

# NORTHWOOD NEWS

PUBLISHED BIMONTHLY BY THE NORTHWOOD-FOUR CORNERS CIVIC ASSOCIATION ■ FEBRUARY 2012

## Future Park and Recreation Facilities: What Do We Want, What Do We Need, and What Can We Afford?

By Carole A. Barth

What are the park and recreation needs for the next 10 years? How will those needs be met? The *2012 Park Recreation and Open Space (PROS) Plan Update* will estimate future needs and explain the strategy for meeting those needs. (For example, the draft PROS includes the following strategy for soccer fields: "Maximize field use and minimize wear with the installation of synthetic turf").

The PROS plan is an important step in the facility-development process. Suppose the plan estimates we will need five hang-gliding mountains by 2022 (based on the number of county residents theoretically within the age range for hang-gliding and the maximum number of people who can hang-glide per mountain per day). Suppose the plan also notes that the eastern part of the county is flatter than the western part of the county and, there-

fore, the need is greater in the eastern county. So the plan recommends building five mountains over the next 10 years, giving priority to potential sites in the eastern county.

Down the road, suppose Parks submits a CIP (Capital Improvements Program) budget to the County Executive and Council which contains a \$50,000 project for planning a hang-gliding mountain. The justification for that project

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## Treats, Raffles at Meeting 8 Feb.

The next meeting of the Northwood-Four Corners Civic Association will be held on Wednesday, 8 February 2012, at 7:30 p.m. at Forest Knolls Elementary School. The school is located at 10830 Eastwood Avenue, just off Caddington Avenue (there's no access from other sections of Eastwood).

You won't want to miss all the delicious homemade treats! And numerous raffles will be held throughout the meeting for donated prizes.

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. (Annual dues are \$10 per household and may be paid at the meeting.)■

FEBRUARY						
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5	6	7	<b>8</b>	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	← LEAP YEAR!		
<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>

## PRESIDENT'S MESSAGE

Hello, Neighbors.

It's that time of year again. New Year's Resolutions are made; sometimes kept, sometimes broken. These Resolutions are almost always aimed at improving ourselves. Health, wealth, wisdom are often the goals we wish to achieve as we select our resolutions. I, humbly, offer another possible choice: "This year I will be a better neighbor."

If you haven't already, get to know your immediate neighbors. What are their names? What are their professions? How many kids do they have? What are their kids' names and ages? As you get to know them, you will better be able to give or receive the help that good neighbors so willingly provide, i.e., watching your property while you're away, picking up mail, watering plants, tending pets. These are all simple acts that provide strength, security, and camaraderie to our homes, our streets, and our community.

—Brian Morrissey

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## Future Park, Recreation Facilities

(continued from page 1) would be, "This project helps meet the critical need for hang-gliding mountains documented in the 2012 PROS Plan."

While this example is fictitious, it shows how the PROS plan *estimates* are cited as *indisputable needs* in the CIP process. Thus it's important to look very closely at what's included in the plan and how the estimates are derived.

It's also important to develop consensus on what we really need and what we can afford. Do we need state-of-the-art facilities for every conceivable sport and hobby? Is it more important to have convenient, nearby facilities or is it more important to have regulation-sized facilities? Should we be building new facilities when many existing facilities cannot be adequately maintained? Let the county officials know what *you* think: PROS Plan

Project Coordinator: [MCP-PROSPlan2012@Montgomeryparks.org](mailto:MCP-PROSPlan2012@Montgomeryparks.org); MoCo Parks Dept. Director Mary Bradford: 301.495.2500, [Mary.Bradford@mncppcmc.org](mailto:Mary.Bradford@mncppcmc.org); MoCo Recreation Dept. Director Gabriel Albornoz: 240.777.6800, [Gabriel.Albornoz@montgomerycountymd.gov](mailto:Gabriel.Albornoz@montgomerycountymd.gov).

Here is the schedule for the plan's development:

- January 2012—Open House Public Meetings
- March 2012—Draft Plan Discussed by Planning Board and submitted to State
- Spring 2012—Public Hearing
- June 2012—Work Sessions
- June/July 2012—Plan Approval by Planning Board
- July 2012—Final Local Plan Submission

Read more on the PROS plan at: [www.montgomeryparks.org/PPSD/ParkPlanning/Projects/pros\\_2012/pros\\_2012.shtm](http://www.montgomeryparks.org/PPSD/ParkPlanning/Projects/pros_2012/pros_2012.shtm). ■

## NORTHWOOD NEWS

*Northwood News* is published by the Northwood-Four Corners Civic Association. The NFCCA represents the ~1,485 households in the area bounded by Colesville Rd. (Rte. 29), University Blvd. (Rte. 193), Caddington Ave., and the Northwest Branch.

Any resident of this area is eligible to join the NFCCA. Annual dues are \$10 per household and may be paid at any Association meeting or mailed to the treasurer.

*Northwood 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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[www.nfcca.org](http://www.nfcca.org)

# Suspicious Activity? Leave Your No.

Our own neighborhood police officer, PO3 Douglas Miller, related a story on the NFCCA List Serve in late September which may change your mind about remaining anonymous when calling the police with a complaint.

Police were called due to two noisy young men early in the morning. Slowly walking down Belton Road about 3:45 a.m., they were loudly rapping, which woke some residents. Officer Miller looked into it.

“Those two were residents of the neighborhood,” said Officer Doug. “Besides being out at 4:00 a.m., they were not doing anything illegal. They were identified and sent on their way after the officers made certain they hadn’t stolen anything.”

But Officer Doug then related a similar incident the previous night when he was working.

“A citizen called us and wanted to remain anonymous. He/she saw kids looking into cars at 2:00 a.m. We caught the kids wearing all black and wearing empty backpacks. Unfortunately—or fortunately—we caught them as they tried to hide but before they stole anything.

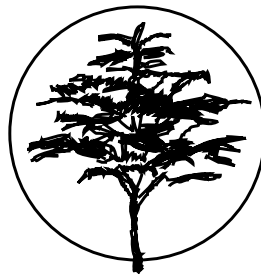
“The citizen who called in didn’t leave a name or a phone number. If we had the citizen’s name, we could have gotten additional information, enough information to charge the subjects with a crime other than theft. (911 dispatchers are great but don’t know what the elements of all crimes are like we do.) We

ultimately had to let them go and let them walk back to their houses several miles away through other neighborhoods. (According to our records, they all had several priors for theft/burglaries.)

“We treat everyone with complete confidentiality, but sometimes we need to contact you. So, if and when you call 911, you can state, ‘I do not want to be contacted unless it’s absolutely needed, but I am willing to leave my phone number.’ It would greatly help us.”

So write down the Police Nonemergency Number—301.279.8000—and leave it by all your phones so you aren’t scrambling at 4:00 a.m. when you’re groggy from sleep!

Contact “Officer Doug” at [douglasjmiller@yahoo.com](mailto:douglasjmiller@yahoo.com). ■



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### Forest Knolls/Northwood Sales in 2011

Style	Address	Close Price	Seller Subsidy	Tax Assmt Value	BR	BA	HB	Lot Sq Ft	DOM	Gar.	Close Date
Arts & Crafts	415 University Blvd W	\$499,000		\$386,430	4	4	0	7636	87		6/30/11
Cape Cod	320 Pinewood Ave	\$487,500	\$10,000	\$455,190	4	2	0	8250	120	1	9/22/11
Colonial	10212 Lorain Ave	\$450,000	\$10,000	\$439,640	3	2	1	8850	43	1	4/29/11
Cape Cod	10308 Edgewood Ave	\$422,000	\$7,797	\$435,170	4	2	0	9750	9		4/29/11
Bi-Level	10805 Margate Rd	\$417,000	\$7,500	\$340,600	4	3	1	6227	20		11/30/11
Rambler	230 Thistle Dr	\$405,000	\$10,000	\$377,900	5	3	0	9570	42	2	9/28/11
Cape Cod	512 Kerwin Rd	\$402,500	\$5,750	\$431,610	4	2	0	6099	116		5/2/11
Split Foyer	1001 Loxford Ter	\$400,000		\$488,860	4	2	1	9655	187		2/18/11
Rambler	10708 Margate Rd	\$380,000	\$10,000	\$446,130	5	2	1	7799	84		12/19/11
Split Level	1007 Loxford Ter	\$379,900	\$18,664	\$492,450	4	2	1	10185	119		3/11/11
Dutch Colonial	315 Pinewood Ave	\$371,000	\$6,000	\$412,260	2	1	0	8157	26		5/25/11
Cape Cod	10516 Edgewood Ave	\$369,000	\$12,736	\$336,800	3	2	0	7861	155		12/15/11
Cape Cod	130 Woodridge Ave	\$365,000	\$10,500	\$425,340	3	2	0	9512	27		2/11/11
Split Level	1109 Caddington Ave	\$349,900	\$10,917	\$423,080	4	2	1	8890	158		9/2/11
Split Foyer	807 Caddington Ave	\$339,900	\$10,000	\$311,700	4	2	1	8270	82		9/28/11
Cape Cod	10306 Colesville Rd	\$334,000	\$10,400	\$398,800	4	2	0	7677	83	1	8/15/11
Rambler	301 Dennis Ave	\$333,000	\$9,990	\$419,270	3	1	2	9573	11		3/2/11
Townhouse	18 Kinsman View Cir	\$327,000	\$4,000	\$288,400	3	2	2	1540	47		11/30/11
Townhouse	133 Kinsman View Cir	\$325,000		\$328,580	3	3	1	1971	35		6/21/11
Townhouse	49 Kinsman View Cir	\$319,900	\$7,000	\$291,900	4	3	1	2200	7		6/20/11
Split Level	405 Irwin St	\$312,000	\$12,000	\$392,960	3	2	0	6008	148		2/18/11
Split Level	1015 Chiswell Ln	\$305,000	\$9,150	\$429,450	3	2	0	0	238		5/3/11
Rambler	800 Malta Ln	\$304,000	\$9,000	\$432,600	4	2	0	8786	115		8/19/11
Split Foyer	923 Loxford Ter	\$303,000	\$8,165	\$395,680	4	2	1	15093	110		8/22/11
Split Level	1104 Chiswell Ln	\$297,500	\$5,000	\$417,880	3	2	1	7200	28		6/30/11
Townhouse	67 Kinsman View Cir	\$295,900	\$1,500	\$339,020	3	2	1	2183	95		3/21/11
Split Level	1111 Chiswell Ln	\$295,000	\$8,850	\$325,800	4	2	1	7328	17		8/11/11
Cape Cod	422 Kerwin Rd	\$295,000	\$11,358	\$436,990	4	2	0	6600	115	1	9/23/11
Split Level	1008 Playford Ln	\$275,000	\$4,000	\$455,860	4	1	1	7878	36		9/26/11
Split Level	11108 Foxglove Ln	\$269,000		\$425,680	3	1	1	8821	365		9/22/11
Rambler	407 University Blvd W	\$269,000	\$5,000	\$394,070	5	2	0	8674	274		1/21/11
Bi-Level	10805 Margate Rd	\$256,000		\$340,600	3	2	1	6227	6		8/19/11
Split Level	901 Caddington Ave	\$255,000		\$427,460	4	2	1	9040	73		6/24/11
Colonial	1016 Chiswell Ln	\$250,000		\$366,300	6	3	1	7500	62		11/18/11
Colonial	10312 Colesville Rd	\$247,100		\$430,600	3	3	0	8497	7		8/23/11
Cape Cod	10306 Colesville Rd	\$230,425	\$6,913	\$426,390	3	2	0	7677	42	1	4/5/11
Split Level	314 Dennis Ave	\$190,000		\$388,800	3	1	0	9055	10		4/14/11

## 3 Tips for Cold-Weather Workouts

*Baby, it's cold outside!* Now that the temperature has dropped significantly, you don't have to ditch your outdoor workouts altogether (sorry, you're not off the hook). However, there are some important things you must do to avoid injury, prevent frost-bite, and get the most out of your fit-time. These three tips will keep you on track this winter.

**Tip #1 — Invest in the proper workout gear.** At first glance, you might be saying to yourself, *of course I dress warmly*. Don't skip to the next section! Once the temperature drops below 45 degrees, your injury risk increases. You can easily pull a muscle or, God-forbid, suffer from hypothermia. To avoid these conditions, invest in exercise wear *specifically designed for cold temperatures*. You'll need a long-sleeve shirt, pants, hats, and gloves, at a minimum. Remember, you have to keep your body temperature just right; you'll sweat when you need to and avoid losing too much body heat. Cold weather gear can be pricey, but it will last a long time and this is one area where you don't want to skimp. Be sure to catch the sales in the spring to stock up for the next year.

**Tip #2 — Watch your step.** Black ice, slush, and wet pavement can trip you up, so before you go on that run, check the weather and road conditions. Stepping off curbs can be especially tricky; slow down and step off a curb with caution. If the grounds are very wet, opt for power walking instead of running. Make sure your footwear is weather-ready too. As a general rule, you should replace your workout shoes every six to 12 months. Label the inside of your shoe with the purchase date as a reminder to replace them within the recommended time period.

**Tip #3 — Workout indoors in extreme weather.** If you can't get outside due to the weather, there are some great workouts you can do at home. Try one of my all-time favorites, jumping rope. Jumping rope for 15 minutes is the equivalent of walking for 30 minutes. Have a jump rope contest with the kids or play Wii games designed to get your heart rate up; "Just Dance" and "Zumba" are great options.

As you age, exercise has to be part of your life regardless of the weather! Make the most of these winter months, get moving, and keep it up. Take the necessary steps to stay active during the winter season so you'll be ready to spring into action in a few months!

*Valerie Merriweather (MHA, ACE, NASM) is Chief Executive Officer of Fitwell Training Solutions, a personal training and wellness company specializing in the health and fitness needs of families. She leads Fitwell Personal Boot Camp at Forest Knolls Elementary from April-September. She lives with her family on Playford Lane in the Forest Knolls community. Valerie can be reached at [www.fitwellsolutions.com](http://www.fitwellsolutions.com). ■*

## High Water Bill?

Here are some tips to save water in the winter.

- Run your clothes washer and dishwasher only when full.
  - Turn off the water while you shave and brush your teeth.
  - Use the garbage disposal sparingly. Compost instead.
  - Wash your fruits and vegetables in a pan of water instead of running tap water, then re-use it to water houseplants.
  - If your shower fills a one-gallon bucket in less than 20 seconds, replace the showerhead with a water-efficient model.
  - Need a new clothes washer or dishwasher? Buy ones that adjust water use to the cycle and load size.
  - If you use a dishwasher, don't rinse your dishes first; just scrape the food off.
  - Shorten your shower by a minute or two.
  - Upgrade older toilets with water-efficient models.
  - When cleaning out fish tanks, give the nutrient-rich water to your plants.
  - Soak pots and pans instead of letting the water run.
  - If your toilet was installed before 1992, insert a displacement device in the tank.
  - Put food coloring in your toilet tank. If it seeps into the toilet bowl without flushing, you have a leak.
  - When running a bath, plug the tub before turning the water on, then adjust the temperature as the tub fills up.
  - When doing laundry, match the water level to the size of the load.
  - Don't flush a dead bug; throw it in the trash instead.
- [Source: [www.wateruseitwisely.com](http://www.wateruseitwisely.com).] ■



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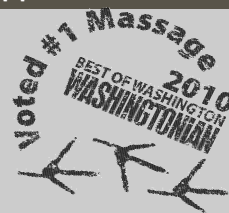
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# Happy Ending for Subway Franchise at Woodmoor

By Jacquie Bokow

Subway franchise owner Joseph Gomes had been distraught over being forced to move his establishment into a much smaller space a few doors down at the Woodmoor Shopping Center last fall, but now finds he has “no issues” with his new situation. Gomes spent \$160,000 to demolish the inside of his old store and renovate the new space.

As was explained in the cover story of the June 2011 issue of the *Northwood News*, the leases to both Subway and China House were ending at the same time. Regency Centers, which manages the property, decided to oust the Chinese restaurant that had occupied its spot for half a century and move Subway to that smaller location to make way for a new Chipotle, which it signed before renegotiating the other leases.

Although he was worried that the new Chipotle would put him out of business, that hasn't been the case. For the first week that Chipotle was



Owner Joseph Gomes, right, is all smiles these days in his new Subway shop, where he is helped by Jonathan Aguilar, left, and Walter Zepeda. “I’m good,” he’s finally able to say.

open, Gomes said he averaged \$381 fewer sales every day. After that, he said, “It bounced back.

Although he’s been taking in hundreds of dollars less a week, his rent—due to the smaller space—is \$1,000 less, meaning he’s still able to make a profit.

“I have my own clientele,

they have their own clientele,” he observed. “I still have my regular customers.”

But, commented Gomes, “I always have to be keeping in mind how I can do better.

“When God closes a door for me, He opens up something else,” explained Gomes. “The neighborhood is the best thing I’ve got.” ■



Although the new Subway eatery, left, is much smaller than it used to be (the old premises, where Chipotle now resides, are shown at right), the change is working out for the owner.

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# Singulair: A Cautionary Tale for Parents

By Karen Devitt

Because asthma is so prevalent in this area and affects the health of our community in so many ways, I hope our story will spare another family from what we experienced.

When you think of prescription drug side effects, what comes to mind? A rash? Dizziness? An upset stomach perhaps? How about those appearing in the box below?

My 11-year-old daughter was prescribed Singulair for mild asthma and took it for 24 days this fall. Side effects quickly appeared as “difficult” behavior. I chalked it up to adolescence, adjustment to middle school, general contrariness. It wasn’t until she exhibited some frightening behaviors totally out of character that we made the connection with Singulair. (To respect her privacy, I won’t describe her behaviors in detail.)

Let’s look at the list of side effects [at right, below] provided by CVS. Of the “mental/mood changes,” 10 things are listed parenthetically. No cause for alarm; what’s a little anxiety or depression? But wait, the last item in that list is *suicide*. Following “mental/mood changes,” the next sentence states, “A very serious allergic reaction to this drug is rare.” Does this mean that the side effects (starting with “agitation” and ending in “suicide”) are *not* rare?

## What is Singulair?

Singulair (*montelukast*) is in a class of asthma medications called leukotriene receptor antagonists. It is a

one-a-day pill (or granules for the infant and toddler set) prescribed for the prevention and treatment of chronic asthma/allergies. It works by blocking leukotrienes, chemicals that the body releases when you breathe in pollen, or any other type of allergen.

When Singulair came onto the market in 1998, it was seen as a life-saver for millions of adults and children with asthma. Since then, reports of life-threatening side effects have poured in. The label has been updated numerous times to include the following psychiatric side effects: *bad/vivid dreams, irritability, restlessness (added in 2001), agitation, including aggressive behavior, insomnia, hallucinations (added in 2002); tremor (added March 2007), depression (added April 2007), suicidal thinking and behavior (added October 2007), anxiousness (added February 2008), hostility and somnambulism (added August 2009).*

## The Numbers

Even if you have never heard of Singulair before, the following statistics are quite

interesting.

- Of the 25 million Americans with asthma, approximately 45 percent, or over 11 million, are children. Applying this to Montgomery County (population 971,777 in 2010), there are about 80,000 people with asthma. Of these, 36,000 are children.

- There have been 31 million prescriptions for Singulair filled in the U.S., where Singulair is the seventh most popular drug.

- Singulair is Merck’s biggest moneymaker, bringing in \$4.1 billion in 2010.

- FDA’s MedWatch database lists over 10,000 Adverse Event Reports on Singulair.

- The website *DrugRecalls.com* reports that, in 2008, 39 suicides resulted because of Singulair.

Given our recent experience, I would agree with Public Citizen’s *WorstPills.org* website and rate Singulair as a DO NOT USE drug, because of side effects and lack of effectiveness compared to other asthma treatments.

## Recovery from the Side-Effects

According to the website  
(continued on page 9)

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## Singulair Side Effects

*“Mental/mood changes (such as agitation, aggression, anxiety, trouble sleeping, abnormal dreams, sleepwalking, depression, hallucinations, thoughts of harming yourself/suicide), numbness/tingling/shooting pain in the arms or legs, muscle weakness. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of side effects.”* [from the Patient Prescription Information for Singulair provided by CVS]

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# Children on Asthma Drug May Feel Suicidal

(continued from page 8)

“Parents United for Pharmaceutical Safety and Accountability” ([parentsforsafety.org](http://parentsforsafety.org)): “It takes about 20 hours for Singulair to clear the bloodstream, but this does not mean that side effects will resolve in the same amount of time. It is unknown how long it takes for Singulair to be completely out of one’s system and for side effects to completely resolve and no research has been conducted to answer these questions.”

My own research led me to a number of websites, articles, and news broadcasts about Singulair. As I read through hundreds of case stories about children who suffered terrible harm from this drug, my heart broke over and over again. For some, problems didn’t show up for months, sometimes years, making the connection to Singulair harder to pinpoint. In many cases, symptoms appeared or worsened when the dosage was increased. Often times, problems cleared up shortly after stopping the drug, sometimes they persisted for much longer. Some children were misdiagnosed with ADHD, ODD, OCD, depression, Tourette Syndrome, anxiety, etc., and further medicated.

After stopping Singulair, my daughter continued to suffer side effects including, but not limited to, auditory hallucinations. As you can imagine, our lives were turned upside down by this experi-

ence. She has been off Singulair now for over two months, and seems to be almost back to normal.

## Other Treatments for Asthma

Despite the number of Singulair prescriptions written (31 million in the U.S. alone), it has not been proven to be the most effective treatment for asthma and allergies.

Over the past two decades, diet and nutrition have been shown in numerous studies to help with asthma symptoms. Alternative/complementary approaches have also been shown to have a positive impact on asthma symptoms. Even the National Institutes of Health has climbed on board with its Office of Alternative Medicine; how radical is that! Acupuncture, yoga, and chiropractic all have their place in a holistic approach to the management of asthma symptoms.

In a recent discussion of placebos and alternative medicine in *The New Yorker*, “The Power of Nothing” author Michael Spector quotes Ted Kaptchuk, a professor at Harvard Medical School: “Anything that gets people away from the conveyor belts that move from the pharmaceutical houses to doctors and on to patients is worth considering. Anything. We need to stop pretending it’s all about molecular biology.”

## How Did This Happen?

Our pediatrician, a very caring, well-respected doctor, was not concerned when he prescribed Singulair to my

daughter for mild asthma. There was no mention or warning of side effects. Perhaps our severe reaction to Singulair was the first case he had encountered.

More alarming still, Singulair is also prescribed to infants as young as six months old. What does this drug do to such a tiny brain? Who knows? How does an infant or toddler express the fact that he or she is having a hallucination? Feels suicidal? Wants to hurt someone else?

I find the following disturbing: (1) that such a dangerous drug is commonly prescribed to infants, toddlers, and children; (2) that information about the very real and dangerous neuropsychiatric side effects is not being effectively communicated to physicians and other health care providers; and (3) that side effects are not required by law to be listed in the Consumer Medication Information (CMI) voluntarily provided by pharmacies.

In a perfect world, every patient who takes Singulair, every physician who prescribes Singulair, and every psychologist/psychiatrist who treats patients with problems similar to the side effects of Singulair, would receive a certified letter from Merck and the FDA informing them of these highly dangerous side effects.

If anyone with an eye toward local activism in Montgomery County is interested, I’d love to talk to you. My email is [kmdevitt@yahoo.com](mailto:kmdevitt@yahoo.com). ■





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### Active & Under Contract Listings in Northwood/Forest Knolls/Kinsman As of 1/15/2012

<u>Active</u>	<u>List Price</u>	<u>Style</u>	<u>Bedrms</u>	<u>Full Baths</u>	<u>Half Bath</u>
10312 Colesville Road	\$336,000	Colonial	3	2	1
1016 Chiswell Lane	\$425,000	Colonial	6	3	1
10405 Eastwood Ave	\$319,900	Cape Cod	3	2	1
10710 Eastwood Ave	\$339,000	Split Level	3	2	0
506 Eisner St	\$285,000	Split Level	3	2	1
10409 Edgewood Ave*	\$400,000	Colonial	4	2	0
242 Hannes St*	\$274,900	Rambler	3	2	0
11017 Lombardy Road	\$324,900	Rancher	4	2	0
319 Ladson Road	\$469,000	Cape Cod	3	1	0
10308 Lorain Ave	\$495,000	To Be Built	4	2	1
10709 Lockridge Dr	\$385,000	Raised Rancher	3	2	1
308 Pinewood Avenue	\$410,500	Colonial	3	1	1

#### CONTRACTS on the following properties:

10901 Cavalier Dr**	\$319,000	Split Level	4	4	0
811 Caddington Ave*	\$260,000	Rambler	4	2	1
1104 Caddington Ave*	\$260,000	Traditional	4	2	1
314 Dennis Ave	\$499,990	Colonial	3	3	1
122 Hannes Street*	\$205,000	Rancher	5	2	0
112 Kinsman View Cir	\$309,000	Townhouse	4	3	1
502 Kerwin Road*	\$249,000	Cape Cod	4	3	0
510 Royalton Rd*	\$234,900	Rambler	5	2	0
140 Southwood Ave*	\$257,000	Coloniial	4	2	1

\*Short Sale \*\*Foreclosure



•• Information deemed reliable but not guaranteed ••

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Southwood Ave.*

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Revels Festival  
Performance*

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## **Forest Knolls Neighborhood Now Has Its Own Facebook Group**

*By Linda Perlman*

Did you grow up in the Forest Knolls neighborhood in the 1960s, '70s, '80s, or more recently? Do you remember Forest Knolls Elementary School before it was rebuilt and when the school went through 6th grade? Did you—or do you now—swim at the Forest Knolls Pool?

If so, then share your memories, post your photos, and connect with old friends from the neighborhood by

joining the new Forest Knolls Neighborhood Facebook group. Go to [www.facebook.com/groups/ForestKnolls](http://www.facebook.com/groups/ForestKnolls) to find out more, but in order to join you'll need to create your own personal Facebook page first. At press time, 258 persons had joined the group, which only started last month.

Plans are in the works for a Forest Knolls neighborhood reunion this spring or summer. So join the group and reminisce. ■

## **Voting in the 2012 Primary Election**

*By Linda Perlman*

Any registered voter who is affiliated with the Democratic or Republican Parties may vote in Maryland's Primary Election on 3 April 2012. The voter registration deadline for the 2012 party primary election is 13 March 2012. **High school students, please note: you can register to vote if you are at least 16 years old and you can vote in the Primary Election if you will be 18 years old by the date of the 6 November 2012 Presidential General Election.**

You also can vote early at any early voting location in Montgomery County. For the primary election the early voting period is 24–29 March 2012. You do not need to give a reason to vote early. Montgomery County has five early voting centers, including one at the **Silver Spring Civic**

**Building**, 8525 Fenton Street, Silver Spring, MD 20910.

In addition to voting for a candidate for President, the Primary Election ballot will include candidates for United States Senate (the incumbent is Ben Cardin), United States House of Representatives (the incumbent in the 8th Congressional District is Chris Van Hollen), and delegates to the Democratic or Republican National Conventions. Only voters registered with either the Democratic or Republican parties may vote in that party's Primary.

Candidates for Judge of the Circuit Court and Board of Education (nonpartisan) also will appear on the Primary Election ballot.

All of the NFCCA area is located in Precinct 13-11 and voting, except for early and absentee voting, takes place at Forest Knolls Elementary School. ■

## NEIGHBORLY NOTES

[This issue starts a new regular column on ways to be good neighbors, build community, and increase civility. Carolyn Ross lives on Lockridge Drive. —Editor.]

### Parking Etiquette Means Thinking Of Pedestrian Traffic, Too

Many neighbors out for a Sunday stroll, walking their kids to school, or walking their dogs find parked vehicles blocking the sidewalks or other public ways. Walking in the street around these vehicles often presents a safety hazard.

While this is a county code enforcement issue, it is not something neighbors can't fix themselves. As you might in public spaces like shopping malls or the grocery store, please consider your parking etiquette and don't block sidewalks or other public ways.

### Ways to Help Seniors in Winter Other Than Shoveling Snow

Winter months are a difficult time for many elderly people who are more easily depressed and can become dehydrated when the heat in the home gets turned up. Check on those neighbors you know or even suspect might live alone, even if it is just a quick knock on the door to say hello.

If making a trip to the grocery store, ask if you can pick up just one or two items (don't be shy about setting limits) and consider asking them for a family member or other friend's name and number so you might contact that person on their behalf in the

event of an emergency.

### Littered Streets: A Nuisance That Also Impacts Property Values

While many neighbors are experiencing drops in home values as a result of economic conditions, trash on our streets certainly does not help the situation. Keep a trash receptacle in your car so you do not find yourself throwing trash out the window. Take the plastic bag from your newspaper and pick up one or two pieces of litter you see floating around.

Purchase a garbage can with an attached lid and don't leave trash bags out where animals might find them, causing bags to open unintentionally. Take advantage of curbside recycling and check out the county's website [[www.montgomerycountymd.gov/apps/dep/solidwaste/store/index.asp](http://www.montgomerycountymd.gov/apps/dep/solidwaste/store/index.asp)] to get a recycling bin if you don't have one, or even get one you do have repaired so it better contains your recyclables.

For some handy tips to reduce waste, go to this page: [www.montgomerycountymd.gov/swstmpl.asp?url=/content/dep/solidwaste/education/waste\\_reduction.asp](http://www.montgomerycountymd.gov/swstmpl.asp?url=/content/dep/solidwaste/education/waste_reduction.asp).

### Volunteer Opportunity for Senior Adults in Local Public Schools

Eastern Middle, Sligo Creek Elementary, and Northwood High Schools are three local schools participating in a unique intergenerational volunteer program for anyone over 50, according to their parameters, pairing adults with immigrant students in need

of a mentor. The benefits of encouraging these kinds of relationships spanning age and culture are well-documented and could mean a stronger connection for you in your community.

Run by an organization called Interages, the program is just one of several other initiatives addressing the needs of at-risk youth by introducing them to adults who can share their skills. Check out the program's web site at [www.interagesmd.org/programs/intergenerationalbridges.html](http://www.interagesmd.org/programs/intergenerationalbridges.html).

### Ideas for Being 'Neighborly'?

Please feel free to share your ideas, interests, or concerns (all submissions are kept absolutely anonymous) by email to the newsletter editor or me at [travelswithcarolyn@yahoo.com](mailto:travelswithcarolyn@yahoo.com). Suggested volunteer opportunities, community needs, or other items that could help each of us to enhance our community and be neighborly are welcomed.

—Carolyn Ross ■

### Mark Your Calendar

For *treats* and *raffles*  
at the upcoming  
NFCCA meetings!

**8 February 2012**

**11 April 2012**

**13 June 2012**

**Forest Knolls  
Elementary School**  
*Be There or Be Square*

# Parenting Resources in Our Own Neighborhood

By *Jacquie Bokow*

There are several groups within the neighborhood which provide support to parents. If you have kids, feel free to join any that are appropriate.

## Baby Network

Started in October 2001, this is a support group for parents of preschoolers. Meetings—with children—are monthly and held during the day, but parents are encouraged to form subgroups that meet more often if they have similarly aged children. The group sponsors both an Easter Egg Hunt and a Halloween Parade/Trick-or-Treat in North Four Corners Park. Contact Kristen


Mastroianni at [KristenMastroianni@verizon.net](mailto:KristenMastroianni@verizon.net).

## Babysitting Cooperative

Also begun in 2001, the Northwood Babysitting Cop is a group of parents who agree to trade babysitting hours on a point basis and has a “price list” (i.e., 1 child for 1 hour = 1 hour credit; 2 children for 1 hour = 1.5 hours credit; 3 or more awake children for one hour = 2 hours credit). Monthly meetings are held in the evening. [See further information on page 8 of the October 2011 issue of the *Northwood News* (click on “Newsletters” on the NFCCA website, [www.nfcca.org](http://www.nfcca.org).)] Contact Karen Devitt, 301.593.9018, [\[jennifer\\\_magalski@yahoo.com\]\(mailto:jennifer\_magalski@yahoo.com\), or Jennifer Magalski, 202.558.8893, \[lauverj@hotmail.com\]\(mailto:lauverj@hotmail.com\).](mailto:kmdevitt@</a></p></div><div data-bbox=)

## Parents List Serve

The Northwood Parents List Serve is for the parents of school-aged children in the neighborhood. If you have a Yahoo email account, go to Yahoo Groups to join. If you don't, send an email to [northwoodparents-subscribe@yahoogroups.com](mailto:northwoodparents-subscribe@yahoogroups.com) to join. You can then post messages to [northwoodparents@yahoogroups.com](mailto:northwoodparents@yahoogroups.com). [This is separate from the NFCCA List Serve, but all on the Parents List Serve are encouraged to join the former so posts don't need to be repeated on both lists.] ■




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**Current Real Estate Snap Shot  
Northwood and Forest Knolls  
(October 1, 2011 – January 15, 2012)**

**Active Listings (11)**

Address	Type	BR	Baths	List Price	Type of Sale
242 Hannes	SF	3	2	\$275,000	Short Sale
506 Eisner	SF	3	2.5	\$285,000	Normal Resale
10405 Eastwood	SF	3	2.5	\$320,000	Normal Resale
11017 Lombardy	SF	4	2	\$325,000	Normal Resale
10312 Colesville	SF	3	2.5	\$336,000	Normal Resale
10710 Eastwood	SF	3	2	\$339,000	Normal Resale
10709 Lockridge	SF	3	2.5	\$385,000	Normal Resale
10409 Edgewood	SF	4	2	\$400,000	Normal Resale
308 Pinewood	SF	3	1.5	\$411,000	Normal Resale
1016 Chiswell	SF	6	3.5	\$435,000	Normal Resale
319 Ladson	SF	3	1	\$469,000	Normal Resale

**Homes Currently Under Contract (9)**

Address	Type	BR	Bath	List Price	Type of Sale
122 Hannes	SF	5	2	\$205,000	Short Sale
510 Royalton	SF	5	2	\$235,000	Short Sale
502 Kerwin	SF	4	3	\$249,000	Short Sale
140 Southwood	SF	4	2.5	\$257,000	Short Sale
1104 Caddington	SF	4	2.5	\$260,000	Short Sale
811 Caddington	SF	4	2.5	\$260,000	Short Sale
112 Kinsman Farm	TH	4	3.5	\$309,000	Normal Resale
10901 Cavalier	SF	4	4	\$319,000	Foreclosed/Bank Owned
314 Dennis	SF	3	3	\$500,000	Normal Resale

**Sold Homes (5)**

Address	Type	BR	Bath	Net Sales Price*	Type of Sale
1016 Chiswell	SF	6	3.5	\$300,000	Foreclosed/Bank Owned
18 Kinsman View	TH	3	2/2	\$323,000	Normal Resale
10516 Edgewood	SF	3	2	\$356,000	Normal Resale
10708 Margate	SF	5	2.5	\$370,000	Short Sale
10805 Margate	SF	4	3.5	\$410,000	Normal Resale

\* Net Sales Price reflects any seller subsidy involved (buyers' closing costs paid by seller)

**2011 Sales Recap — All Homes in Northwood, Forest Knolls, and Kinsman Farm  
Short Sales**

# of Sales	Low Price	High Price	Average Price
5	\$255,000	\$370,000	\$291,000

**REO/Bank Owned/Foreclosed**

# of Sales	Low Price	High Price	Average Price
3	\$224,000	\$250,000	\$240,000

**Normal Resales**

# of Sales	Low Price	High Price	Average Price
26	\$271,000	\$499,000	\$353,000

*All data from MRIS and believed to be accurate but should not be relied upon without verification.*



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### What is an Ice Dam? What Can You Do About It?

An ice dam is a ridge of ice that forms at the edge of a roof or in a gutter and prevents runoff and melting snow (water) from draining off the roof. The water that backs up behind the dam can leak into your home and cause damage to walls, ceilings, and insulation.

Ice dams form when some areas of a roof are heated above the freezing point while other parts of the roof are below the freezing point. In other words, when your heat escapes into your attic and warms the roof, it can cause ice dams. There are several reasons why a roof could develop such temperature differentials. The most common culprits are:

1. Poorly or unevenly applied insulation within the attic.
2. Lack of air sealing between

attic and living spaces.

3. Non-weatherized attic hatches.
4. Poorly sealed exhaust systems that terminate too close to the roof.
5. Poorly insulated hot elements in the attic space
6. Hot, incandescent lights or even recessed lights with direct exposure to the attic.

Eaves, overhangs, and soffit vents will conversely cause these lower parts of your roof to become colder than the sections warmed by the heat in your attic, allowing water to refreeze and form ice sheets that block runoff.

For an immediate fix, you can use a roof rake to remove built up ice and improve water drainage. This should be done by a trained roofing professional as it is extremely dangerous and can damage

your roof. In the long term, air sealing and insulating your attic space—as well as proper ventilation to minimize temperature differences between the attic and outdoors—are the most effective means of preventing the formation of ice dams.

If you've noticed ice dams on your house, have a Home Energy Auditor inspect your roof and attic area looking for penetrations in your attic isolation and other hazards that can lead to the formation of ice dams as well as moisture buildup and signs of water damage.

*[Reuven Walder is Founder/Vice President of Home Services for Ecobeco LLC. He can be reached at 301.802. 7038 or reuven@ecobeco.com. He lives on Lombardy Road.]* ■



Jacquie Bokow



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## ***Woodmoor Reminiscences***

# **Woodmoor Pastry Shop Indulges for Almost 50 Yrs.**

*By Jacquie Bokow*

JoAnna Gray has noticed quite a few changes at Woodmoor Shopping Center. For almost 50 years she has worked at the business run by her family, Woodmoor Pastry Shop, first as a cake decorator and for the past dozen years or so as the owner.

The Pastry Shop has made changes, too. “We stay with the times, more or less,” said Gray. That has meant a little healthier line of products, like bruschetta and mini pizzas, and all of their baked goods have zero grams of trans fat. “And we can now make cookies with pictures on them,” she stated.

Gray noted that families are smaller than they were 50 years ago, and the shop makes more individual desserts that it used to. “We were making cupcakes long before they [became so] popular,” Gray said.



Judy Starobin Oleniuss

*JoAnna Gray in 1980, left, when she was the cake decorator and in 2012, right, when she was the owner of the family business.*



Jacquie Bokow

Two other newer items that are in demand are King Cakes, which took off after Hurricane Katrina, and Paczki, a Polish jelly doughnut.

The shop has a staff of 25 right now, 10 of whom are high school students from Blair, Northwood, and Blake. Gray herself is a 1965 graduate of Northwood and likes the area so much that she and her husband, James, bought a home in Woodmoor; their son Jason teaches at Northwood. “This area has great camara-

derie,” she added.

All of the items they sell are baked at the shop, she assured me. The only things they don’t make are the fruit, etc., that they have to buy.

### **What Residents Think**

A flood of responses resulted when I asked long-time residents to send in what they liked best about Woodmoor Pastry Shop.

“They used to have a little ice cream freezer where you could get green mint Eskimo Pies,” said **Jean Jones** [formerly of Belton Road]. “Plus, I have been to the Parker House in Boston several times, and the Parker House rolls there are not nearly as good as the ones at the Woodmoor Bakery.”

“I remember getting my birthday cakes from Woodmoor Pastry Shop as a child under 10” in the 1950s, wrote **Judith Vann** [on Marvin Road “right out of the hospital in 1950” and back there now]. “I especially remember one that was round and had carousel decorations on it, with carousel sugar horses. It was great!”

*(continued on page 18)*



Jacquie Bokow

*The Woodmoor Pastry Shop has been called a “local treasure.”*

# Memories of, Praise for Woodmoor Pastry Shop

(continued from page 17)

**Bette Brotman Dolan** [formerly of Malta Lane] vividly remembers picking up her 10th birthday cake from there. “I insisted on carrying it myself. I made it to the front door and ran into the door jamb; down went the cake! My mother screamed at me and a woman who worked there—to this day I don’t know if she was the owner or just an employee—came out of nowhere with an identical cake with my name already on it. Seriously, it could not have been more than five minutes; I was still trying to wipe up the mess on the floor with napkins!

“When I got to be about 16, I went back and asked everyone there if they remembered the story. I thought it was time to tell that woman how she had saved my party and what a kind thing she had done, [but] no one would ad-

mit to remembering it!”

“When I was little, we would wake up and my grandfather (who we called Jiggs) would have let himself in and would be sitting at the kitchen table with a box of chocolate doughnuts from Woodmoor,” remarked **Hilary Sherman** [Kerwin Road]. “There is *nothing* better than to wake up to a chocolate doughnut from Woodmoor Bakery and Jiggs. Needless to say, I cannot even go to Woodmoor shopping center in the mornings, because if I smell the doughnuts, I have to have one (or two).”

Woodmoor Pastry Shop has been the “go-to” bakery for special events in the lives of local residents, like the surprise 35th anniversary party held in 1982 by **Janet Nagler** [Lombardy Road] and her sisters for their parents. “We got a beautiful cake,” she said.



*Judy Starobin Okenfuss worked at the Woodmoor Pastry Shop on St. Patrick’s Day around 1979 when she was a student at Northwood.*

More recent experiences were related, too. In 2009, for his son’s first birthday party (which was held at the North Four Corners Park building), **Jeremy Birch** [Malta Lane] ordered a dinosaur cake from Woodmoor. “It was probably the best cake I have ever had,” he declared. “I wouldn’t hesitate to order more from them. Their coffee cakes are wonderful, too.”

Special memories come from **Judy Starobin Okenfuss** [formerly of Malta Lane], who worked at the shop when she was a student at Northwood High School in the late 1970s. “I always enjoyed opening the shop on Saturday mornings. When you arrived, the doughnuts were just coming out of the oven and had the most wonderful smell (and taste)! We, the sales girls, were responsi-

(continued on page 19)



*On holidays, the line of customers at Woodmoor Pastry Shop awaiting freshly baked Parkerhouse rolls runs out the door.*

# Woodmoor Pastry Shop Lauded by Local Residents

(continued from page 18)

ble for filling the jelly doughnuts, which invariably made a mess as we would overfill and explode some.

“Any regular to Woodmoor Pastry Shop during that time will remember JoAnna Gray,” she continues. “She was always in the back room wearing an apron covered with every color icing imaginable. The holidays were absolutely amazing. The number of advance orders was overwhelming. I was always amazed with the sheer number of pies which were boxed and sold on those days. It seemed like everywhere in the bakery was piled high with boxes.

“Working there was great. While we were at work, we were allowed to eat as much baked goods as we cared to. To this day, there is nothing I enjoy more for breakfast than a chocolate iced doughnut, like we use to sell at Woodmoor Pastry Shop.”

It seems everyone who frequents the Pastry shop has their own favorites. For **Valerie Stutman Portney** [formerly of Chiswell Lane], it was the apple pie and strudel. She called it “the *best* strudel in Montgomery County.”

“We used to stop in fairly frequently after attending



*Eclairs and cream puffs.*

the 9 a.m. Mass at St. Bernadette’s for my husband’s favorite—the sticky buns and the onion rye bread—and mine—the cranberry and blueberry scones,” confides **Evelyn Jemionek** [Margate Road].

“Our family loves Woodmoor Pastry Shop!” exclaimed **Jennifer Lauver** [Northwood Ave.]. “We love to occasionally stop in for a seasonally themed cookie for the kids. All of my daughters’ birthday cakes and cupcakes have been made there and they have all been very cool designs and delicious. The mini pizza’s are my husband’s favorite. The women who work there are so friendly and nice, especially the owner. She has always been wonderful to work with on the crazy ideas I have for my daughters’ birthday themes. Oh and yes, the parker house rolls are delicious, too.”

**Laura Serrano** [Timberwood Ave., where she grew up and moved back to about 10 years ago] added, “We also are huge fans. I grew up here and have a special place for them [in my heart]. They have the best éclairs that I’ve ever had. Their hot dog and burger buns are great, too.”

“They have the *best* éclairs ever!” agrees **Tina Moore** [Belton Road]. “We are also huge fans of their Parker house rolls. I love having them in our neighborhood.”

Although **Bev Hollrah** [Ordway Drive] and **Edward Levy** [Thistle Court] have not had completely good experiences at the bakery, even Ed



*Paczki, or Polish jelly doughnuts, are a popular item.*

acknowledged that “their onion rye bread is good.”

But, as **Sarah Manchester** [Lombardy Road] said, “It’s like your family; who loves everything about their family? But there are plenty of tasty things to keep me coming back, as well as the familiar faces at the counter. I grew up in Woodmoor. It was a weekend tradition to walk to the Pastry Shop and get doughnuts for breakfast. I’m happy to say that, 30 years later, my childhood favorites—cinnamon twists, apple fritters, and especially the chocolate doughnuts—are still going strong. [And] the rolls and mini-pizzas—*yum!*”

“I’ve lived in the neighborhood since 2001 and I think the bakery is fabulous,” concluded **Oscar Carrillo** [Marvin Road], whose boys really like the King Cakes for Mardi Gras and the epiphany feast on January 6th. “We are lucky to have a family-owned bakery in our neighborhood.” ■

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