County is also supporting our neighborhood with events in North Four Corners Park. In May, we enjoyed "Acoustics & Ales." We are looking forward to another county event in North Four Corners Park this summer: Shakespeare in the Parks' performance of *The Tempest* on July 12. A note: These County events are fantastic, but we have discovered that the food and beverage lines can be a bit long. Consider bringing your own picnic for maximum enjoyment.

We are now looking forward to summer. I hope to see many of you at the newly renovated Forest Knolls Pool, another great neighborhood amenity. Anyone interested in joining the pool can check out their website for membership and waitlist information.

A reminder if you have a child who will be 5 by Sept. 1 to enroll in kindergarten sooner rather than later. Our neighborhood is now served by two elementary schools: Forest Knolls and Montgomery Knolls. I am planning to start up a "bike bus" to Forest Knolls next September (see page 14).

Neighbors, if you have any ideas for events or activities, please contact me. Our neighbor-led events have been important opportunities for us to get to know one another. The more opportunities we have to interact, the more understanding we build.

If you have any interests or abilities that you would like to contribute to the neighborhood, please contact me! We had Corrine Stephens and Jennifer McGuire Cox use their Weed Warrior knowledge to lead an invasive species removal project earlier this year after Carlos Del Real issued a call to action on the lamentable state of the Lockwood drainage ditch. That was awesome.

I'm delighted that Lauren and Andrew (Irwin St.) have recently announced Casual Soccer Tuesdays at 5:30 on Tuesdays at North Four Corners park near the playground (page 5). Thank you for starting this up and I will definitely be dropping by!

I am open to all ideas, so please do not hesitate to reach out!

If you have not joined the NFCCA listserv, please consider joining. It's not as scary as Nextdoor, I promise! Sign up info is available on our website. The listserv is the main way the NFCCA will keep in touch with neighbors over the summer.

Have a great summer!

—Ema Perez

Communicate!

NFCCA Listserv

To join:

nfcca+subscribe@groups.io
[add "un" to unsubscribe]

To send messages to group:

nfcca@groups.io

NFCCA Deals!

Buy Nothing Forest Knolls/North Four Corners/Woodmoor

<https://www.facebook.com/groups/517319962826076>

Compost Crew: 5-Gal. bucket
@\$22, compostcrew.com

Seasonal Roots: Sign up @\$25,
seasonalroots.com/nfcca

NORTH FOUR CORNERS NEWS

The *North Four Corners News* (formerly *Northwood News*) is published by the Northwood-Four Corners Civic Association. The NFCCA represents the ~1,600 households in the area bounded by Colesville Road (Rte. 29), University Blvd. (Rte. 193), Caddington Avenue, and the Northwest Branch.

Any resident of this area is eligible to join the NFCCA. Annual dues are \$15 per household and may be paid online, at any Association meeting, or mailed to the treasurer.

The *North Four Corners News* is published five times a year—in October, December, February, April, and June. To place an ad or discuss a story, please contact the editor.

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Visit Our Website
www.nfcca.org

MENSAJE DEL PRESIDENTE

¡Hola vecinos! ¡Ema está aquí para dar la bienvenida al verano en Northwood!

Dado que no tendremos otro número de este boletín hasta octubre, quiero aprovechar esta oportunidad para darle mi informe oficial sobre el estado del vecindario: ¡Nuestro vecindario está prosperando!

Tuvimos muchos grandes eventos organizados por vecinos este año, el más reciente de los cuales fue la fabulosa venta de garaje en todo el vecindario el 6 de mayo (la página 9). Gracias a Julie y Karen por organizar ese increíble evento, y a todos los vecinos por su participación. Fue genial ver a tantos vecinos caminando interactuando entre sí.

También tuvimos un paseo en bicicleta para todas las edades para el Día de la Tierra en abril (y uno programado para el 16 de julio; la página 15). Muchas gracias al equipo del Northwood Bicycle Club por otro gran evento.

El condado también está apoyando a nuestro vecindario con eventos en North Four Corners Park. En mayo, disfrutamos de "Acoustics & Ales." Esperamos con ansias otro evento del condado en North Four Corners Park este verano: la actuación de Shakespeare in the Parks *de Tempestad* el 12 de julio. Una nota: estos eventos del condado son fantásticos y muy populares pero hemos descubierto que las colas para comprar alimentos y bebidas pueden ser un poco largas. Considere la posibilidad de traer su propio picnic para disfrutar al máximo su próxima visita.

Ahora estamos deseando que llegue el verano. Espero ver a muchos de ustedes en la recién renovada piscina Forest Knolls, otra gran utilidad del vecindario. Cualquier persona interesada en unirse a la piscina puede consultar su sitio web para obtener información sobre la membresía

y la lista de espera.

Un recordatorio si tiene un hijo que tendrá 5 años antes del 1 de septiembre para inscribirse en el jardín de infantes más temprano que tarde. Nuestro vecindario ahora es atendido por dos escuelas primarias: Forest Knolls y Montgomery Knolls. Estoy planeando iniciar un "Bike Bus" a Forest Knolls el próximo septiembre (consulte la página 14).

Vecinos, si tienen alguna idea para eventos o actividades, póngase en contacto conmigo. Nuestros eventos dirigidos por vecinos han sido oportunidades importantes para que nos conozcamos. Cuantas más oportunidades tengamos de interactuar, más comprensión construiremos.

Si tiene algún interés o habilidad que le gustaría contribuir al vecindario, ¡póngase en contacto conmigo! Tuvimos a Corrine Stephens y Jennifer McGuire Cox usando sus conocimientos de Weed Warrior para liderar un proyecto de eliminación de especies invasoras a principios de este año después de que Carlos Del Real emitiera un llamado a la acción sobre el lamentable estado de la zanja de drenaje de Lockwood. Eso fue increíble. Estoy encantado por los martes de fútbol casual, los juegos traídos a nuestro parque North Four Corners Local Park por Lauren y Andrew (Irwin St), ¡gracias y nos vemos el próximo martes (consulte la página 5)! Estoy abierto a todas las ideas, ¡así que no dudes en ponerte en contacto conmigo!

Si no se ha unido al Listserv de NFCCA, considere unirse. ¡No da tanto miedo como Next Door, te lo prometo! La información de registro está disponible en nuestro sitio web. El Listserv es la principal forma en que la NFCCA se mantendrá en contacto con los vecinos durante el verano.

¡Que tengas un buen verano!

—Ema Perez

NFCCA BOARD

The Board of Directors for the Northwood-Four Corners Civic Association serves for one year and meets every month except July and August. Current officers (until October 2023) are:

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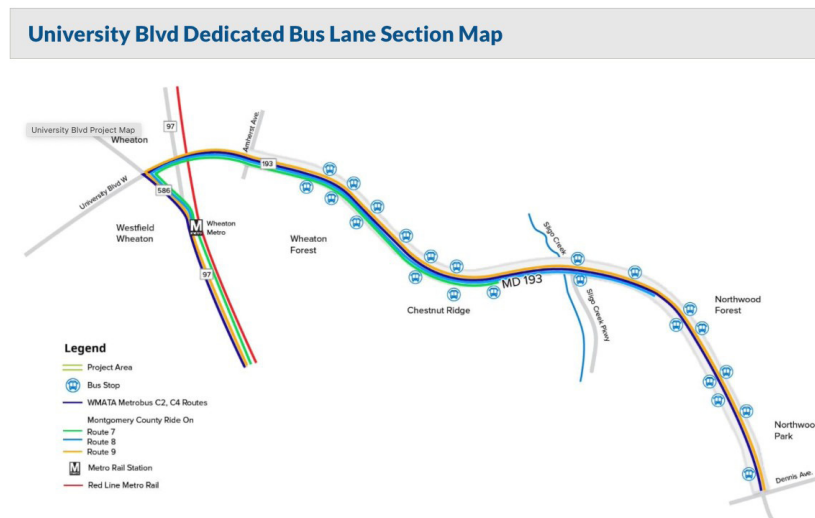
MCDOT Bus/Bike Lane Pilot Coming This Summer

By Sharon Canavan

This summer, the Montgomery County Department of Transportation (MCDOT) plans to start a 12-month pilot for dedicated lanes on University Boulevard. Only buses, bicycles, emergency vehicles, and traffic turning right into the neighborhood will be allowed to drive in the dedicated lanes. MCDOT held a virtual public meeting on 30 March to discuss this project. More specific information and a video recording of MCDOT's presentation is available at <https://www.montgomery-countymd.gov/DOT/Projects/buspriority/university.html>.

The goal of the pilot is to improve transit times and service reliability for buses and support increased bicycle usage. The dedicated lanes will run east and west in the curb lanes on University Boulevard from Dennis Avenue in Four Corners to Amherst Avenue in Wheaton and will be identified with red painted areas and traffic signage.

Vehicles will still be able to drive in the dedicated lane in order to turn right into a driveway or access road into



our neighborhood. To make a right turn, drivers should enter the dedicated lane within 100 feet of their turn.

When MCDOT conducted a previous pilot with dedicated bike lanes in this same stretch of University Boulevard, there was substantial criticism—particularly from residents of the Kemp Mill community—because the pilot project design blocked off the right turn yield lane from Arcola onto University Boulevard. This caused substantial traffic backups on Arcola. MCDOT's traffic engineers recognized this problem, so the upcoming dedicated lane pilot will pre-

serve the yield lane; vehicles will be able to use the yield lane and cross the dedicated lane to merge onto University Boulevard.

Dedicated lane pavement markings and signs will be installed this spring with the pilot set to begin this summer. MCDOT is encouraging the public to comment on the pilot and its design, so your comments can be posted at <https://forms.office.com/pages/responsepage.aspx?id=-bEBbuWxcOC-sl3eAaaCtZLPFvHo8Lq-1DoHSGxMGwscdURUJU-1VMN1pJT1U5RkhCOVVES-DVBQkxTOC4u>. ■

State Delegates to Speak at NFCCA June Meeting

Our area's representatives in the Maryland State General Assembly (our is the 19th Legislative District) have agreed to join our June meeting in person to tell us what they've accomplished over the past legislative year.

Expected are (pictured from left): Maryland State

Senator Ben Kramer, and House of Delegates representatives Charlotte Crutchfield,

Bonnie Cullison, and Vaughn Stewart. All are Democrats up for election in 2026. ■



Tuesday Night Soccer Games

Tuesdays, 5:30 p.m.
North Four Corners Park
Edgewood and Southwood Avenues
or Royalton Road
Lower Playing Field (Not the Official
Soccer Field off University Blvd.)
Co-ed, All Skill Levels, All Ages
Welcome
Spectators Welcome, Bring Your
Own Chairs

Meet neighbors, exercise, be outside, have fun! Free pick-up soccer games, whether you're playing/exercising for the first time in decades or retired semi-professional international soccer players. All are truly welcome. One player's 5-year-old son is one of the best players on the field. A few neighbors not up to playing enjoy spectating with a glass of iced tea and a lawn chair. Soccer is a great way to break up the work week and meet some great neighbors through the pick-up games! ■



Partidos de Fútbol, Martes Por la Noche

Martes a las 5:30 PM.
En el Four Corners Local Park
Avenidas Edgewood y Southwood o
Royalton Road
En el campo de Juego Inferior cerca
de las canchas de tenis (No es
en el Campo de Fútbol Oficial de
University Blvd.)
Partidos mixtos, Todos los Niveles
de Habilidad, Jugadores de Todas
las Edades son bienvenidos,
Espectadores/Espectadoras bien-
venidos, Traiga sus Propias Sillas.

¡Conozca a sus vecinos, haga ejercicio, esté afuera y diviértase! Juegos de fútbol gratuitos, ya sea que juegues, o hagas ejercicio por primera vez en décadas, o jugadores de fútbol internacionales semiprofesionales retirados. Todos son verdaderamente bienvenidos. Un pequeño de 5 años es uno de los mejores jugadores en el campo. Algunos vecinos que no están dispuestos a jugar disfrutan del espectáculo con un vaso de té helado y una silla de jardín. ¡El fútbol es una excelente manera de romper la semana laboral y conocer a algunos vecinos en nuestro parque! ■

We Support OPC

The NFCCA Board voted to sign a 16 May 2023 group letter to the County Council supporting funding for the Office of the People's Counsel (OPC). Read the letter at montgomerycivic.org/files/20230516-Group-Ltr-to-CC-on-OPC-Funding.pdf. ■

Community Workshops on University Boulevard Corridor Plan

By Sharon Canavan

As reported in the December issue of the *North Four Corners News* (see <https://nfcca.org/news/nn202212i.html>), planning is underway for the University Boulevard corridor. The last time the Montgomery County Planning Board adopted a plan for the Four Corners area was in 1996.

In April, planning agency staff attended the NFCCA General Meeting to make a presentation (<https://nfcca.org/documents/20230412-University-Blvd-Corridor-Plan.pdf>) and answer the community's questions about this planning effort. Planning Board staff have held various other community meetings and listening sessions this spring. More information on these meetings can be found by clicking on the Past Events tab at <https://montgomeryplanning.org/planning/corridor-planning/university-boulevard-corridor-plan/#past>.

Area residents attending these listening sessions raised a variety of issues, including concerns about traffic patterns, volume, and speeding through our neighborhood; pedestrian safety; economic development in the commercial areas along the corridor; density; and housing. ■

Front Yard to Native Garden Reclamation Project

By Deborah Simon

We'd known for awhile that the silver maple in our front yard was in sad shape. In the fall of 2021, the arborists (three different ones) all said the same thing so, in mid-February on a beautiful sunny day, a crew spent many hours taking it down. It was a sad day; this is the tree that my sisters and I climbed and that had shaded the house for as long as I can remember. We now have to shut the drapes in the afternoon to keep the living room cooler.

We spent a lot of time discussing what to do with this 16 square foot area of yard. We knew we didn't want grass. I've always loved the native gardens in the neighborhood and, while they were the inspiration, we had no experience with sun-loving plants since our entire yard prior to this was always in shade. In addition, while the idea of gardening is very appealing, the reality was not, so it had to be low-maintenance once installed. We knew that we wanted deer resistant, native pollinators, but where to start!

Robin Loube (Cavalier) suggested we contact landscape designer Patricia Ceglia. We met with Patty in late March. I was a bit concerned that she wouldn't be interested in such a small project.

Mom and I aren't very formal, so we requested plant choices that would provide a variety of colors and textures. The layout had to be "organic," as if they had just come up. No straight lines. We also have



an established bed of azaleas and a path between the front walk and driveway we wanted to keep. Whatever the design, the azaleas would be the backdrop and, therefore, we didn't want anything that would grow too high.

A few weeks later she sent us a plan that had a birdbath with a circular path around it. We nixed the birdbath and path but, after googling the list of plants and visiting a couple of nurseries, we realized that she had picked the perfect variety of perennials.

The plot of land was difficult. The arborist had removed enough of the huge stump to get it below grade, but hadn't been able to remove it entirely due to a gas line that runs across one side. The tree roots had grown very close to the surface, so there wasn't a lot of dirt to plant in; many roots would either have to be removed or worked around.

Finding a landscaper to prepare the area and plant was going to be important. Mom had talked to a couple of landscape companies earlier in the



Removing the dying silver maple tree gave the Simons a sunny yard for the first time. The home backs up against the Northwest Branch Park.

year when we were looking for someone to mow our lawn, so we had one name. But, luckily, I work for a commercial landscape company. They were kind enough to order the perennials and send a crew over to do the install. We just had to wait until time could be found when we didn't need them for our customers.

In June, four landscapers spent about three hours late on a Friday afternoon prepping the area, removing the wood chips (from the stump grinding) that had been spread in February so that while we were waiting it didn't look terrible. They cleared the area down about four to six inches, removing as many of the smaller roots as they could. On Saturday they laid about four cubic yards of top soil mixed with soil conditioner, then we started laying out the plants. We used Patty's plan as a guide, but made adjustments to fill in the area where she had the birdbath/path. Once everything was in the ground, they covered the

(CONTINUED ON PAGE 7)

Garden Yard

(CONTINUED FROM PAGE 6)

soil with pine fines. We didn't plant everything from the list because some will not be available until later and we're not sure if we want to add a ground cover.

The entire project took four guys nine to ten hours to complete. Most of that time was spent preparing the garden; putting the plants in the ground took roughly an hour. The biggest challenge for the crew was not planting everything in neat rows. As you can imagine, commercial customers like everything to be very tidy, in perfect grid patterns.

My job was to water daily for a couple of weeks; then I cut back to every other day for a bit longer. At that point, the deer hadn't nibbled anything, although I had seen hoof prints cutting across the front edge. We kept our fingers crossed!

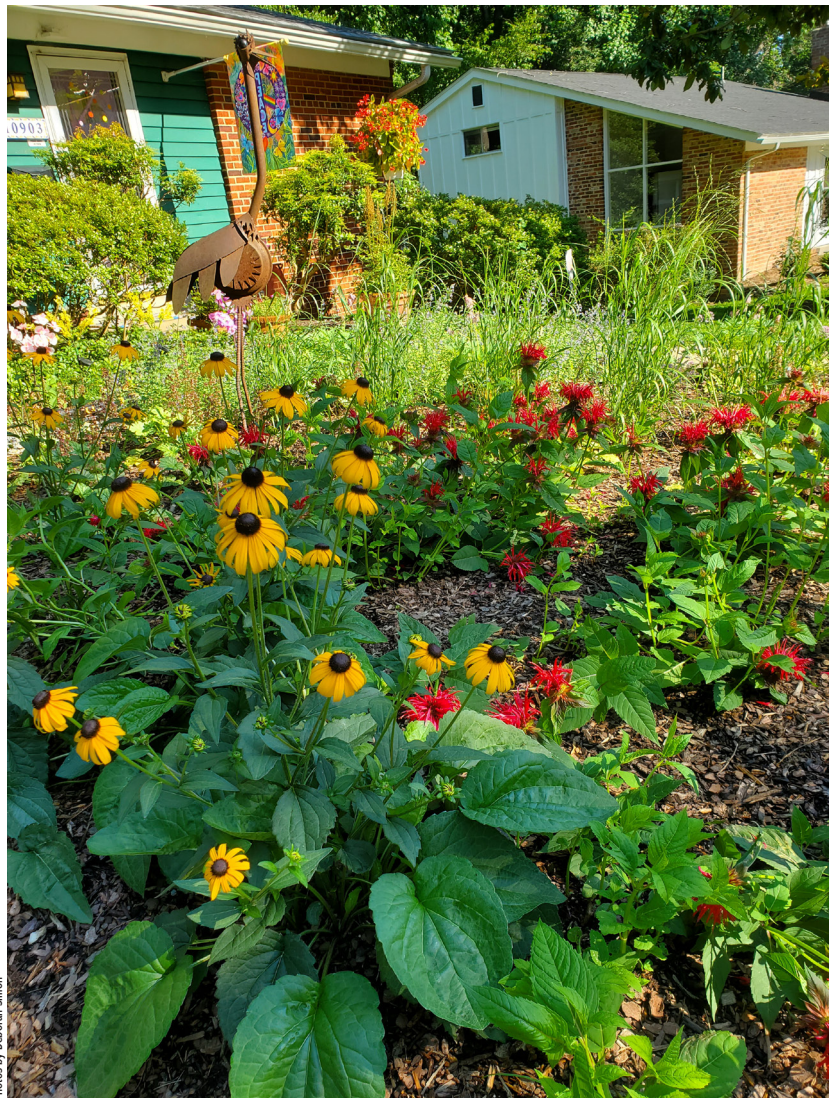
By September we'd had most of a season, but still didn't know how things would winter. Everything grew nicely and we've discovered that catmint (not on the original list, but subbed in for the Rose Mallow) fills in very quickly, as does the Bee Balm. To our delight, the garden also attracts a large number of bees, insects, butterflies, and humming birds—exactly what we had hoped for! Currently we're finding caterpillars on the butterfly weed.

Now that we've seen how things grow, we'll probably make some adjustments and move/group the plants a bit differently. This year we will

(CONTINUED ON PAGE 8)



Plants are set into position above the amended soil. Last summer, the yard—overseen by a metal ostrich—was in full bloom.



Photos by Deborah Simon

Garden Yard

(CONTINUED FROM PAGE 7)

definitely add the rose mallow and columbine (need a bit of larger scale on the right hand side of the garden) and are now convinced we don't need ground cover. What we didn't realize until everything was flowering is that Patty had organized the colors so they move from left to right with yellows and reds to purples along the right.

We also moved a metal ostrich, made from garden tools, we had behind the azaleas looking into the living room out to overlook the garden. Fits in beautifully.

May 2023 update: everything has come in faster and fuller than expected. Already the garden is buzzing with bees, small butterflies, and the occasional hummingbird. The false indigo that never bloomed last year is beautiful. We moved half the catmint and one grass to the southwest corner of the house. I have been pruning the catmint and bee balm back from overwhelming the surrounding plants. We added six columbine and two rose mallow this spring.

The biggest issue is the

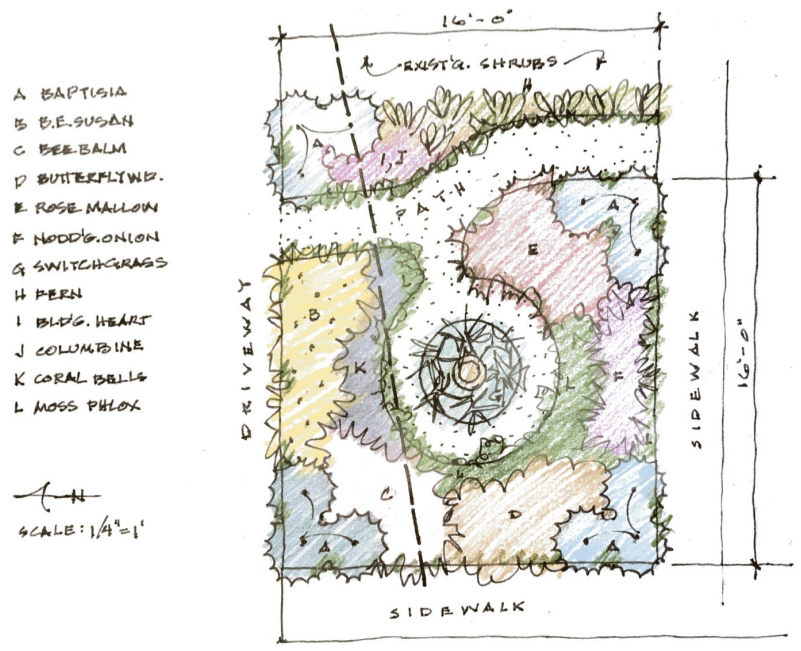


List of Plants

- 12 Ornamental Onion (*Allium*)—"Millenium"
- 12 Butterfly Weed (*Ascpias tuberosa*)
- 12 Blue False Indigo (*Baptisia Australis*)
- 12 Bleeding Heart (*Dicentra eximia*)
- 12 Coral Bells (*Heuchera*)—"Berry Timeless"
- 12 Bee Balm (*Monarda*)—"Jacob Cline"
- 6 Switch Grass (*Panicum virgatum*)
- 12 Black Eyed Susans (*Rudbeckia*)—"Goldsturm"

We may add additional plants, but that will depend a bit on how everything fills in throughout the summer:

- Eastern Columbine (not available until spring)
- Rose Mallow (*Hibiscus mascheutas*), available in July
- Possibly a ground cover—probably not the Moss Phlox on the design or at least not so much



very front patch along the sidewalk. We lost a couple of the butterfly weeds, I suspect to dogs (including my own) peeing there. We need to figure out what to plant along there that will survive and

help hold the mulch in place. I've learned that there is no such thing as a maintenance-free garden, but this is close!

[Simon lives on Lombardy Road. We bet you'll be able to spot her house!]

**REMEMBER
FIREWORKS ARE ILLEGAL
IN MONTGOMERY COUNTY**

In Maryland, private use and possession of fireworks, including sparklers, is illegal and carries a \$500 fine.

**RECUERDE, LOS FUEGOS
ARTIFICIALES SON ILEGALES EN
EL CONDADO DE MONTGOMERY**

En Maryland, el uso privado y la posesión de fuegos artificiales, incluidas las bengalas, es ilegal y conlleva una multa de \$500.

'Project Porchlight' Coming to North Four Corners

By Larissa Johnson, Residential Energy Program Manager, MCDEP

Did you know lighting accounts for around 12 percent of an average home's electricity use? By switching to LED bulbs, you can save about \$225 in energy costs per year! The porch is often the entryway into your home, the first point of contact for you to start using less energy. To help lower your energy cost, the Montgomery Energy Connection program is excited to bring Project Porchlight to the NFCCA neighborhood.

Trained Energy Ambassadors will be going door-to-door offering to swap old incandescent and compact fluorescent (CFL) light bulbs



and install new LED bulbs over three weekends in June and July—the weekends of 17–18 and 24–25 June and 8–9 July. If you are not home, Project Porchlight information about how to make

the switch will be left behind.

Also, if you have any CFL bulbs in your home that you would like to dispose of correctly (see <https://mygreenmontgomery.org/2021/recycle-cfl-bulbs>), please have them ready so we can collect and recycle them for you. You can receive one LED light bulb in exchange for three CFL bulbs.

More information about the programs offered by Montgomery Energy Connection can be found at <https://montgomeryenergyconnection.org/energy-use>. This is a program operated by the Energy, Climate, and Compliance Division of the Montgomery County Department of Environmental Protection. ■

Second Annual Neighborhood Yard Sale Was 6 May

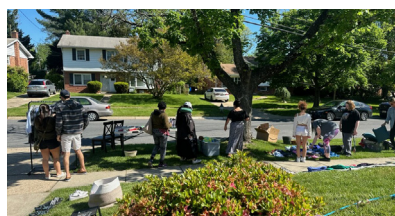
The Second Annual NFCCA Neighborhood Yard Sale was held on Saturday, 6 May 2023, from 9 a.m. to 1 p.m. More than 70 homes participated!

Neighbors sold clothing, pottery, baby toys, books, shoes, baked goods, art, household items, furniture and much more! Some people gave away stuff for free; others collected donations for charities from lemonade and cookie sales.

It was a beautiful spring day! People walked and rode bikes throughout the neighborhood, browsing the sales, buying items, drinking lemonade, snacking on popcorn and cookies, chatting with old friends, and meeting new

neighbors.

Organizers Karen Donnelly and Julie Whitcomb hope everyone had fun! We will see you all at the Third Annual NFCCA Neighborhood Yard Sale next year. ■



Photos by Julie Whitcomb

Neighborhood Moms Run Their Own Businesses

By Carolyn Ross

From the daily decisions parents make to get through to bedtime, to those life changing choices impacting their childrens' futures, many are met with obstacles between family and career that make following their own dreams a challenge. If anyone can say that the latest trend toward remote work and home businesses is the silver lining of the Covid crisis however, it may be parents. And, in particular, mothers who may finally have struck work/life balance gold.

According to a September 2022 post on *Mompow-erment.com*, one in three woman-owned businesses are run by moms and it seems like this trend is here to stay. Several North Four Corners women count themselves among these moms, having launched or continued to promote their own businesses, and proving to themselves and their children the value of taking risks.

Annie Clemmons

Baking and turning out confections on Cavalier Drive is Annie Clemmons of Chapman's DC who, along with her teenage daughter Harper, has learned a thing or two about summoning up the courage to strike out on your own. First, there was Covid and then there was... well, the prospect of no work for Annie, who had spent her career as an award-winning pastry chef and, as she puts it, always working for others and in their spaces. Now she was at home with her daughter in their somewhat



Annie Clemmons oversees plating at Chapman's DC.

tight space, navigating online school and trying to get back online herself.

Working from home was also hampered by a broken right arm of all things, and she had to come up with a business plan fast. At first it was just going to be fulfilling online orders for confections like homemade caramels and marshmallows, which

Annie explains can be easily preserved and shipped. But, while establishing that product line, Annie was listening to her friends and neighbors who were asking her to bake for them and then building on a business model that was becoming popular in the wake of Covid—at-home delivery service of fresh artisan baked goods.

Annie takes great pride in creating her confectionaries and is especially proud of the growth in confidence she found not only in herself, but also in her daughter's creative spirit once she saw what could be accomplished under her own womanpower. Starting her own business was always something Annie says she wanted to do and—as her daughter watched—even under stressful circumstances, she meets the challenge head-on and carves out a living doing something she not only enjoys but which also brings joy to others. As she imparts, "Life can be hard, but we can help with the joy part. Eat a little candy." **Chapmansdc.com**

Risi Idiokatis

Healthy Littles was the brainchild of pediatric acupuncturist Risi Idiokatis (DAOM, L.Ac.), mom of two on Chiswell Lane. Even before Covid but throughout the crisis as anxiety levels among children and families grew, Risi knew she'd found her calling and made bringing awareness to the efficacy of treating children with acu-



Rose Tran of Rose and Tony's Family Hairstyling on Univ. Blvd. with the author's son.

(CONTINUED ON PAGE 11)

Moms @ Work

(CONTINUED FROM PAGE 10)

puncture her mission. In today's world and particularly in our area, it is easy to assume that pediatric acupuncture was already popular but, despite the existence of some clinics around the country, it was not easy to find providers for children before this mom took the plunge and decided to offer her services to families.

Dr Risi, as she likes to go by, says it was her son who showed her the way when she began applying the healing techniques of her profession to her overactive child at home and found how easily he was calmed and better able to focus—or “balance,” as she puts it—with acupuncture. Many patients and families later, it is easier to look back and see the connection but, when she first struck out, Risi thought she might treat only children with certain health conditions or special needs, and she was not sure other parents would be on board.

But—as any mom knows—when your child needs help, any recommendation, especially from another mom, is appreciated. So as parents spread the word, Risi found the demand for her services unprecedented. When, in 2023, she decided to return to work outside the home, Children's Hospital immediately saw the benefit for the patients; you can find her practicing there now full time.

As did Annie, Risi also found when she stepped into the shoes of professional role model to her children as well



Acupuncturist Risi Idiokatis treats a patient at Healthy Littles.

as caretaker, she was pleasantly surprised at the impact. Risi's daughter Isis caught the entrepreneurial bug and started her own jewelry making business using found lego pieces, and has found great success even in a crowded market on Etsy.

Rose Tran

Of course, Risi and Annie are not the only moms whose entrepreneurial spirit benefits our neighborhood. We have other confectioners and artists among us, as well as other professionals running home businesses, and many other moms who came before them, and took the risks at a time that may not have been as friendly to the woman business owner, or were not as naturally coaxed by Covid.

If you have ever had your hair cut on University Boulevard at the top of North Four Corners Park, you may already know the story of one such mom, Rose Tran, who opened Rose and Tony's Family Hairstyling about 30 years ago. She will tell you what it was like working in a

nail salon as a new immigrant and becoming ill from the chemical smells, forcing her to embrace a new venture, and what it was like to get a loan, and convincing her husband to also train as a barber when they built a shop onto their house. www.facebook.com/FamilyHairstyling-Barber

Kim Demaline-Fichtel

Kim Demaline-Fichtel also opened Le Shop Nail Salon out of her home on Edgewood Road about ten years after Rose did, on the heels of a comfortable stint working in the field with her own mother. She raised two boys as a home-business owner and remembers fondly how they learned to be comfortable around adults as they spent time with her clients. She is certain, too, that their grades were improved when they were able to get help with schoolwork from clients who were teachers! www.facebook.com/LeShopNailSalon/

[Carolyn Ross lives on Lockridge Drive.] ■



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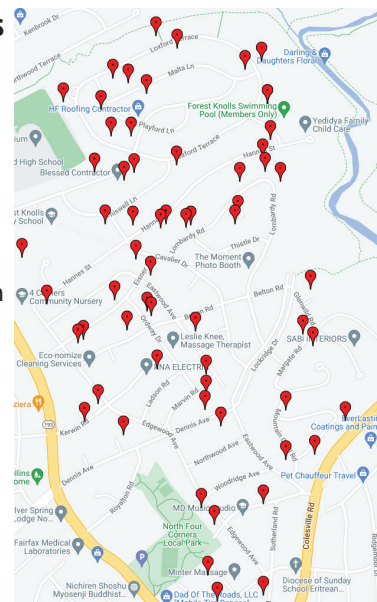
Our Team has over 1,000 closed transactions in Silver Spring with over 160 in Zip 20901 and over 60 in the immediate Northwood/Forest Knolls area. See Map to Right for our closed transactions in NW/FK!

Prices Rise in Some Areas Despite Higher Interest Rates

These are challenging times, as the impacts of inflationary costs for nearly everything and higher interest rates have already undercut the market in Montgomery County. Across MoCo, in the first four months (Jan-Apr) of '23 versus same four months in '22, sales volume was down 33% while in Northwood/FK Area sales volume was up 15.4%! For the same periods, Average Prices rose 3.4% in MoCo but were essentially unchanged in Northwood/FK Area.

Congratulations to Jacquie Bokow for Decades of Service

Over the many years that we have supported this NFCCA Newsletter (Formerly Northwood News), much has been due to the diligence of your outstanding Editor, Jacquie Bokow. Aside from her excellent editing, she also tracks us down to always remind us of her deadlines for placing ads and often has helpful suggestions.



Sales in Northwood/Forest Knolls Since February 1, 2023

ADDRESS	LIST/SOLD PRICE	LIST PRICE	RATIO (S/L)	SELLER SUBSIDY	CLOSE DATE	STYLE	BR	BA/HBA	DOM	LOT SQ FT	SUBDIVISION
403 Dennis Ave	\$535,000	\$535,000	100%		5/11/2023	Rambler	5	3	5	6,986	Northwood Knolls
11201 Lombardy Rd	\$510,000	\$495,000	103%		4/28/2023	Rambler	3	2	2	6,965	Northwood Park View
10715 Eastwood Ave	\$635,000	\$590,000	107%		4/24/2023	Split Level	4	4	5	12,547	Northwood Park
1012 Chiswell Ln	\$585,000	\$570,000	102%		4/21/2023	Split Level	4	2/1	4	7,500	Forest Knolls
1408 Caddington Ave	\$564,000	\$599,999	94%	\$450	4/11/2023	Split Level	4	2	8	8,184	Forest Knolls
205 University Blvd W	\$570,000	\$589,000	96%	\$12,000	3/17/2023	Cape Cod	4	2/1	30	8,645	Northwood Park
619 University Blvd	\$741,000	\$740,000	100%		3/14/2023	Colonial	7	3	1	20,573	Northwood Village
10604 Cavalier Dr	\$516,500	\$499,000	103%		3/10/2023	Contemporary	3	2	8	8,363	Northwood Park
10432 Edgewood Ave	\$696,500	\$625,000	111%		3/7/2023	Cape Cod	3	2	7	11,227	Northwood Park
920 Malta Ln	\$550,000	\$550,000	100%	\$11,000	2/28/2023	Split Level	4	2/1	5	6,773	Forest Knolls
17 Kinsman View Cir	\$455,000	\$450,000	101%		2/22/2023	Townhouse	4	2/2	6	1,500	Northwood Park View
124 Woodridge Ave	\$950,000	\$999,900	95%		2/17/2023	Colonial	5	4/1	25	9,579	Northwood Park

The **SoldPrice/ListPrice Ratio** gives you a sense of the strength of **Seller Market** versus **Buyer Market**.

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'Bike Bus' to Forest Knolls Elementary School

By Ema Perez

Hola Neighbors. We are working on the next bike adventure in our neighborhood: a "bike bus" to Forest Knolls Elementary School for the 2023–2024 school year. A bike bus is an adult-led kids bike ride that will take the FKES students from the neighborhood to school along a determined route. Kids can join in wherever they want to along the route. Kids who can bike independently do not need to be accompanied by their own adult; however, this will be a morning ride geared towards our younger cyclists and it will be an opportunity to also get parents and/or guardians out on bikes.

We will be a big group of students and at least some adult volunteers making our way to FKES on time for class while having fun and doing a little exercise.

The date for the first bike bus is Friday, 15 September 2023, which means this is the only newsletter notification before the inaugural ride. The frequency of the bike bus rides will depend on community interest.

More details and announcements to follow on the NFCCA Listserv, Facebook page, and FKES social media accounts.

Volunteers and ride marshalls will be needed. Donuts may be involved.

I have created a WhatsApp group chat named "FKES Bike Bus" which will be the most dynamic means of communication about the bike bus. To receive all the bike

bus updates, join the WhatsApp chat group; use the link [https://chat.whatsapp.com/](https://chat.whatsapp.com/J3CooPX6RRyEKujpVo4Zvz)

[J3CooPX6RRyEKujpVo4Zvz](https://chat.whatsapp.com/J3CooPX6RRyEKujpVo4Zvz), or scan the QR code below with your cellphone camera. ■



'Bike Bus' a la Escuela Primaria

Hola Vecinos. Estamos trabajando en una nueva aventura en bicicleta en nuestro vecindario: un "Bike Bus" a la Escuela Primaria Forest Knolls para el año escolar 2023–2024. Un bike bus es un paseo en bicicleta dirigido por adultos para niños que llevará a los estudiantes de FKES que viven en el vecindario hasta la escuela a lo largo de una ruta determinada. Los niños pueden unirse en sus bicicletas donde quieran a lo largo de la ruta. Los niños que pueden andar en bicicleta de forma independiente no necesitan estar acompañados por su propio adulto; sin embargo, este será un paseo matutino dirigido a nuestros ciclistas más jóvenes

y será una oportunidad para que los padres y/o tutores también salgan en bicicleta.

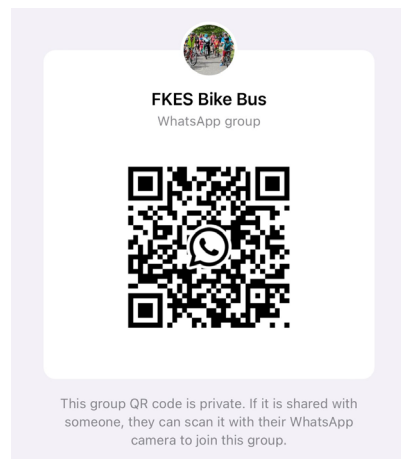
Seremos un gran grupo de estudiantes y al menos algunos voluntarios adultos que se dirigirán hasta FKES a tiempo para la clase mientras nos divertimos y hacemos un poco de ejercicio.

La fecha para el primer autobús en bicicleta es el viernes 15 de septiembre. La frecuencia del FKES Bike Bus dependerá del interés de la comunidad.

Compartiremos más detalles y anuncios en el Listserv de NFCCA, la página de Facebook, y las cuentas de redes sociales de FKES.

Se necesitarán voluntarios para ayudar con el Bike Bus. Los donuts pueden estar involucrados.

He creado un chat grupal de WhatsApp llamado "FKES Bike Bus," que será el medio de comunicación más dinámico para el evento. Para recibir todas las actualizaciones del Bike Bus, únete al chat grupal de WhatsApp usando el siguiente enlace: <https://chat.whatsapp.com/J3CooPX6RRyEKujpVo4Zvz>, o escanea el código QR con la cámara de tu teléfono móvil. ■



'Rock & Rolla All-Ages Bike Ride' Sunday, 16 July

By Ema Perez

The All-Ages Bike Ride for Earth Day was a big hit and now it's time to save the date for a Rock & Rolla All Ages Bike Ride on Sunday, 16 July. The event is similar to our last few rides but I'm sharing all details available for those of you who are new to our neighborhood, or unfamiliar with the event and wish to join us.

Where to Meet: Meet us at 10 a.m. by the blue tent at North Four Corners Park (211 Southwood Ave.); our tent will be near the tennis courts, which are closer to the Royalton Road end of the park.

Before the Ride: We will have complementary coffee and hot chocolate from Dunkin Donuts, donuts from Woodmoor Bakery, and fresh fruit from the folks from Seasonal Roots again!

The Route: We start our four-mile ride at around 10:30 with a warm-up loop. This is the route and turn-by-turn navigation:

- We leave the park on Royalton Rd.
- Left on Dennis Ave.
- Right at Gilmoure Dr.
- Left at Dryden St.
- Right at Sligo Creek Parkway
- U-turn on Sligo Creek Parkway before reaching University Blvd.
- Short break at Sligo Creek Park to regroup and to use the porta potty.
- Left at Dryden St.
- Right at Gilmoure Dr.
- Left at Dennis Ave.
- Right at Royalton Rd.
- Left to reenter the park.
- Time to hang and enjoy

some wraps!

Important Reminder: *Please don't ride ahead of our lead volunteer (wearing a neon vest at the front of the group), and please wait for the green light and the go-ahead to cross University and Dennis as a group.*

Bike Accommodations: We have three tag-alongs available. Tag-alongs are great to take your child along the ride, good for kids about 4-8 years of age. We also have a two-seater trailer you can borrow.

If you and your plus-one are experienced riders but your bikes are not ready for the event, we have a medium-size tandem also available.

If you want to use these

accommodations and to test ride them, please contact me ahead of the ride and I will assist you (703.400.9560).

Playlist: Since this is a "Rock & Rolla Bike Ride," we will have a playlist featuring rock tunes ranging from the '60s to the '90s, playing some classics and hopefully some hidden gems while we ride our bikes! Have a tune you want to hear? Send it to Ema at the number above.

Bring your family and bring your friends.

We hope to see you then!

[We are currently working on getting a food vendor and assistance along the route from the MoCo Police Bike Team. We'll have updates by the 7 June meeting.] ■

Ahora en Español

El paseo en bicicleta de todas las edades para el Día de la Tierra fue un gran éxito y ahora es el momento de marcar sus calendarios para un paseo en bicicleta de Rock & Roll para todas las edades, el domingo 16 de julio.

El evento es similar a nuestros últimos paseos, pero estoy compartiendo todos los detalles disponibles para aquellos que son nuevos en nuestro vecindario, o que no están familiarizados con el evento y desean unirse al paseo en bicicletas.

Dónde Encontrarnos: Reúnase con nosotros a las 10 a.m. en el tent azul en nuestro parque local North Four Corners Local Park (211 Southwood Ave.), nuestro tent estará cerca de las canchas de

tenis cercanas a la calle Royalton Rd.

Antes del Viaje: Tendremos café de Dunkin, donuts de Woodmoor Bakery por cortesía de la NFCCA, y fruta fresca de la gente de Seasonal Roots.

La Ruta: Comenzamos nuestro paseo en bicis de 4 millas alrededor de las 10:30 con un vuelta de calentamiento. Vea nuestra ruta en inglés a la izquierda.

Recordatorio Importante: *Por favor, no pases por delante de nuestro voluntario con chaleco de neón al frente del grupo, y por favor espere la luz verde y el visto bueno para cruzar University y Dennis Ave en grupo.*

Para pedir una bicicleta o trailer prestado, contácteme (703.400.9560). ¡Traiga sus listas de canciones! ■



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My wife, Jeni, is a Realtor in Virginia.

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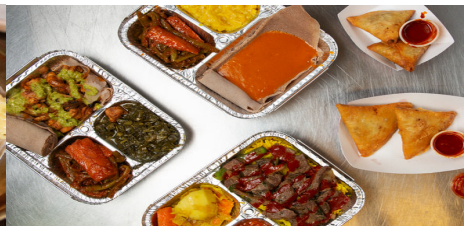
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NFCCA Night at Thunderbolts—Hometown Baseball

By Carrie Ewachiw and Neal Lavon

Hey, Sportsfans! Secure your free ticket and join friends, family, and NFCCA neighbors for an exciting night of professional quality baseball mere minutes from your door! Our hometown team, The Thunderbolts, battle it out against their rivals in 18 home games this summer at Blair Stadium.

Recruited from top college programs all over the country, these incredible athletes stay with local host families each June and July to compete in the DMV-based Cal Ripken Wooden Bat Collegiate Baseball League. This is baseball at its local best and, if you're lucky, you might just spot some stars of tomorrow at a game. Four Thunderbolts have made it all the way to the Major Leagues, the latest being infielder Matt Mervis, a member of the 2016 team, who was just called up to the Chicago Cubs!

This summer, we're enhancing the T-bolts fan experience with special promotions and perks. You are cordially invited to attend an **NFCCA Community Night at the Friday, 30 June, 7 p.m. home game.** Arrive early and cheer on an NFCCA neighbor as they throw out the first pitch! Neighborhood children get in free; 25 complimentary adult tickets will be distributed at the June NFCCA meeting. Parking is free and low-cost concessions are sold on site.

New this year, the concession stand will feature limited quantities of locally made Moorenko's Ice Cream! Flavors include "Thunderbolt Yellow Lemon Sorbet" and, in a nod to Head Coach Brock Hunter, "Brocky Road," among other delicious options, chock full of quality ingredients and as many puns as we can think up.

Each game, several lucky children are selected to par-

Location

Blair Stadium, 51 University Boulevard East, behind the Fire Station and adjacent to Blair High School. Enter from University Blvd. East at the Williamsburg Drive intersection (at the light) and park in the Blair lot.

Tickets

Tickets are \$6 for adults and \$2 for children under 18. Uniformed youth softball and baseball players and children under the age of five get in free. Individual or Season Tickets can be purchased at tbolts.org or at the gate.

Note

The schedule is dependent on weather and field conditions; check tbolts.org for updates.

icipate in crowd favorite "race around the bases" and

(CONTINUED ON PAGE 19)



David Stinson

Local Baseball

(CONTINUED FROM PAGE 18)

other fun contests between innings. There are raffles, trivia questions, and prizes; veteran fans know that no T-bolts experience is complete without seeing Founder Dick O'Connor in the stands doling out his trademark "long arms" of raffle tickets.

The Silver Spring-Takoma Thunderbolts face off against seven other teams in the Ripken League: the Bethesda Big Train, the Gaithersburg Giants, the D.C. Grays, the Alexandria Aces, the South County (Lorton, Va.) Braves, the Olney Cropdusters, and the Southern Maryland Senators (Waldorf). Like the T-bolts, these teams are composed

of elite college players from around the country, and they make for fierce competitors.

If you can't get to the game, the Thunderbolts will broadcast all home and away games online via the website. For the first time ever this season, the Thunderbolts will stream video from Blair Stadium for home games.

For those who need even more baseball in their lives, there are many ways to get involved, from hosting a player to attending baseball camp or having a birthday party at the stadium. Students can earn SSL hours by volunteering

as bat boy/bat girl, and teens can gain experience with summer internships. Go to tbolts.org for info about schedule, events, parties, rosters, team news, and more. Follow the team on Facebook (www.facebook.com/TBoltsBaseball) and Twitter (twitter.com/TBolts_Baseball) for all the latest updates!

I hope to see you in the stands this summer. Go, T-bolts!!!

[Ewachiw, who lives on Edgewood Avenue, is a Thunderbolts Volunteer Board Member and Mom of a T-bolts bat boy.] ■



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Northwood-Four Corners Civic Association

NATIONAL NIGHT OUT



The Northwood-Four Corners Civic Association, along with the Montgomery County Police Department, is joining with thousands of other communities in observing the National Night Out on Tuesday, 1 August 2023. This event brings residents together to cooperatively oppose crime in our area. A good first step is getting to know more of your neighbors!



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