

# NORTHWOOD NEWS

PUBLISHED BIMONTHLY BY THE NORTHWOOD-FOUR CORNERS CIVIC ASSOCIATION ■ OCTOBER 2015

## Four Corners Rated #1 Place to Live in Maryland

By Jacquie Bokow

The website *RoadSnacks.net*, based in Durham, N.C., aims “to deliver infotainment about where you live that your real estate agent won’t tell you,” using “data, analytics, and a sense of humor to determine the dirt on places across the country.” Using crime statistics, government census information, data from the Bureau of Labor Statistics, and Sperling’s Best Places (a website that offers information about cities and zip codes in the U.S. including climate,

economy, population, demographics, education, cost of living, and employment), RoadSnacks analyzed 191 Maryland cities.

Their resulting data chart showed the worst place to live in Maryland is Elkton.

“It wasn’t even close,” the report says. “When you’re looking at the worst places you could live in Maryland, Elkton takes the cake. In Elkton, crime is the sixth highest in the state, and one out of

16 residents was robbed here according to the latest FBI numbers, which came out in 2013.” RoadSnacks also cited Elkton’s low public school budget and low median income.

The best place? Our own Four Corners topped that list.

Here’s the Top 10 list of worst places:

1. Elkton
2. Salisbury
3. Cumberland

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## Next Meeting on Wed., 14 October

The next meeting of the Northwood-Four Corners Civic Association will be held on Wednesday, 14 October 2015, at 7:30 p.m. at Forest Knolls Elementary School, 10830 Eastwood Avenue, just off Caddington Ave. (there’s no access from other sections of Eastwood). We will be meeting in the **Staff Lounge** rather than the All-Purpose Room, so enter via the front door.

Items on the agenda include election of new officers for the 2015–2016 fiscal year. If you’re interested in serving, read what is involved on page 3 and contact one of the current officers listed on that page. Fiona Morrissey also

will speak briefly on quick ways to declutter your home.

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.)■

OCTOBER						
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# Snider's Super Market in Sil. Spr.: The Way Grocery Stores Ought to Be

By Ed Levy

I know that as a reviewer I'm supposed to be objective, but with Snider's I can't help it. I love this place!

What's so great about Snider's? It's friendly, the prices are competitive, and there's always something new and interesting to try. They have a great deli (with my personal favorites of Alpine Lace Swiss cheese, chopped liver, and cow's tongue), fresh baked goods (including excellent bagels and pastries), and nice produce, and are one of the few Montgomery County grocery stores "grandfathered in" to be allowed to sell beer and wine. They also sell great party platters made up of the good things mentioned above.

What else is great about Snider's? It's big enough to have what you're looking for, and small enough that no one will ever tell you that what you're looking for is in Aisle 99Z, a 10-minute walk from where you're standing. Also, I've been able to check out in less than five minutes every time I visit, no matter how crowded the store is.

Owner Dave Snider's parents, Lillian and Louis, were Ukrainian immigrants who opened the first Snider's gro-

**Snider's Super Market**  
**1936 Seminary Road**  
**Silver Spring, MD 20910**  
**301.589.3240**

cery store in 1922 on Georgia Avenue near Missouri Avenue, N.W., in D.C.'s Brightwood neighborhood. Their store was strategically located near what was then the end of the streetcar line. Mr. Snider says that he continues to follow his parents' philosophy of providing good quality and competitive prices.

Snider's is slightly hidden away on Seminary Road, just off Georgia Avenue and just south of the Beltway. Snider's moved to the corner of Georgia and Seminary in Silver Spring in 1946, and built their current store down the block in 1961.

Manager Terry Sweet attributes the store's success to customer service, friendly staff, good prices, and quick check-out. He also tries to understand and provide exactly what the customers want. Snider's often can make special buys of items nearing their expiration dates, which they can sell at very low prices on the bargain shelves just inside the store's entrance.

Sweet says the grocery market is getting more competitive with several new entrants, but he is confident that Snider's has the right people and the right customer-based model to continue to succeed in the years to come. ■

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## 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](http://www.nfcca.org)



# Is Serving Your Community on The NFCCA Board in Your Future?

By Carole Ann Barth

The first order of business at the October members' meeting (Wednesday, 14 October) is to elect a new board. In addition to presenting a slate of candidates, we ask for nominations from the floor. It's good to get new people onto the Board because everyone brings a fresh perspective and a unique skill set.

The Board meets five times a year (September, November, January, March, and May). At these meetings, we discuss any issues we expect to come up at the next members' meeting and plan articles for the upcoming newsletter. (Being on the Board does *not* mean you are required to write articles!)

The Board also functions as an executive committee, responding to issues that come up in between members' meetings. This is an important function, because we often have a very short window for input into governmental decisions.

In general, we look to board members to contribute the occasional article—or idea or one—to the newsletter and help with association events and activities. Often Board members chose to focus on a particular issue or project. Board members also help by

recruiting additional volunteers. We are all volunteers, so it's understood that we do what we can in the context of very full lives.

In addition, the officers have the following duties:

- The *President* serves as the point of contact for the community, receiving official notices from a variety of agencies. The President usually conducts NFCCA meetings and often represents the civic association by testifying at hearings or otherwise communicating NFCCA's positions on various topics.

- The *Vice President* steps in if the President is unavailable for some reason.

- The *Treasurer* manages the accounts, keeps track of the membership, and writes the checks.

- The *Secretary* checks for a quorum (if we're voting on any resolutions) and records any proposed resolutions and votes.

Finally, as a Board member, you have the satisfaction of knowing that you've made a tangible contribution to your community's well-being. We all treasure living here, and we owe much to those who have worked hard over the decades to preserve and enhance our neighborhood. So, is this the year you step up and take a turn at the wheel?

If you are interested in serving on the Board, please speak up at the October meeting (before the vote!) or, before the meeting, contact the Board at [nfcca@verizon.net](mailto:nfcca@verizon.net). ■

## 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 2015) are:

### President

Brian Morrissey  
10301 Edgewood Avenue  
301.593.4026  
[merc259@verizon.net](mailto:merc259@verizon.net)

### Vice President

Sondra Katz  
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### Treasurer

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### Secretary

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### Immediate Past Prez

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### Upcoming NFCCA Meetings

14 October 2015  
9 December 2015  
10 February 2016  
13 April 2016  
8 June 2016

# Geriatric Massage: Wellness in the Golden Years

By Anna R. Pritchard

In massage school, we learned about the power of touch. Our instructor told us about a woman with Alzheimer's disease who lived in a nursing facility. She had not spoken at all for a long time. One day, after receiving her first massage from a geriatric massage therapist, amazingly, she began to speak again. I always remembered that wonderful story which demonstrates the power of touch.

Older people may live alone, be infirm and immobile to some degree, or be isolated with other older and fragile people. Many people in this growing population may benefit greatly from and improve their quality of life with geriatric massage. Geriatric massage is a special method of massage therapy which is not usually taught in basic massage school.

The term "geriatric" usually refers to the general retirement age of 65 or older, but, fortunately, because of better health practices, many of us would not consider ourselves in those terms. However, as we age, our bodies change, muscle tissue decreases and tightens, skin becomes thinner, and even our blood circulation changes. Other health problems may occur, also. Fortunately, good nutrition, exercise, and massage can help to slow the aging process and keep seniors vital for many years.

Since each person experiences aging differently,

seniors are divided into three groups: robust, age-appropriate, and frail, with special considerations for each group. Geriatric massage takes into account age-related and other health conditions that the client may be experiencing as well as any medications that they may be taking.



Massage is effective at improving poor blood circulation, relieving muscle pain and inflammation, joint stiffness and mental stress and anxiety. All of these effects are scientifically explainable. Blood carries oxygen, nutrients, and hormones to every cell in the body and carries away cellular waste products. Therefore, improving blood flow will improve overall health. Massage helps anyone with circulatory problems to achieve improved blood flow to the cells.

Other benefits of massage may be increased kidney and liver function; deeper and easier breathing; calming of the nervous system, leading to deeper sleep; and production of endorphins (the body's natural pain killers), other hormones, and the neurotransmitters dopamine and serotonin, which aid in relieving depression and anxiety

and promote a brighter outlook on life.

In addition, increased energy levels, a feeling of well-being and peace of mind, plus relief of loneliness and isolation are other positive effects of massage. It also satisfies the natural need to be touched by a caring hand.

Physical effects may include enhancing digestive functions, boosting immune system function, and improving lymph flow, which cleanses the body of waste products. By kneading sore and tight muscles and gently moving the joints, the natural range of motion of joints can be maintained.

Geriatric massage addresses the challenges of aging by helping seniors cope with age-related changes that may lead to many fears, frustrations, and losses. It helps the older population stay active, flexible, and meeting their need for social interaction and friendships.

A trained professional may work under the direction of the person's physician if necessary.

"Some of the conditions for which massage has shown to be surprisingly successful," writes Dr. S. Puszko, owner of Daybreak Geriatric Massage Institute in *Massage for Seniors*, "are in stroke rehabilitation, edema, blood circulation to the legs, Parkinson's disease, as well as other health challenges."

Dietrich Miesler, founder of the Geriatric Massage In-

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## HOLISTIC HEALTH

(CONTINUED FROM PAGE 4)

stitute, related in "How Karl Kept His Legs: A Case History," his personal experience treating "Karl," a 79-year-old man with severe pain in his legs and feet due to greatly impaired blood circulation in both lower legs, a heart condition, breathing problems, and a pre-gangrenous infected toe. Karl had been told by his doctor that an amputation of both legs above the knee was the only way to save his life.

Miesler, a certified massage therapist with an advanced degree in gerontology, treated Karl with specialized massage techniques three times a week starting in October of 1978. After the first treatment, Karl said his legs felt tingly; after the first week, the pain had lessened and he could sleep better. The toe also improved.

By January, his toe had healed and his legs had lost the discoloration and were improving steadily. The amputation was put on hold.

By June, they felt he was out of danger. Karl's pulses had returned in his legs and they had become pink again. He could walk without a walker inside and outside with minimal assistance and the amputations were cancelled.

This is an amazing story of the healing ability of geriatric massage. Dietrich Miesler went on to develop the specialized techniques of geriatric massage and started the Day-Break Geriatric Massage Project in Germany in 1991.

Geriatric massage can be

done in an office, the client's home, a hospital, or nursing facility. A typical geriatric massage lasts 30 minutes, but may be longer depending on the client's condition. The cost may range from \$30 to \$40 for 30 minutes. Some insurance companies may reimburse for it.

For more information, please visit [www.daybreak-massage.com](http://www.daybreak-massage.com). There are some great videos of geriatric massage that you may enjoy watching as well as more information.

*[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](mailto:annarpritchard@aol.com).]* ■

## Report Crumbling Sidewalks

Reemberto Rodriguez, County Government's Silver Spring Regional Director, has asked that Silver Spring residents report deteriorating sidewalks by using the "311" call center. Please also e-mail Ed Levy [[edlevy316@gmail.com](mailto:edlevy316@gmail.com)] so that he can submit a consolidated report for our neighborhood.

The 30 August 2015 *Washington Post* reported in "New Sidewalks are Crumbling and Flaking" that several other county neighborhoods are experiencing the same problems we are seeing in Northwood-Four Corners-Forest Knolls. ■

## 4C is Rated #1

(CONTINUED FROM PAGE 1)

4. Hagerstown
5. Cambridge
6. Lansdowne
7. Robinwood
8. Cockeysville
9. Middle River
10. Essex

Baltimore came in as the 37th worst place.

Seven of the top 10 best spots are Montgomery County towns:

1. **Four Corners**
2. North Potomac
3. Layhill
4. South Kensington
5. Ilchester\*
6. Hillandale
7. North Laurel\*
8. Ellicott City\*
9. Colesville
10. Olney

\*Not in Montgomery County. 11th was Kemp Mill.

The criteria RoadSnacks used was:

■ Population Density ("the lower the worse, meaning there's nothing to do for inside fun");

■ Highest Unemployment Rates;

■ Adjusted Median Income (median income adjusted for the cost of living);

■ High Housing Vacancy Rate;

■ Education (low expenditures per student and high student-teacher ratio); and

■ High Crime.

RoadSnacks claims they want to show "the real side of places that not everyone wants to hear." But their report also includes a disclaimer that "this article is an opinion based on data" and "should not be taken as fact." ■

# 'Signs, Signs, Everywhere There're [Election] Signs'

By Linda S. Perlman

*Blocking out the scenery, breaking my mind....*

Primary election season is upon us and political signs have sprouted like dandelions in yards and along public streets.

Political and other signs are required to comply with the Montgomery County Sign Ordinance, Article 59-F of the Montgomery County Code, which regulates the size, location, height, and construction of signs.

Political signs located on private property in residential zones are considered temporary signs that do not require a permit provided the sign is not displayed for more than 30 days (the date of installation is supposed to be written on the sign). Temporary signs may only be placed on private property with the permission of the property owner. There is no limit on the number of temporary political signs in a residential zone, but the total sign area may not exceed 10 square feet. Temporary signs also cannot be more than five feet high (measured from the ground to the top edge of the sign), must be set back at least five feet from the property line, and may not be illuminated.

There are different size, height, and setback regulations for temporary signs in commercial zones.

Political signs placed in the public right-of-way require a limited duration sign permit from the Montgomery County Department of Permitting Services. A maximum



*Explicit rules dictate where—and for how long—political signs may appear in a yard.*

of four signs are allowed per candidate. The requirements for a limited duration sign in the public right-of-way include: (1) the sign can only be displayed on weekends (such as a real estate “open house” sign) or for 14 consecutive days; (2) the total sign area is limited to 5 square feet; (3) the sign height is limited to 30 inches; (4) the sign must be placed at least 100 feet from any intersection and 50 feet from any driveway; (5) the sign must be at least two feet behind a curb or at least six feet from the edge of the paved roadway if there is no curb; and (6) no signs are allowed in a road median.

Maryland law does not allow political or advertising

signs in the median, along the shoulder, or anywhere else within the state highway right-of-way. State highways are identified by a route number (such as Route 29).

Some political and other signs are prohibited outright. These include signs attached to utility poles (except for signs erected on utility poles by a government agency or utility in the performance of its public duties), traffic signs, traffic lights, and trees in the public right-of-way. Other signs that are not allowed are roof signs, obstructive signs, unsafe signs, and signs placed unlawfully in the public right-of-way.

Sign ordinance violators can be issued a \$500 civil citation for each sign and illegal signs in the public right-of-way can be removed. Political candidates should be aware that both the candidate and the sign installer can be charged with violating the sign regulations.

Candidates are required to remove their political signs from election polling sites promptly after the polls close. Political signs at other locations must be removed in compliance with the sign ordinance requirements (i.e., no later than 30 days after display of the sign for a temporary political sign on private property).

*Do this! Don't do that!  
Can't you read the signs?*

*[Lyrics from “Signs” by Canadian group Five Man Electrical Band, released in 1971 on their “Good-Byes and Butterflies” album.]* ■

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## ***First in a Series***

# **Making Your Own Fermented Foods: An Introduction**

*By Tim Knight*

Humans have been manipulating yeast and bacteria to preserve our food, increase its digestibility, and improve flavor for millennia. Some even argue that the chance fermentation of leftover gruel, resulting in rudimentary beer or bread, depending on whether you are talking to a brewer or a baker, was responsible for our ancestors' choice to settle down into agrarian settlements.

More recently, researchers have begun exploring how our intestinal flora can affect everything from our mood to our weight. When Martha Steward is blogging about gut health, it is no longer the province of the radical fringe ([www.cnn.com/2014/06/18/health/good-gut-bacteria](http://www.cnn.com/2014/06/18/health/good-gut-bacteria)).

Prior to our modern, post-Pasteurian obsession with sterility, human diets contained a lot of bacteria and fungi. Increasingly, we are learning that we may be harming ourselves with our Lysol cleansers and hand sanitizers. Very few people would argue that we should return to a pre-sanitation way of life, but fermented foods are a delicious way to increase the beneficial microbes in our diets.

Whatever you are fermenting, the process is basically the same. The microbes (usually some suite of yeast and bacteria) break down complex molecules into simpler ones. They take starches and break them into sugars, complex sugars into simple sugars, simple sugars into



*Lacto-fermented pickles are a food easily made at home.*

organic acids and alcohols. If there is protein present in any quantity (like when you are fermenting milk, soybeans, or meat), they break proteins into amino acids. These simpler compounds tend to have flavors that are more complex and more pleasant to human taste buds.

In talking about fermentation, of course, we are talking about a process that, when uncontrolled, goes by the less pleasing name “rot.” The process of fermenting food is about managing the environment to help the “good” microbes thrive and eliminating (or at least out-competing) the “bad” microbes. This is often accomplished by inoculating your culture with a “mother” of the good microbes, giving them a head start on the rest. It can also be done by salting, which creates an environment

in which friendly microbes thrive.

My first love when it comes to fermented foods is homemade bread. In today's post-Atkins, gluten-intolerant world, eating bread is almost a defiant act. But there is evidence that the long, slow ferment of sourdough bread leads not only to better flavor, but a healthier product as well. For some people with gluten sensitivities, it may even solve the problem without resorting to the gluten-free aisle ([www.theguardian.com/lifeandstyle/2014/aug/12/rise-sourdough-bread-slow-fermented-health-benefits](http://www.theguardian.com/lifeandstyle/2014/aug/12/rise-sourdough-bread-slow-fermented-health-benefits)). Sourdough bread is not easy. It is painstaking and slow, requiring weeks of nurturing and then several days to prepare. Done right, however, the slow-rising wild yeast give the bacteria time to break down the flavorless starch in the flour into sugars, organic acids, and alcohols, which make for a better tasting as well as healthier loaf of bread.

Milk has been an important source of protein in many cultures throughout history and there are a number different ways to ferment it. Yogurt, buttermilk, sour cream, and milk kefir are all examples. Then, of course, there is cheese, which has been called “milk's leap toward immortality.” This is literally true, since cheese is far less perishable than milk. Figuratively, of course, the flavor of aged cheese is much

(CONTINUED ON PAGE 10)

# Fermented Food

(CONTINUED FROM PAGE 9)

more complex than that of the best milk. Again, bacteria and fungi break down complex molecules (which taste bland to our tongues) into simpler sugars, organic acids, and amino acids.

Beer, wine, mead, and all of the world's myriad alcoholic drinks owe their existence to *Saccharomyces cerevisiae*, the same yeast that rises our bread. When deprived of oxygen, it ferments the sugars (from fruit juice, malted grain, honey...or really anything at all) to alcohol. Different strains of this yeast behave differently, producing the distinctive flavors of Belgian beer, Champagne-style sparkling white wine, or any of a number of other regional delights.

It is important to note that alcohol has a lot of energy left in it (which is why it burns when concentrated and contains more calories per gram than fats). If oxygen is reintroduced, the yeast will use that energy to grow and convert the alcohol to organic acids, which results in wine or malt vinegar.

Of course, sometimes acetic acid is exactly what you want your microbes to produce. Vinegar is a prime ex-

ample, which you can make by adding a "mother" culture to nearly any sweet liquid and allowing it to ferment out. Most pickle recipes you can find today start with distilled vinegar, which is dead vinegar. There are no good microbes in most of the vinegar you find in the store. Nearly every culture in the world, however, has a recipe for naturally fermented pickles. Sauerkraut, kimchi, and kosher dills are all examples. In these cases, vegetables are salted or added to a salt solution (called a brine) with flavorings and allowed to ferment. (See below for recipes.)

Meat can also be fermented. Many cultures have fermented fish dishes. Cured meats are flavored by the production of lactic acid by microbes. Meat, like milk, has a lot of protein. This results in the production of amino acids when fermented. One of these, glutamic acid (when purified for use as a food additive, it is known as monosodium glutamate\*) produces the flavor known as umami. This accounts for the popularity of fish sauce; its vegetarian alternative developed by Japanese Buddhists, soy sauce; and dry cheeses like parmigiana reggiano.

Since prehistoric times, humans have been manipulating microbial populations to preserve and flavor our food. Louis Pasteur began the process of removing microbes from the equation entirely, which has increased the safety of our food supply. However, it has also limited the flavors available to us and there is increasing evidence that it

has made us less healthy. I have focused on the flavor compounds that fermenting microbes create as byproducts of growth, but we shouldn't forget that they also are growing and multiplying in there. There is increasing evidence that we increase our own health by eating these foods and introducing probiotic organisms into our digestive systems. So often, eating for health means giving up flavor. Not so with fermented foods. They taste good and are good for us. To get started making your own fermented foods, you can check the cookbook section of your local bookstore. There are several excellent books that have been published recently. For a more 21st century solution, I have included several links below.

Safety note: It is important to remember that fermentation produces carbon dioxide. If you seal your jars while fermentation is active, explosions are a real possibility. An airlock, topping the jar with a cloth, or simply leaving the lid somewhat ajar are all solutions to this problem.

## For More Information

■ For a list of examples of fermented foods: [www.chowhound.com/food-news/54958/that-coffees-rotten](http://www.chowhound.com/food-news/54958/that-coffees-rotten).

■ [www.culturesforhealth.com](http://www.culturesforhealth.com) is a great source for information on fermented foods as well as products and cultures. They have several recipes, including a good one for kosher dill pickles, which I have used.

■ For the adventurous,

(CONTINUED ON PAGE 15)



*Tim's homemade sourdough.*

Neighbor,

At a time when home values may seem depressed in the local area while prices are on the rise elsewhere, I have under contract what will be the highest Woodmoor sale price in more than five years.

Over the past year, using my unique approach, the majority of my 90-plus home sales have netted my clients more money than they envisioned by selling near or above the listed price.

Below are a few examples of how my successful approach can help you with your next real estate transaction and make the most out of your biggest investment!



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Woodmoor – Silver Spring

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## HISTORY CORNER(S)

### How North 4 Corners Became a 'Salad Bowl Suburb'

By David S. Rotenstein

Take a walk through the new North Four Corners Park. From the virgin soccer field and the surfaced walking path encircling it to the colorful new playground built behind the recreation building, there's lots of proof that our neighborhood has changed dramatically since 1930s' real estate speculators first planned the Northwood Park subdivision and its neighbors. Our community has become a brightly hued and multicultural polyglot mirror of the world around us.

A recent *Washington Post* article on a new way to map and visualize racial divisions in American cities and suburbs shows that racial fault lines in housing still exist. Railroads and highways continue as arbitrary walls segregating communities despite

decades of Supreme Court decisions and civil rights laws. A close look at the map produced by the University of Virginia's Weldon Cooper Center for Public Service shows U.S. 29 as one such dividing line with mostly white Woodmoor to the east and more heterogeneous North Four Corners subdivisions to the west (see the dot map on the NFCCA website).

Up until the early 1930s, the area in the northwest quadrant where present-day University Boulevard and Colesville Road intersect was mostly undeveloped farmland. Four Corners itself was a rural, unincorporated hamlet with a post office and some stores. The area opened up for suburban development in 1936 when the Washington Suburban Sanitary Commission completed the Robert B. Morse Water Filtration Plant at Burnt Mills.

Washington developer Waldo Ward was the first to buy farmland in North Four Corners and consolidate it into a new residential subdivision. In 1936, Ward bought 28 acres and platted Northwood Park and created a new development company, Garden Homes. Ward cut his real estate teeth in Washington's northwest and northeast quadrants, developing residential properties before expanding to Montgomery County in 1935.

Lower Montgomery County developed many of the

(CONTINUED ON PAGE 13)

**Garden Homes Inc.**

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**Northwood Park, Md.**

**\$6,250**

A delightful home and detached garage on a lot 72x160 in Maryland's most progressive model community where property values are established. An attractive paneled studio living room with wood-burning fireplace and unique balcony effect, 2 bedrooms, adjoining tile bath, dinette and kitchen. In a highly restricted community where your investment is guarded.

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1937 Advertisement touting Northwood Park as a highly restricted "progressive model community." The language refers to the restrictive covenants attached to the properties sold. Credit: *Washington Post*, April 25, 1937.



*Bilingual signs with information on the new soccer fields in North Four Corners Park.*

## HISTORY CORNER(S)

(CONTINUED FROM PAGE 12)

white supremacist patterns of *de facto* and *de jure* segregation found throughout the region, traditions linked to our area's plantation slavery past that refused to die. Reminders of this unpleasant history still dot the landscape: Rockville's Confederate memorial statue and the Chevy Chase fountain dedicated to staunch segregationist Francis Newlands.

Ward and other Washington area developers joined builders, real estate professionals, and individual property owners in attaching racially restrictive covenants to their properties prior to sale. These covenants prevented the sale, and in many cases the rental, of properties by racial and ethnic minorities. Introduced in a period before zoning laws, they were included with other covenants regulating setbacks, building specifications, and preventing residential properties being used to create nuisances. Combined, these covenants were intended to protect the developer's and buyer's investments by erecting barriers to things perceived to reduce property values.

Restrictive covenants were included in individual deeds when properties were sold and they also were included in plat maps filed in recorders' offices. Another approach, common in Montgomery County, was filing a separate blanket covenant instrument covering all of the properties in a newly developed

residential subdivision. Once recorded, they bound existing owners and the owners were subject to litigation if they violated the covenants by selling, renting, or using properties in ways the covenants prohibited.

Two days after Garden Homes filed its articles of incorporation in 1936, restrictive covenants were recorded in Montgomery County Land Records. The covenants limited buildings to single-family houses and a garage; limited the subdivision of lots; established seven-foot side- and rear-yard setbacks; set \$3,500 as the minimum cost for houses; prohibited nuisance trades; and, restricted non-whites—"any persons of a race whose death rate is at a higher rate than that of the White or

Caucasian race"—from buying or renting property in the subdivision. *The Washington Post* reported in 1937, "Established restrictions and personally supervised sales have resulted in a fine community."

Signatories to the covenants included all of the parties who bought into the subdivision in the preceding five months. By filing the covenants with the Recorder of Deeds, Northwood Park's owners obviated reproducing them in individual instruments. Subsequent deeds executed among Ward and new buyers specifically referenced the November 25, 1936 covenants or contained the clause, "subject to covenants of record."

Early pockets of pluralism

(CONTINUED ON PAGE 15)

Now, Therefore, Know All Men By These Presents, that the undersigned as owners and mortgagees as aforesaid, do hereby establish and impose upon all of the lots in said subdivision, the following protective restrictions and covenants to be observed and enforced by themselves as well as by all future owners and mortgagees of the above described land in said subdivision, to wit:

(a) No building shall be erected on any building plot except one detached single family dwelling and a one or two car garage.

(b) No lot shall be resubdivided into building lots having less than 5000 square feet or a width of less than 50 feet each.

(c) The covenants and restrictions are to run with the land and shall be binding on all the parties and all persons claiming under them until January 1, 1961, at which time said covenants and restrictions shall terminate.

(d) No building shall be erected on said premises nearer than 7 feet to any lot line. This covenant shall not apply to a garage located on the rear one-quarter of said premises.

(e) No house costing less than \$3500.00 shall be erected on said land and premises except the usual out-buildings which shall be erected on the rear of said premises.

(f) No noxious or offensive trade shall be carried on upon said premises nor shall anything be done thereon which may be or become an annoyance or nuisance to the neighborhood.

(g) For the purposes of sanitation and health, and to prevent irreparable injury to Waldo M. Ward, his heirs and assigns, and the owners of adjacent real estate, the above described property, the whole or any part thereof, or any structure thereon, shall not be sold, rented, or conveyed to any person or persons of a race whose death rate is at a higher rate than that of the White or Caucasian race.

*Northwood Park restrictive covenants filed November 1936 in Montgomery County. Item "g" limits property sales to whites.*



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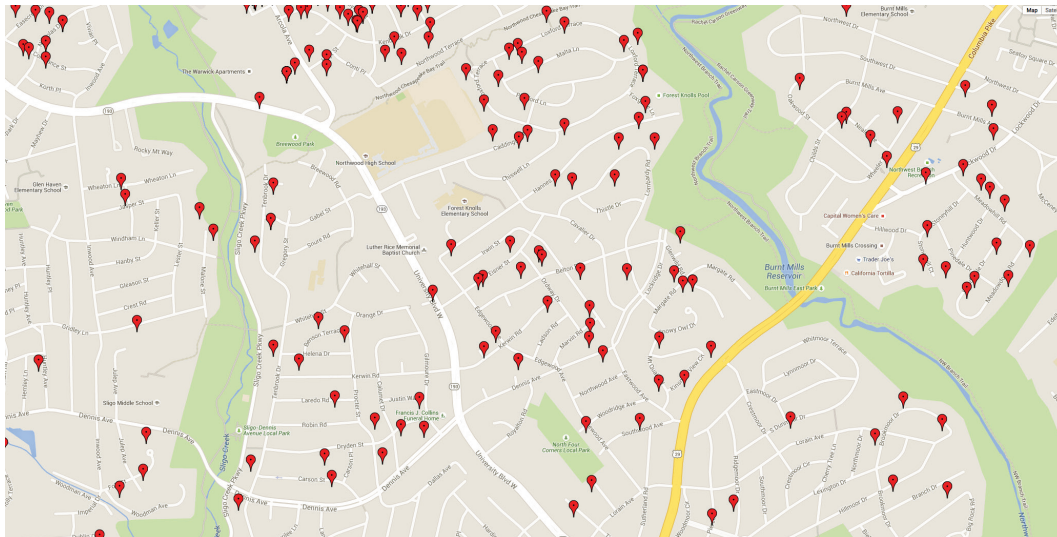
private deals I have ongoing, that only show up in the MLS months after the contract date i.e., after closing. My Team and I are constantly sharing feedback on how listings are showing and moving and we have learned how to interpret the traffic and feedback from customers, clients and other agents.

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Map of Our Closed Transactions (Former Sellers/Buyers/Renters)  
Sligo/Northwood/Four Corners, Silver Spring and Surrounding Areas



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## HISTORY CORNER(S)

(CONTINUED FROM PAGE 13)

that embraced the Washington area's growing cosmopolitan diversity began appearing in the years between the world wars. Indian Spring Country Club, which developer Abraham Kay bought in 1939, was one of the first Washington area social institutions that allowed Jews among its membership ranks.

The two decades after World War II ushered in dramatic changes in homeownership with roots in the courts, Congress, and mortgage lending practices. In 1948, a landmark Supreme Court decision in the case of *Shelley v. Kraemer* ruled that racially restrictive covenants were legally unenforceable. Waves of urban renewal that swept through Washington and other cities in the 1950s and 1960s, postwar housing shortages, and 1964's Civil Rights Act socially engineered cities on a monumental scale. Residential suburban development boomed and existing pre-war homes were cycled to people from more diverse ethnic backgrounds.

In North Four Corners, that diversity appeared first in the mid-1950s, when a group of mostly Jewish federal workers formed a housing cooperative and built 44 homes in and off Cavalier Drive. The cooperative housing model opened up homeownership to diverse groups of people unable to buy homes using traditional financing tools. Northwood Park Housing, Inc., was one of 292 developments built

throughout the United States under new mortgage lending rules created in the Housing Act of 1950. Our neighborhood's cooperative was one of three built in Maryland between 1950 and 1955.

In the decades after the housing cooperative appeared, African Americans and new immigrant groups bought the period-revival homes built in the 1930s and 1950s ramblers built in post-war subdivisions. New infill homes and the subdivisions developed in the 1980s and 1990s on the former Kinsman farm attracted diverse new residents. Though many of the original homes in North Four Corners have been sold many times since the 1930s, others have remained in the same families for generations. Before it was sold in 2013, for example, the World's Fair Home built in 1939 had just two prior owners.

The 2010 U.S. Census made headlines when demographers announced that Montgomery County had become a majority-minority county: people identifying themselves as Hispanic and African American outnumbered non-Hispanic whites. Montgomery County had become what historian Tom Hanchett calls "salad bowl suburbs": established neighborhoods where newcomers and longtime residents live, work, worship, and play "without ethnic boundaries."

Imagine that the University of Virginia dot map [see it on the NFCCA website] that *The Washington Post* published last summer pictures a large salad bowl. Inside

that bowl are festively colored fresh vegetables with many textures, smells, and tastes. That delicious and healthy salad is your home, your neighborhood. Enjoy. ■

## Fermented Food

(CONTINUED FROM PAGE 10)

who would like to try kimchi at home, this is a good recipe: [www.epicurious.com/recipes/food/views/traditional-napa-cabbage-kimchi-233839](http://www.epicurious.com/recipes/food/views/traditional-napa-cabbage-kimchi-233839). Korean Korner on Veirs Mill Road is a good local source for ingredients.

*\*A note on monosodium glutamate: Glutamic acid, or monosodium glutamate, is one of the first things that humans taste. It is present in mother's milk in high concentrations, which may explain why we find its umami flavor so pleasant. Its bad reputation is largely due to some very questionable science performed in the late 1960s and early 1970s. The truth is that it naturally occurs in many foods we eat every day such as fish and soy sauce, parmesan cheese, and mother's milk. There is plenty of information available and I have no interest in what you choose to eat. If you are interested, here is one such source of information: <http://greatist.com/grow/why-msg-has-a-bad-rap>.*

*[Tim Knight, of Royalton Road, makes his own kimchi, sourdough bread, kefir, beer, and lacto-fermented pickles. He works for the College Park Scholars program at Univ.Md. Next issue, Risi Idiokitas will teach us about kombucha.]* ■

# NFCCA Membership Dues Time is Here Once Again

It's dues payment time again! Membership dues are still only \$10 per household and can be paid using the envelope tucked into this issue of the *Northwood News* or in person at any NFCCA meeting. Dues also can be paid by credit card (via PayPal, even if you don't have a PayPal account) through the civic association web site at [www.nfcca.org](http://www.nfcca.org); click on "Join Us" to find the online payment form. Those paying online, however, pay \$11 to cover the fee PayPal charges us to use their service.

*Please note:* If you paid your NFCCA dues at or before the June 2015 NFCCA meeting, then your dues were applied to FY 2014–2015 (7/1/14–6/30/15) and dues

are now owed for FY 2015–2016 (7/1/15–6/30/16). If you paid more than \$10 by June of this year, then the excess dues have been credited to FY 2015–2016 dues (7/1/15–6/30/16). Contact the Treasurer (see below) if you need information about your dues payment status.

Your membership dues to the NFCCA pay for the *Northwood News* newsletter, meeting space rental, website charges, and—most importantly—for the civic association's advocacy on a range of community and neighborhood issues, including road "improvements," county development, crime concerns, home ownership, parenting and education matters, and local

political issues. The NFCCA's activities in the past year have included representation of your interests at County budget and planning board hearings and Neighborhood Night Out (against crime) at the Forest Knolls Pool. We hope you will participate in the NFCCA's activities and join with us to extend our activities to neighbors who have been less involved. Let us know how we, as a civic association, can better meet your needs.

*Also note:* You may participate in all NFCCA-sponsored activities—including the two listservs (see p. 2) and all civic association meetings—even if you have not paid your \$10 annual dues. But we hope that you will support us! ■

## Northwood-Four Corners Civic Association FY 2015–2016 Membership Year Dues Payment (\$10 per household)

Names (print): \_\_\_\_\_

Street Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### Amount: \$10

Form of payment: ☐ **Cash** *[Please do not mail but hand deliver to address below.]*  
☐ **Check** *[Make check payable to "NFCCA." If your name and address are on check, you needn't include this form.]*

### Deliver to:

Sondra Katz, NFCCA Treasurer  
10905 Lombardy Road, Silver Spring, MD 20901

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**NOTE:** You can pay via credit card/PayPal through the NFCCA website, [www.nfcca.org](http://www.nfcca.org); an extra \$1 fee is charged. Just click on "Join Us" and fill in the online form.