



NORTHWOOD NEWS

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Four Corners County Council District 5 Candidates' Forum 5/7

By Jim Zepp

The NFCCA is joining with the South Four Corners Civic Association and the Woodmoor-Pincrest Citizens Association in sponsoring a forum for the five candidates running for the County Council District 5 seat. This forum will be an opportunity for Four Corners area residents and business owners to discuss three major topics affecting our communities' future

and quality of life:

■ The draft White Oak Master Plan that proposes 25 million sq. ft. of new commercial development and 8,600 new residential units.

■ The proposed Bus Rapid Transit (BRT) that will cover 78 miles of major County roadways including Colesville Road (Route 29) and University Boulevard (Route 193).

■ The potential impacts of the County Zoning Code Rewrite on the area's commercial and residential density and traffic conditions.

The Montgomery County Council consists of four At-Large members and five District members in order to ensure both County-wide and more local perspectives are represented. Unfortunately for our community, its Council representation has been in a state of nearly constant change since 2008 when Marilyn Praisner died. Her husband, Don, was then elected to complete her term, but he died a year later. In 2009, Nancy Navarro was elected as the District 4 Council Member.

As a result of redistricting decisions, our neighborhood

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Next Meeting on Wed., April 9th

The next meeting of the Northwood-Four Corners Civic Association will be held on **Wednesday, 9 April 2014, 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).

Several candidates running for either County Council or District 19 may attend (no speeches planned). Full-size chairs will be provided.

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.) Please see page 10 to confirm your membership as of press time. ■

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Four Corners County Council District 5 Candidates' Forum 5/7

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was moved from Council District 4 to District 5 in 2012, which made Valerie Ervin our Council representative. Ervin resigned from the Council in December 2013, which led to the appointment of Cherri Branson on 28 Jan. 2014 as the District 5 Council Member. With this year's Council elections, our community will have been represented by six different individuals in seven years.

Consequently, when issues affecting our area have been before the Council, we have been somewhat disadvantaged by being represented by someone who was either new to the Council or our community's concerns and history or had stronger ties to other constituencies. Ironically, Election Precinct 13-11, which coincides with our civic association's boundaries, has generally had a higher voter

turnout than many other areas of the County. Therefore, this upcoming election is important for our neighborhood's interests to impress upon the candidates that we deserve a representative who views advocating for his/her constituents as a major responsibility and not a distraction from his/her greater personal political goals.

All five Council District 5 candidates have agreed to participate in the Forum:

- Chris Barkley
- Evan Glass
- Tom Hucker
- Terrill North
- Jeffrey Thames

The Forum is open to the general public (see details below). Free parking is available at the school. For more information, contact Jim Zepp, 301.593.7863 or jzepp@mindspring.com. ■

Four Corners' County Council District 5 Candidates' Forum To Be Held 7 May

Jointly Sponsored by NFCCA, South Four Corners Civic Association, and Woodmoor-Pinecrest Citizens' Association

Wednesday, 7 May 2014

7:00 to 9:00 p.m.

Pinecrest Elementary School

201 Woodmoor Drive, Silver Spring, Md.

Free and Open to the Public

Join One or Both Of the NFCCA's Two List Serves

NFCCA General List Serve

- Subscribe: nfcca-subscribe@yahoogroups.com
- Post a Message (you must subscribe first): nfcca@yahoogroups.com

Northwood Parents List Serve

- Subscribe (send an email to): northwoodparents-subscribe@yahoogroups.com
- Post a Message (you must subscribe first): northwoodparents@yahoogroups.com ■

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.

The *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.

Editor

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Visit Our Website
www.nfcca.org

Glenwild Road Has Own Listserv

By *Jacquie Bokow*

Residents of Glenwild Road and Court (32 homes) are building their own sense of community by participating in a private listserv. The electronic mailing list was initiated and is moderated by Roxanne Beltran.

The invitation to join is issued via a three-page packet (available on the listserv) which welcomes newcomers to the street. Current residents can print it to hand out to new residents when they meet them.

The flyer, called *Glenwild Gathers*, also informs them of the street's annual block party, which has been held since August of 2005. The block party was started by Beltran.

"The neighborhood I

grew up in in Miami was not the safest or friendliest," she said, "but I grew up watching *Sesame Street* and *Mr. Rogers' Neighborhood* and always wished I had lived in such friendly streets! So, after having the girls" [she and her husband Aleks have two daughters] "and realizing that we barely knew our neighbors down the street (despite having moved in in April of 2000), I decided I wanted them to grow up on a 'friendly' street, unlike me. I organized the first one and we've had one every year since." Rebecca Adams and Anna Mizani have organized the parties in subsequent years.

"Statistics" on residents are gathered at the block party and updated on the packet. ■

New residents receive a copy of "Glenwild Gathers," a three-page newsletter welcoming them and explaining the Glenwild listserv and annual block party, NFCCA (and its own listserv), Forest Knolls Pool, Forest Knolls Elementary School, the Northwest Branch Trail, and other local amenities.

Glenwild Gathers



Building a Great Community by Knowing Our Neighbors

Welcome to your street!

You have just joined an amazing community, Northwood Park, and we would like to share some of the wonderful events, places, and activities that your community has to offer.

If you have any questions, please feel free to ask your neighbors... together we can continue to make this a great community to live in!



GLENWILD GATHERS 2005

Since August of 2006, Glenwild Road has gathered for their annual Block Party! Now traditionally held on the first Saturday after Labor Day, Glenwild Gathers at the

coul-de-sac to get to know their neighbors, partake in a scrumptious potluck, and listen to live music provided by our very own musicians. **SAVE THE DATE** and volunteer to help make this year the best year yet!



Keep CONNECTED!!!

glenwild_gathers05 is a street listserv. Its intention is to bring the neighbors of Glenwild Road closer together by providing a venue for communication and information. The list is to be used for announcements affecting our street, to communicate in times of emergencies, and for the planning of block events. Please contact the Moderator with your email address to be added to the list: Roxanne 10621: roxmb@yahoo.com

The NFCCA (see page 2) manages a listserv that neighbors find useful for posting information from looking for referrals for home repair to lost pets and questions concerning incidents that happen in the neighborhood. If you are interested in joining, the address is <http://groups.yahoo.com/group/nfcca>

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 2014) are:

President

Brian Morrissey
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merc259@verizon.net

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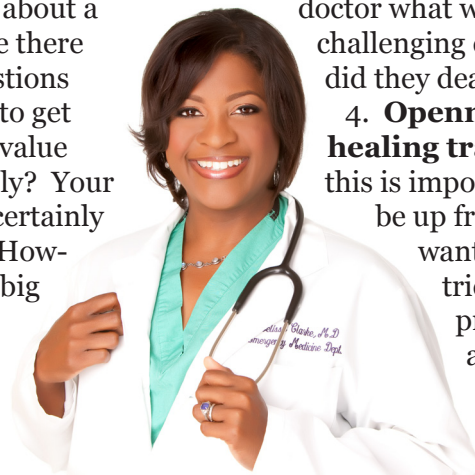
Carole Barth
10602 Lockridge Drive
301.593.7863
cbarth@mindspring.com

Breaking Down 'Bedside Manner' in Seven Steps

By Melissa Clarke

When I was helping my 79-year-old Mom choose a doctor when she relocated to this area, we had a bad experience with the first physician she saw. For almost the entire visit, he did not talk to her directly, only to me as another doctor. This all despite my efforts to redirect the conversation. As we drove home, fresh from the visit, she said to me, "He's out! There's no way I'm going to him again." So we set out to find doctor who would talk to her about her priorities, be respectful, and dialogue directly with her. My Mom was determined to "interview" any new doctor to get a feel for their professional style—the elusive "bedside manner."

There are any number of reasons that we may find ourselves in the position of having to find a doctor. It may be relocation, like my Mom, a change of job and, therefore, insurance plans, or getting a new diagnosis and needing a specialist. Whatever the reason, have you thought about how to evaluate "bedside manner?" Is it just a "feeling" you get about a doctor or are there specific questions you can ask to get at what you value professionally? Your intuition is certainly important. However, I am a big advocate of interviewing a doctor to be your healthcare



partner and having a clear list of criteria of what professional qualities are important to you. On the first visit, as you talk with your prospective doctor, consider using the following list of seven qualities to assess how comfortable you are with them treating you and knowing your most intimate health details.

1. Listening skills. Do they let you finish speaking, or do they cut you off? Ask them to state your most important concerns back to you.

2. Attention Span. Do you feel hurried during the encounter? Does the provider give you their full attention, or are there numerous interruptions? If there are interruptions, how do they deal with them? Are they apologetic and respectful of your time?

3. Capacity for compassion. This may be harder to gauge directly. Indirect clues include the following: Does the doctor treat you, other individuals in their practice, and their own staff respectfully? How does the doctor respond to hardships you describe? It would not be out of bounds to even ask the doctor what was their most challenging case and how did they deal with it.

4. Openness to other healing traditions. If this is important to you, be up front if you want to or have tried other approaches like acupuncture or chiropractic. Your doctor should know

about this. See how they respond. Are they dismissive, or do they seem open minded, collaborative, or give you specific reasons for including or not including these in your treatment plan in a respectful way?

5. Clarity in explanations and answering questions. Are you able to understand what the doctor is saying? Do they speak in layman's terms using language you can understand? Do they answer your questions directly? Can they provide a clear explanation of what they think is going on? Most importantly, did you leave the office able to explain to someone else what is going on?

6. Promotion of shared decision making. In medicine, for any major decision, there are at least two options: do something or do nothing. Doctors should be able to clearly explain the options and promote you and your priorities in the decision-making process. Frequently, under the do-something option, there are several paths that can be taken. The doctor's job is to outline these clearly and help you make the decision that best fits your values. Sometimes, though, because doctors may be hurried, have their own value system, or have a preferred way of doing things, they may not effectively carry this out. One way of assessing your doctor on this is to ask how he involves individuals and their families in decision making.

7. Knowledge of their
(continued on page 7)

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And

Life

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Bob 301-602-2628



Have You Heard About the MoCo Civic Federation?

By Carole A. Barth

NFCCA has been a member of the Montgomery County Civic Federation (MCCF) for many years, but how much do you know about the MCCF? In writing testimony, “Civic Feders” often use the tagline, “Representing Montgomery County’s Civic Associations and the Public Interest since 1925” or note that we are one of the County’s oldest community advocacy organizations. (In fact, our 14 April 2014 membership meeting will be the 855th session of the Federation.)

The Federation can be justifiably proud of the fact that it is a broad-based, all-volunteer organization that has worked so long to preserve and improve the quality of life for all current and future residents of Montgomery County, Maryland. Anyone who has organized a bake sale, creek cleanup, or grass roots campaign can appreciate what an impressive track record that is.

It’s pretty dang amazing so many ordinary residents have committed themselves to providing an effective citizen voice to government policy makers, both elected and appointed, over so many years. I say “ordinary” because we are not paid to participate, nor are we beholden to any particular party or interest group. We all have lives (jobs, families, and passions) that demand our time, energy, and attention. Most of us are active in our local civic associations. Yet somehow, we make time for County-wide civic activism as well.

This continuity of commitment helps the MCCF monitor County and State policies and legislation affecting our communities and it informs our in-depth studies of critical issues. Recognized as the primary voice of residents, the Federation is given representation on several county boards, commissions, advisory committees, and working groups. But more importantly, the Civic Fed exists to ask the hard questions, to look beneath the political hype, to balance the influence of pressure groups, and to represent our communities.

Still, the Federation is more than our long history—we are evolving with the times and looking for new ways to pursue our mission. For example:

■ **MCCF Tweets.** Have you signed up for the MCCF twitter feed yet? Join the more than 100 news organizations, politicians, agencies, non-profits, and just plain folks that follow the Federation (@MC CivicFed). This is your source for up-to-the-minute information on MCCF events and actions. The Federation also re-tweets items from other public interest groups of general interest to County residents. Do you tweet? Do you want to publicize important events or hot community issues? Let us know; the Civic Federation is designed to promote cooperation, education, and effectiveness of civic and community associations in Montgomery County. Tweeting is a convenient way for us to stay in touch with you!

■ **Great Montgomery Hackathon.** What do you picture when you think of the Federation? Do you think of talented middle-schoolers enthusiastically engrossed in computer coding? Well, you should! That was the scene at the Federation’s first hackathon. This was a great event that applied young residents’ computer skills to making government more transparent and public data more user-friendly. It is my hope that this is just the first of many intergenerational projects. After all, we want to have a vibrant and effective MCCF in 2025!

So how do we get to that future vision? We get there with your help. The Federation currently represents about 150,000 people. MCCF addresses a wide range of concerns in transportation, land use, environment, education, budget and finance, health and human services, public safety, and ethics. With its strength of numbers and the thoroughness of its deliberations, the Federation influences county policy and balances the activities of vested county pressure groups. We also partner with groups like the Montgomery County Taxpayer’s League, the Coalition to Save 10 Mile Creek, the Parents’ Coalition, and many others.

Still, we could be doing so much more. So how about it, have you noticed that communities around the County face many of the same issues? Do you believe that citizens

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Lockridge Creek Spruce-Up 4/26

It's time for our annual spring cleanup of Lockridge Creek. Help keep our community attractive and remove invasive weeds. We've been holding biannual clean-ups of Lockridge Creek now for more than 20 years!

Come join us at **9:30 a.m. on Saturday, 26 April.** (Rain Date is Sunday, 27 April.) We will start at the Lockridge Drive and Dennis Avenue intersection and work

our way north along the creek into Northwest Branch Park.

It's dirty work, so be sure to bring gloves and wear sturdy shoes, long sleeves, and long pants. Please also bring any tools you'll need to use, such as rakes, clippers, pruning shears, and shovels. Make sure each has your name on it.

To find out more what it's about, contact Brian Morrissey at 301.593.4026 or merc259@verizon.net. ■

What the MCCF is All About

(continued from page 6) have a right to be heard? Do you think neighborhoods should have a say in projects and policies that affect their future? Do you want to work with dedicated, knowledgeable activists? Then consider becoming more involved in the Federation.

You could contribute a newsletter article or "Federation Corner" column, organize a program for the monthly meeting, help with an event, join a committee, or help MCCF build capacity. A great way to start is to attend one of our monthly meetings on the second Monday of the month at 7:45. Meetings are held in the First Floor Auditorium of the County Council Office Building at 100 Maryland Avenue, Rockville, Md. There is free parking in the evenings onsite, and it is close to Metro. The April 14 meeting will feature a program on the County's proposed \$2 billion+ operating budget—you can't afford to miss it!

So visit us, tweet us, email us, or even give us a call with your great idea for the "Federation 2.0."

[Barth, immediate past president of the NFCCA, currently serves as president of MCCF. She lives on Lockridge Drive.] ■

Report Potholes

Residents are encouraged to report potholes on county roads online [<http://www3.montgomerycountymd.gov/311/SolutionView.aspx?SolutionId=1-234ONR>] or by calling 311 or 240.777.0311, Monday through Friday, 7:00 a.m.-7:00 p.m.

To report potholes in state roads (numbered roads, such as MD 29/Colesville Road and MD 193/University Blvd.), contact the Maryland State Highway Administration online [http://marylandsha.force.com/customer-care/request_for_service] or call 301.513.7300. ■

Bedside Manner

(continued from page 4) **limitations.** If the doctor did not know something, how did they deal with this? Did they get defensive or evasive, or did they honestly admit it and seek to get back to you with an answer, or refer to a specialist or someone who could help?

You can always ask others about your prospective doctor's qualities. Some physicians are now posting video clips of themselves on the HealthGrades website and, for a fee, you can get a feel for their personal style. Nothing replaces meeting the doctor in person, though. Pediatricians, especially, may be open to an interview appointment to discuss your concerns. To do an interview, you may have to pay a *copayment* or other fee for the visit, but it can be a valuable way to gather information when making your decision.

The most important thing is to find a doctor *before* you need him or her. That way you do not have to be rushed into a decision. You can have the luxury of doing a thorough interview to see who will be the lucky professional to help you preserve your most valuable asset—your health!

[Dr. Melissa Clarke—an emergency medicine physician, speaker, author, and patient advocate—is former Assistant Dean of Howard University Medical School and currently Medical Director at Senior Helpers. She lives on Glenwild Road.] ■

WHAT IS A STEP-BY-STEP HOME REMODELING PROCESS WITH MODERN STYLE CONSTRUCTION LLC PROFESSIONALS?

Here is our system:

1. Call MSC and schedule a Free In-Home consultation with one of our professional consultants. Our informative consultation usually takes about 1 hour and we strongly suggest that everyone involved in the remodeling project be there to make sure all wants and needs are considered in the process.
2. In an in-home visit, your consultant will carefully listen to you, take measurements, and make sure to fully understand your needs and the purpose of your project. Your consultant will be there to answer all of your questions. We will help to guide you regarding the remodeling, budget, design, layout, and time frame.
3. Within 1-2 days, on average, you will receive a professionally written proposal that will spell out a detailed scope of the work.
4. Our team will stay in touch to make sure you have received our detailed proposal and to answer any questions that you may have. We also encourage you to do your homework: research our company and call the references that we send along with our proposals.
5. Once you make your decision to hire us as your Home Improvement consultant, we will connect you with our strategic partners to select surface materials. Surface materials include light fixtures, faucets, floor covering, tiles, etc. Your Modern Style Construction consultant will guide you through the selection process and will help you stay organized and on budget. We always make sure you find what you are looking for at the best price and on the best terms possible. We work with about a dozen local strategic partners and another dozen online vendors as well. This opens millions of possibilities to transform your home.
6. After all materials are selected and purchased, we will schedule the actual onsite work. We do not start our projects until all materials are readily available, because we want to eliminate interruptions during the onsite remodeling process. (When that happens, we have to wait for something that has been backordered as we cannot continue without that missing piece.)
7. When THE day comes for us to begin onsite work, we will make sure to arrange the delivery of all materials necessary. We will cover all work areas and will build up dust barriers where necessary to protect your home as much as possible. This will be an exciting time for our team to transform your home!
8. Once the project is complete, we will conduct a final walk through with your dedicated consultant to make sure we have met—and even exceeded—your expectations. Everything will be broom-cleaned and all construction debris will be removed from your premises.
9. The last thing left to do is to review our work at one of these links—Yahoo.com, Google.com, Angie's List—and refer us to your friends and family!

Now, take the first step and schedule a Free In-Home Consultation with one of our professional consultants! Call 301-560-6970. ***Where our word and reputation are based on our customers' complete satisfaction.***

AS SEEN ON NEWS CHANNEL 8



Healthy Eating Starts with No GMO Foods

By Anna R. Pritchard

Genetic engineering is “probably one of the most technologically powerful developments the world has ever seen,” says EPA toxicologist Suzanne Wuerthele. Unlike conventional plant breeding, GE usually involves the transfer of foreign genes—i.e., genes not previously present in a species—into a different organism. In GE, scientists transfer genetic information, or DNA—the genetic material, and molecular basis of heredity—from one or more organisms across species’ boundaries into a host organism to create an entirely new GE organism. The transferred DNA can be from a plant, animal, bacteria, or virus, and the host organism is usually a plant or animal.

The two main traits that have been engineered in our food crops to date are *herbicide tolerance*, so that the farmers can spray weed killer directly on the crop to control the weeds without killing it, and *pesticide resistance*, in which the plant makes its own pesticide.

According to the World Health Organization, the three main issues of concern for human health about GMOs are:

- tendencies to provoke allergic reaction (allergenicity),
- gene transfer (from GM foods to cells of the body or to bacteria in the gastrointesti-

nal tract, especially antibiotic-resistance genes), and

- “outcrossing” (the movement of genes from GM plants into conventional crops or related species in the wild).

Because of these health concerns and because the European Union and other countries will not purchase our unlabeled GMO food, there is currently legislation on this issue going through the process to become law in Maryland. Last month, hearings were held in both the State House (18 March on HB1191) and Senate (11 March on SB778) on the Mandatory Labeling of GMO Foods bill, but—as of press time—neither has been reported out yet (i.e., no action has been taken).

The bill will: (1) require specified raw foods and packaged foods that are entirely or partially produced with genetic engineering to display a specified label beginning on 1 July 2015; (2) require a manufacturer to include a specified label on specified foods; (3) require a supplier to include a specified label on a container used for packaging, holding, or transporting specified foods; and (4) require a retailer to place a specified label on a shelf or bin containing specified foods, among other things. You can read the text of the bill and track its status at www.mgaleg.maryland.gov.



Definitions of Terms

GE (genetic engineering): the standard U.S. term for this new technology

GM (genetically modified): the food has been genetically changed from its original state

GMO (genetically modified organism): the food—plant or animal—produced from genetic engineering (also called biotech foods, bio-engineered foods, gene altered foods, etc.)

According to the bill (both House and Senate versions are identical), “currently there is not a federal or state requirement to label genetically engineered food, but 64 countries, including Japan, South Korea, China, Australia, Russia, India, European Union member states, and other key United States trading partners already have laws mandating food labels on genetically engineered food.”

Protecting Yourself

Until the bills are passed and the law becomes effective, here’s what you can do to protect yourself and your families from the possible health risks associated with GMO food:

1. **Buy organic.** By law, certified organic food cannot contain GE ingredients.
2. **Buy products that are** (continued on page 10)

Paid NFCCA Members by Street

Check the list below to see if you've paid your dues yet (as of 3/16/14) for the 2013-2014 year, through October.

Belton Road & Court (3/48): 105, 201, 313

Caddington Avenue (8/83): 805, 808, 908, 913, 1103, 1113, 1203, 1308

Cavalier Drive & Court (8/53): 301, 10601, 10602, 10603, 10611, 10613, 10800, 10802

Chiswell Lane (3/39): 1019, 1018, 1017

Colesville Road (1/22): 10304

Dennis Avenue & Court (2/40): 411, 500

Eastwood Avenue (6/53): 10400, 10408, 10417, 10427, 10703, 10713

Edgewood Avenue (7/72): 10213, 10212, 10306, 10404, 10428, 10607, 10712

Eisner Street (3/32): 400, 404, 415

Foxglove Lane (0/4)

Glenwild Road & Court (4/33): 10607, 10609, 10610, 10701

Hannes Street & Court (12/104): 104, 202, 229, 306, 308, 311, 312, 330, 404, 408, 410, 10912

Irwin Street (1/31): 401

Kerwin Road & Court (3/42): 407, 505, 507

Kinsman View Circle (3/83): 34, 39, 139

Ladson Road (2/18): 304, 318

Lockridge Road (4/31): 10602, 10707, 10715, 10801

Lombardy Road & Court (8/88): 10706, 10806, 10817, 10904, 10905, 11013, 11107, 11201

Lorain Avenue (2/22): 10104, 10207

Loxford Terrace (10/135): 824, 826, 837, 853, 825, 907,

923, 1004, 1023, 1111

Malta Lane (4/45): 800, 813, 814, 903

Margate Road (3/50): 10610, 10613, 10828

Marvin Road (2/18): 300, 309

Mountain Quail Road (5/23): 10400, 10407, 10410, 10413, 10416

Northwood Avenue (1/13): 100

Ordway Drive (2/26): 10702, 10707

Playford Lane (1/31): 910

Pinewood Avenue (3/13): 317, 318, 319

Royalton Road & Terrace (1/31): 409

Snowy Owl Drive (2/23): 113, 121

Southwood Avenue (6/21): 111, 114, 115, 116, 123, 127

Sutherland Road (3/31): 10150, 10163, 10209

Thistle Drive & Court (2/22): 212, 220

Timberwood Avenue (3/25): 208, 303, 317

University Boulevard West (1/52): 509

Whittington Terrace (0/15)

Woodridge Avenue (2/13): 100, 119

Total paid NFCCA Members as of 3/16/14 is 131, or 8.8 percent of households.

If you've been meaning to pay your dues, but see from the list that you haven't, please do so immediately. It's only \$10 per household and funds all our activities!

If you write a \$10 check to NFCCA, either mail it to—or drop it at the home of—Treasurer Linda Perlman, 1203 Caddington Avenue.

You can also pay online at the www.nfcca.org website ("Join Us") using PayPal or a credit card. Easy, eh? ■

HOLISTIC HEALTH

(continued from page 9)

labeled "Non-GMO."

There is now a third party certification program in place and many products in health food stores display this colorful label.

3. **Buy products listed on the "Non-GMO Shopping Guide."** Available from the www.nongmoshoppingguide.com.

4. **Avoid "at risk" ingredients.** The "at risk" ingredients are: soy, corn, cotton, canola, sugar from sugar beets, and about 50% of Hawaiian papaya, zucchini, and crooked neck yellow squash. Unless foods containing these ingredients are certified organic, or display the Non-GMO label, they prob-



ably are GMO. Despite what some claim, even oil has been shown to contain DNA and, hence, can be altered.

[Pritchard is a licensed massage therapist, certified Montessori teacher, nutritional counselor, R.N., and earned a Doctorate Degree in Naturopathy. She also is trained in reiki for animals. She lives on Ladson Road and can be reached at annarpritchard@aol.com.] ■



For All Your
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**Serving Northwood, Forest Knolls, &
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**Active & Under Contract Listings in Northwood/Forest Knolls/Kinsman
As of 3/15/2014**

<u>Active</u>	<u>List Price</u>	<u>Style</u>	<u>Bedrms</u>	<u>Full Baths</u>	<u>Half Bath</u>
10609 Edgewood Ave	\$399,900	Rambler	4	2	0
10435 Edgewood Ave	\$449,000	Colonial	3	1	1
300 Eisner St	\$399,000	Bilevel	4	2	1
418 Kerwin Rd	\$450,000	Cape Cod	5	2	0
111 Kinsman View Cir	\$352,000	Townhouse	3	3	1
11203 Lombardy Rd	\$389,000	Rambler	3	2	0
11006 Lombardy Rd***	\$339,000	Rambler	3	2	0
1125 Loxford Ter	\$415,000	Split Level	3	2	1
211 Thistle Dr	\$489,900	Colonial	4	3	0
219 University Blvd W	\$625,000	Colonial	4	6	0

CONTRACTS on the following properties:

507 Dennis Ave	\$825,000	Colonial	6	4	0
10711 Glenwild Rd	\$402,900	Transitional	4	2	0
212 Hannes St***	\$314,900	Rancher	3	1	0
406 Kerwin Rd***	\$339,900	Cape Cod	4	2	0
317 Ladson Rd*	\$279,900	Cape Cod	4	1	0
11109 Lombardy Rd	\$399,100	Rambler	5	2	0
10705 Ordway Dr	\$350,000	Cape Cod	3	2	0
101 Southwood Ave	\$484,900	Colonial	4	2	0

*Short Sale **Foreclosure ***REO/Bank



•• Information deemed reliable but not guaranteed ••

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Marvin Methodist Church's History in Four Corners

By Ken Hawkins

On Sunday, March 16, 2014, current and former members, neighbors, and friends, gathered to celebrate Marvin Memorial United Methodist Church, share history and memories of over 140 years of worship in Four Corners, and move the new church into the future. In 2009, Marvin and Woodside United Methodist Church joined to form the Silver Spring United Methodist Cooperative (UMC) Parish. Sunday worship will be held at the former Woodside location; the Marvin location will be used for mission and community activities.

The two campuses will work as a "Reconciling Congregation," part of a movement within the UMC that aims to open the church to all, including the lesbian, gay, bisexual, and transgendered (LGBT) community. These developments may be unsettling for some, but they keep the Four Corners church in the currents of change that have shaped it throughout its history.

When the Four Corners Methodist Episcopal Church, South, was organized in September 1872, this area was made up of farms, fields dotted with springs, and woods of oak, pine, and chestnut. Land for the church was donated by Oliver H.P. Clark, whose family had owned and farmed the land south of Old Bladensburg Road (now University Blvd) since the 1780s, and George N. Beale, the superintendent of roads for D.C. whose summer



Marvin Memorial United Methodist Church about 1949, showing the original "Little White Chapel" from 1872 at left. The photo was taken from the Woodmoor Shopping Center looking across Old Bladensburg Road, now University Boulevard. Photo Courtesy of Don Messersmith, Silver Spring UMC.

retreat, Indian Spring farm, lay north of that road and mostly east of the road from Colesville to Washington. Neither were members of the church they helped establish: the Clarks worshipped at Grace Episcopal Church in nearby Forest Glen while the Beales attended Christ Episcopal near their main house by Georgetown.

The two men sold to the church trustees for \$1, a small lot on a rise "beginning at a chestnut tree standing on the south side of the Bladensburg road." The church members held services in a barn diagonally across the intersection, while they and neighbors built a small frame church (36'x36'), dragging lumber to the site with horses and chains. The Wesley Chapel, or Four Cor-

ners M.E. Church, South, was completed later that fall.

The "Little White Church," as it came to be known, settled into the traditional rhythms of the country, enlivened with autumn revivals, oyster suppers, and a boisterous Sunday school. For most of the next 75 years, it did not have a full-time preacher. As one of several stops on the Beltsville "Circuit," an itinerant preacher visited perhaps once a month; otherwise, church members took to the pulpit and led services. The first pastor was Samuel W. Haddaway, who later formed Marvin Church in South Washington, D.C. Sunday worshipers who, after 1888, came to services by the newly paved Colesville

(continued on page 13)

HISTORY CORNER(S)

(continued from page 12) and Ashton Turnpike, were exempt from the usual toll of one cent per mile per horse, collected at toll gates set up at what are now Georgia Avenue, Dale Drive, Four Corners, and White Oak, unless they made more than one Sunday trip. Electric lights were installed only in 1926 and, until 1932, the church was heated by wood stove. Water was carried from the general store across Colesville Road until a few years later. The church did not have a belfry or bell until 1930. Membership varied from about two to three dozen people.

The Four Corners M.E. Church and the surrounding area were greatly affected by the growth of Washington suburbs and the Federal government. For years, Washingtonians had flocked to the area to enjoy the scenery, swimming, and picnics at Burnt Mills and, after 1922, to golf at the Indian Spring Country Club. They moved into the area by the thousands with the opening of Northwood Park (1936-38), Woodmoor (1937-40), Indian Spring View (1937), Indian Spring Club Estates (1940), and other nearby developments. Many of the new residents visited and joined the church, especially when gas shortages during World War II made driving to churches farther away more difficult. In downtown Washington, the demand for government office space led in 1941 to the U.S. purchase of Marvin Memorial Church at Tenth Street and Independence Avenue, S.W.

Proceeds from this sale—along with the pulpit, altar rail, pipe organ, and furniture—came to the Four Corners Methodist Church, along with the name “Marvin Memorial Church” in late 1941. (Enoch Mather Marvin was a M.E. circuit rider in Missouri, chaplain for the Confederate army, and bishop of the Methodist Episcopal Church, South).

The church’s membership grew through World War II (from 88 to 245) and a full-time pastor was finally hired, but expanding physically proved challenging. Apart from the scarcity of building supplies and construction workers, the church had to buy additional property from Abraham S. Kay of the Indian Spring Country Club. Kay resisted including enough land for a proper setback on the south side of the church (he had already reduced the size of the golf course when he developed Indian Spring Club Estates). When the church and country club agreed on terms in 1944, Kay required the church be responsible for protecting the new building from any damage by errant golf balls. The design for the spa-



Four Corners in 1878, showing the location of the Methodist Episcopal Church. Courtesy Library of Congress.

cious colonial revival sanctuary, consecrated by 400 members in late 1947, placed the front door and steeple facing Old Bladensburg Road, opposite from the golf course.

Marvin Memorial Church continued to grow with the surrounding area in the post-war boom. The Little White Chapel was razed in 1951 to make way for the three-story educational wing that was built and dedicated the following year. The church considered relocating but decided to remain in Four Corners even as the state roads commission widened Old Bladensburg Road, renamed it University Boulevard in early 1957, and routed it around the south side of the church in 1959.

The church had the largest Sunday school in the Baltimore conference in 1962, and almost 2,000 members by the time it added the west wing in 1967. Church leaders also reversed the sanctuary at this time, moving the main entrance and the steeple to the south side, facing the Kay tract and the new Beltway that bisected it.

Along with the physical changes and growth at Marvin, social changes also affected the church. It was among the congregations that pledged with the Council of Churches National Capital Area in 1962 to accept members without regard to race or social or economic status. In 1968, Marvin’s first black pastor, the Rev. Edward G. Carroll, was appointed and served for four years before becoming Bishop of the church in Boston. While Carroll’s appointment caused some internal contro-

(continued on page 14)

'90-Plus Club' Celebrated at Oaks

By *Jacquie Bokow*

On a sunny Saturday in March, the community room at The Oaks—an independent senior living apartment complex on University Boulevard—was redolent with the fragrance of soup: old-fashioned vegetable, chicken, and tomato with fresh basil. The occasion was to celebrate those residents who have reached 90 years of age—or more!

The six celebrants were Mr. Raymond Gardner, Mrs. Cecilia “Ceil” Matzel, Mrs. Pauline Switzer, Mrs. Blanche Watkins, Mrs. Rosey Weaver, and Mrs. Blanche Williams. The event was coordinated by residents Mary Jacobs, Phyllis Chase, and Jean Langhorne (the “crock-pot soup brigade”).

MoCo County Executive Ike Leggett attended and shook hands with the cele-

brants. Attendees also met our new District 5 Councilmember, Cherri Branson. The Council presented certificates to the “blessed six.” A “best wishes” message arrived from State Delegate Bonnie Cullison; State Senator Roger Manno sent personalized certificates.

“It is our opinion that each of us enjoy being recognized, validated, and appreciated,” said Jacobs. “It is an honor to celebrate milestones, especially for those persons who reach that golden age of 90 years plus. These blessed ones here at The Oaks live in their own individual apartments. They still do their own personal shopping, cooking, use public transportation, and a few still own and drive their own cars.”

The celebrants’ mantra is: “We are happy to be alive and we want you to know it.” ■

HISTORY CORNER(S)

(continued from page 13)
 very and defections, members look back on his tenure with fondness—noteworthy for a church named after a chaplain to the Confederate army.

Throughout its history, the Four Corners M.E. Church reflected changes in the larger society around it, by growing, declining, merging, and moving ahead. The congregation has aged, attendance and income declined, and the church is grappling with issues that directly affect its ability to survive. Commercial offers to buy the property were considered but turned down. The last scheduled worship services at Four Corners were held on 2 March 2014, but the old church will continue to be a beacon of faith, mission, and outreach to the community around it. ■



All Photos by Joseph Perry




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Considering the Potential Environmental Impacts Of the Development Planned Around White Oak

By Carole A. Barth

As you may know, there is a new draft White Oak Science Gateway master plan. This plan calls for 25 million square feet of new commercial development and 8,600 additional residential units. This is equal to the size of 11 Wheaton Plazas. (Another way to look at this is that it will be twice as much urban area as downtown Silver Spring, but with no Metro service).

While some redevelopment in the area is desirable, I personally question the need for such mega-development. There is already lots of unused density in the current zoning/master plan, as well as empty office/commercial spaces stretching from Burtonsville down Route 29 into and around downtown Silver Spring. That's why many developers are converting planned commercial projects into housing (condos or apartments).

Still, this plan is being promoted as a job generator for the Eastern County (although it will not be zoned as an employment center zone). Instead, the bulk of it will be mixed use (CR or Commercial Residential zone), with the exact mix to be determined later at the developer's pleasure. Lack of clarity on the commercial/residential mix makes it harder to design appropriate Environmental Site Design (ESD) facilities for managing stormwater. In my experience, commercial and residential property managers have different capabilities when it comes to maintenance and, to

some extent, the pollutant load varies (e.g., more commercial area—such as fast food restaurants—often means higher trash generation.)

I understand that these projects will need to meet current stormwater management requirements, and some currently untreated impervious cover will be treated as a result, but, given the massive scale, I don't think we can assume that this will be a net improvement for water quality.

Although current ESD technology is far more effective than the old grey infrastructure, it is not good enough to entirely offset unlimited development on a site. To put it another way, preservation of existing vegetation and soils—coupled with rigorous application of ESD at the conceptual design stage—can come close to preserving the original hydrologic regime, but too much development on a given site will inevitably impact water quality.

Moreover, I don't think we can assume there will be optimal application of ESD given that environmentalists and neighborhoods have had issues with how the "ESD to the Maximum Extent Possible" standards have been implemented in recent developments (e.g., Chelsea Court).

In addition, we need to remember the Anacostia Trash Total Maximum Daily Load (TMDL, or pollution diet) which requires that the County prevent 621.6 pounds of trash per day—226,884 pounds per year—from being discharged

through its storm drain system. This one proposed development could easily overwhelm any gains made in trash reduction elsewhere in the watershed.

Finally, I also wonder how much of the County's "development capacity" this proposal will eat up. After all, both the Anacostia and Bay TMDL limits, once reached, must be maintained into the future. Permitting this development may mean development elsewhere will be constrained. To date, the Planning Department has done only the most cursory environmental review, however, so we will have to look to the County Council and the Department of Environmental Protection to address these concerns.

The Council had scheduled work sessions in the Planning, Housing, and Economic Development (PHED) Committee this week, but it sent the plan back to Park and Planning after citizens discovered major errors in the traffic study. It is likely that these errors resulted in an underestimation of the proposed development's impact on traffic.

Because the Council usually spends April working on the County's operating budget, it may not consider the plan until June. Thus the issue might not come before the Council until after the County Council primary election.

In any case, let's hope that whenever it does get considered, there is a thorough analysis and open discussion of stormwater issues. ■

Sweet on 'Sweet Frog,' Four Corners' New Frozen Yogurt Store, Opens Behind Woodmoor Center

By Fiona Morrissey

Forget your steaming mug of cocoa or mulled cider. For me, there is nothing more soothing in icy winter weather than a cup of frozen yogurt. And apparently I'm not the only one. Like many of this area's frozen yogurt fans, I was waiting for Sweet Frog to quit stalling and get moving. But, because of plumbing issues, the premises looked like a building site for almost two years, a delay so protracted that I thought the project was abandoned. Then, on a late walk one frigid January evening, I noticed bright lights, new paint, and people sitting around gleaming white tables eating spoonfuls of frozen yogurt. Immediately, I made for the door.

"Welcome to Sweet Frog," said a friendly young woman behind the counter. Her name was Jaya Shelton and it turned out she was the manager. I told her I had no cash with me and just wanted to look around but would return very shortly with my wal-



Fiona Morrissey "scoops" her own choices of frozen yogurt at Sweet Frog at Woodmoor.

let. Shelton, whose pink and green sweater matched the color scheme of the walls, said I could have a cup of yogurt on her. I thanked her profusely and got going. There were seven self-service dispensing machines, two flavors per machine. I managed to squeeze *chocolate*, *cappuccino*, and *crème brûlée* into my

How SweetFrog Works

At the store, you first head to the back to pick up an empty bowl, then dispense as much of—and as many of—the 14 available flavors of frozen yogurt you choose, finishing it off with anything from the toppings bar. Your purchase is weighed to determine what you owe (45¢/ounce).

Flavors in January were:

Orange/Vanilla
Orchard Cherry/Original Tart
Crème Brûlée/Banana Cream Pie
Chocolate/Peppermint
Pecan Praline/Fudge Brownie
Batter
Cheesecake/Red Velvet
Cake Batter/ Coffee House Blend

The franchise company began in 2009. The "frog" in Sweet Frog stands for "Fully Rely On God," which the company tries to show "by being a good neighbor."

Hours: Monday-Saturday,
 12:00 p.m.–9:00 p.m.;
 Sunday, 2:00 p.m.–9:00 p.m.

cup. The *chocolate* and *cappuccino* were nice enough, but the *crème brûlée* was excellent. And here's the thing: all the yogurts I sampled tasted rich and creamy, just like real ice cream, although Shelton said they were made with two percent milk.

I have since become one of Sweet Frog's regulars. I admit I don't like the piped radio and the yogurt at 45 cents per ounce seems pricey (my modest sized cup of *blackberry cobbler* came to four dollars and one cent). But, I have to

(continued on page 19)



A large variety of toppings is available (or not) as you wish.

Sweet Frog

(continued from page 18) say, it was delicious. Regarding the other flavors I have tried, the *bananas foster* doesn't work because it tastes synthetic, while the *pecan praline* is surprisingly good for something containing no fat at all.

On my second visit, I was dismayed to discover that the *crème brûlée* had disappeared. But such was the outcry from myself and other customers that it has now been reinstated. Shelton told me that Sweet Frog likes to rotate its flavors to keep things interesting (a mixed blessing). *Chai tea*, another winning yogurt, won't be making a comeback till the end of the year, while the far less exotic *cake batter* will be a permanent fixture due to its popularity with children.

There is a regiment of toppings to choose from which don't tempt me. I am a purist. For the complete frozen yogurt experience, smoothness is key. But for those who like to spoil their yogurt with extraneous lumps, here are some examples of what to expect: On one end, wholesome stuff like blueberries, slices of fresh kiwi fruit and strawberry, and, on the other, gummy frogs, chopped up snicker bars, and canned maraschino cherries drenched in heavy sugar syrup.

The pecan toffee Rice Krispie topping is specific to this store because Shelton purchases it herself. She also purchases organic strawberries if she can find them. "I try to please all tastes," Shelton says, "healthy and otherwise."

Like Winston Churchill, "I am easily satisfied with the very best." I don't know whether or not Sweet Frog represents the pinnacle of frozen yogurt perfection, but it's up there, so I guess I am fairly satisfied. Bottom line: Sweet Frog is worth a try.

One more thing: Sweet Frog regrets that it is unable to provide recycling facilities so, if you are eating on the premises, please bring your

container and spoon home and recycle there. Otherwise, they will end up in one of the dumpsters outside the store. And we can't have that.

Bon appétit!

[Fiona Morrissey is Vice President of the Civic Association and is a Professional Organizer and Decorator. She writes articles on decluttering for The Beacon newspaper. Fiona can be reached at 301.593.4026.] ■

Taste the World in Silver Spring

By Ed Levy

The Taste the World food and entertainment festival returns to South Silver Spring's Fenton Village on Sunday, 4 May 2014. The fourth annual event highlights the diversity of restaurants in the area and will run from 1:00 p.m. to 5:00 p.m., with a raffle at 5:30 p.m.

This "restaurant crawl" offers \$2-\$5 sample appetizers and tasting plates with international flavors. Rain or shine, 31 restaurants will welcome event attendees to sample their unique cuisines and cultures. Participating restaurants include: Ethiopian, Greek, Indian, Nepali, Chinese, Mexican, Italian, and Thai.

Taste the World in Fenton Village is different from other food-themed festivals because participants actually walk the community and enter the businesses to enjoy the fare and the atmosphere.

Pick up your event "passport" at the music stage located at public parking Lot 3 off Fenton between Thayer and Silver Spring Avenues.

Beyond the great res-

taurants, Taste the World will feature music and entertainment on two stages, information tables from local sponsors and nonprofits, free talks about Silver Spring history at the old B&O station, and a raffle with exciting prizes.

Get your Taste the World passport stamped at at least three participating restaurants and turn it in back at the starting point for a chance to win prizes. Participating restaurants are mapped on the passport you receive and also will be marked with balloons and signs.

The raffle Grand Prize is a "Weekend for Two in Silver Spring," which features an exciting package of car service, hotel stay, dinner, entertainment, and breakfast or lunch.

The Silver Spring Citizens Advisory Board and Silver Spring Town Center, Inc., cohost this volunteer-driven annual event in collaboration with local small business owners, and with the support of corporate sponsors and government. ■

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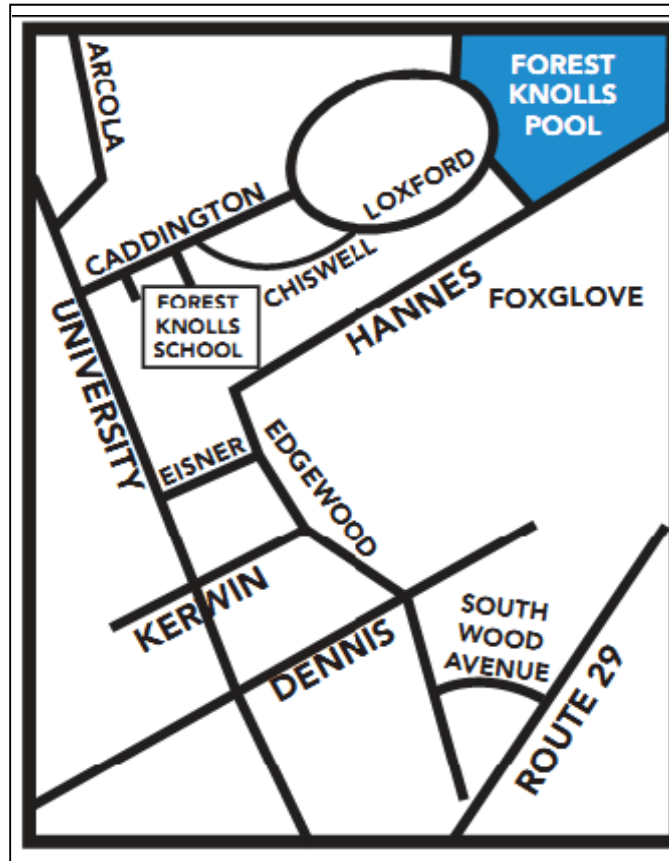
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