



Balloon toss at FallFest  
by Gnu Photography,  
Garry Meus

**November 2010**  
**800+ Homes**

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# Indian Spring News

**General Meeting—November 15 • Holiday Lights—December 12**

## **Celebrate the Holiday Season with ISCA**

Celebrate Christmas and Hanukkah with your neighbors at the Annual ISCA Holiday Lights Ceremony on Sunday, December 12 at 5:00 p.m. at the Granville cul-de-sac, near Hastings Drive. Sing carols, hear the Hanukkah story, nibble cookies and sip hot chocolate while we light the Christmas tree and Menorah. Reminisce as you gaze upon donated ornaments of years past and bring a new one to add to the collection. In the spirit of giving, please bring an item to support our soldiers overseas such as toiletries, feminine products, magazines, candy, gum or even a letter of appreciation.

Let's spread some holiday cheer!

Questions or volunteers can contact Stephanie Helsing at [nizwa328@rcn.com](mailto:nizwa328@rcn.com). ☞

## **General Meeting on MONDAY, NOVEMBER 15, at 7:30 p.m. at Indian Spring Rec Center Pepco, Power Outages and Trees**

In response to our online poll, we will be focusing on trees and power at our next ISCA meeting. It was the clear favorite among voters in our survey of topic options. Mark your calendars now for what is sure to be a lively and informative meeting. Brett Linkletter, the Chief of Tree Maintenance for Mo. Co. will be speaking. He is an arborist by profession, has a degree in urban forestry, and was the Takoma Park City Arborist. He is excited about speaking with us, and said he will be wide-open for questions—I'm sure you'll have a lot of them. He has a lot to share with us as well.

We are also arranging with PEPCO to have a representative to talk about power reliability. This may be a lot of information for one meeting, but I think it will be good to have both sources in the room at the same time. It should be interesting... ☞

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## *Indian Spring Citizens Association*

### **Membership Application and Renewal**

**Dues are \$15 per household • Please Join or Renew Now • Dues cover 12 months from receipt**

Send Check to ISCA • P.O. Box 3724 • Silver Spring, MD 20918-3724

Or drop off at 200 East Indian Spring Drive (c/o Phyllis Zusman, Membership Chair) or **use Paypal at [iscaonline.com](http://iscaonline.com)**

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Street Address: \_\_\_\_\_ Silver Spring, MD 20901

Email: \_\_\_\_\_

If you are not sure of your membership status you can e-mail Phyllis, [fzusman@erols.com](mailto:fzusman@erols.com) or call, 301-587-9063, and she will give you the answer.

## Save the Date!

**November 15  
General Meeting**

**December 12  
Holiday Lights**

### ISCA Officers

#### President

Jill Ortman-Fouse  
[president@iscaonline.com](mailto:president@iscaonline.com)

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*vacant\**

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*\* If interested in vacant VP,  
Social Committee or Secretary  
position, please contact  
Jill Ortman-Fouse at  
[president@iscaonline.com](mailto:president@iscaonline.com)*

## PRESIDENT'S COLUMN

by Jill Ortman-Fouse, November 2010

"Wow, your neighborhood is really evolved." That's what a friend recently told me when I was describing a bit about our community activities. Or, maybe we're old fashioned. We greet each other when we're out walking, we watch out for each others' kids and pets, and we have events like our annual Fallfest and Chili Cook-off. This big neighborhood picnic, complete with sack races and root beer floats, is a great opportunity to meet new neighbors and catch up with the people down the street. This year's was particularly grand thanks to the beautiful weather. Celeste Raker-Dillen, vice president of our Social Committee, did an outstanding job putting all the elements together this year, and every year since she took over as the Fallfest coordinator. Alas, Celeste is retiring and, as I mentioned in our last newsletter, looking for a replacement for both. Here's my pitch: We have about 800 homes in Indian Spring. We have about a dozen or two volunteers that consistently step up. Some people have been in leadership roles for years. They serve in many different ways supporting our neighborhood's communication, safety, social and political roles, so we enjoy a great quality of life here in Indian Spring. Is it your turn? V.P. of the Social Committee is a way you can shape our future activities—are there any events that aren't as popular as they used to be that could be dropped? Should something new be added? We on the ISCA Board are very flexible and open to new ideas. If serving as Social V.P. or Fallfest coordinator is not your cup of tea, we would be happy to tell you about other opportunities to help out. There are lots of reins to pass on, and new blood is always welcome.

Speaking of new blood, our YMCA has a new executive director, Julio Orellana. I had the pleasure of meeting with him, and he is excited about working closely with our community. Originally from Peru and with international Y experience, he has a bold vision for our Y, and wants us to be a part of it. During our meeting he stressed that he wants to be partners with the neighborhood. If anyone has any concerns, he wants to know about them right away so they can be addressed immediately. He also wants the Y to serve the neighborhood. If neighbors have fallen on hard times (unemployment or other crisis) he doesn't want that to be a barrier to their use of the facility. He will be stopping by our November meeting to say "hello," and you can read more about the goals of the Y in his article later in this newsletter.

A few reminders: Don't forget to pay your dues, join the neighborhood listserv and "friend" the ISCA Facebook page. If you have any topics of interest to our neighborhood, we invite to write an article for the newsletter. Our community is strong because we stay connected and work together. Thanks to everyone who tries her or his best to be a good neighbor.



ISCA athletes, displaying their calves, gather to rehydrate post-race. photo by Joe Kowal



**TAMARA KUCIK**  
READY.SET.SOLD!

## A TIME TO GIVE THANKS!

And the timing couldn't be better. Thanksgiving is just around the corner, and simultaneously we're seeing a healthy improvement in the real estate market. So if you were looking for something to be thankful for, I've got a few options for you.

- Sales of existing homes jumped 10% last month according to the National Association of Realtors.
- Interest rates remain at record lows, and home inventory is beginning to balance. Currently at a 10.7 month supply, down from nearly 12 months.
- Foreclosure freeze makes conventional sales much more attractive, meaning shorter days on market and higher sales prices!



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**Exciting Opportunity!**  
**ISCA Vice President Social Affairs**  
**Board Position Available**  
*Current Volunteer Retires*


Yes, friends and neighbors, after nearly six years of serving as the Social Committee Chair, it is time for fresh ideas and new energy to lead our community to new heights. I have enjoyed my time spent planning and hosting events and have come to know many neighbors through it all.


The resounding word that sums up my experience these past years is COMMUNITY. With all the events, it takes a community of friendly neighbors to make it happen. Most events start with a limited number of volunteers who have signed up, and yet in the end, many helping hands made the light work and the event run smoothly. Our community is broadened by the support of our local businesses who have provided many donations over the years. As I voted at the recent primaries, I was amazed and heartened with how many candidates I knew personally through my involvement with ISCA. Anyone attending many of the events these past years had the opportunity to talk with our State Senators and Representatives, our County Executive and many of the County Council Members along with many others who serve us with

their civic duty. It is continuing this community in its greatest sense that makes ISCA's Social Affairs position so important.

I am proud to have served on the ISCA Board and to have helped strengthen our neighborhood. Indian Spring is a great community to live in, in part because we are a community of friends. It is the ISCA-sponsored events that help fuel these friendships. How many of us have connected with out of touch friends at an ISCA event? Who has never met someone new at FallFest, Taste of Indian Spring, or the Independence Parade?

As I step down from this position, I see no immediate replacement. I challenge all of you who value our community events to join the committee and become the new leaders in building neighborhood friendships. I sincerely look forward to the ideas of next generation of Neighborhood Social Committee and trust that only good things will come. We are active citizens who care. We are Indian Spring – a great community not merely to live in but to be involved in.

Respectfully yours,  
 Celeste Raker Dillen 

*Editor's Note: Joyce Stocker has indicated that she would be glad to facilitate the reporting of burned out street lights to PEPCO. Send an email to comit89@aol.com *

**ANNOUNCEMENTS; (this section for announcements about new neighbors, births, deaths, weddings, graduations, etc. Send announcements to thausner@gmail.com)**

**Congratulations to the daughter of Tony and Toba Hausner, Ariele Hausner, on her marriage to Dan Stromberg, on 10/10/10.**

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**Crime Report**


*From Joyce Stocker*

Crimes Reported to Montgomery County Police from Indian Spring. Theft from vehicle (TFV) continues to be the most frequently occurring crime in our community.

**Theft from Vehicle**

- 9/27/10 100 block of Normandy Drive
- 9/27/10 100 block of Indian Spring Drive
- 10/22/10 9500 block of Seminole Street
- 10/23/10 200 block of Normandy Drive

**Breaking and Entering**

- 10/5/10 9300 block of Long Branch Pkwy\*  
*\*included due to seriousness of crime and proximity to Indian Spring*
- 10/7/10 400 block of Brewster Avenue 

## A Perfect Fall Day For Neighborhood Fun—FallFest 2010

by Celeste Raker- Dillen


On Sunday, October 24, ISCA hosted its annual Fall Fest and Chili Contest complete with the much anticipated ISCA Raffle under delightful October skies and pleasant temperatures. Jimmy Bingo helped us get our groove on and again completed the Fall package of football updates with the portable widescreen TV. Neighbors enjoyed grilled hotdogs thanks to the efforts of Jay Goldman, plus a plethora of sundries and samples of the contestants chili. Kids were tattooed and painted by our very talented Kristy Walmo and then had a blast bouncing in the moonbounce thanks to Highland View's very own Glen Clevenger from Kids After Hours and the many monitors who ensured their safety, including Jim Caron, Jeff Dillen, Mark Grovic, Bruce Holland, Joe Kowal, Dave Wilson and many others. After bouncing, kids exercised their creativity with Marilyn Weaver's and Lauren Sollod's very festive refrigerator magnets and lovely suncatchers and the return of Pam Wertz's super fantastic decorate-a-cupcake menagerie. And in case enough sugar wasn't ingested, Jennifer Chambers, Willard Morris, Christine Jasper, and Pam served up some tasty rootbeer floats. To burn off that sugar high, Ben and Jennifer Hendricks refereed good old-fashioned fun with games including the ever popular water balloon toss. On top of all this, conversation was enlivened by guests, Senator Jamie Raskin, County Executive Ike Leggett, and Republican Council Candidates Joe Russek and Mark Fennel.

There was a surprising turnout of some really tasty chili making the competition tough. This year's Golden Ladle winner, complete with a gift certificate to Austin Grill went to the returning champion, Erik Wertz with the "Hits the Spot" chili. Runners up were "Army 10 Miler" and "Texas Prison Chili." Thanks to Eileen Fisher for coordinating this effort and to all contestants and neighbors who supplied the cornbread, sides and desserts. No one went home hungry!

The FallFest Raffle was a fabulous success, thanks to Anne Morris. The prizes were plenty and the winners happy. After all was said and done, ISCA made close to \$500 to fund our future events, plus the money from membership renewals.

Many thanks are needed to all that helped with this event beyond those mentioned above. Set up was a smooth and easy with the help of the Pam and Erik Wertz, Jamie Colucci, Mia Miller, Michael Donnellan, Jeff Dillen, Jim Caron, Jay Goldman, and Tony and Toba Hausner. Thanks to Susan Washington for being one of the first to respond to the call for help, and to Robin Vink for coming to the rescue with her shopping expertise. Thanks to Chris Clark and the many bakers for making sure we had plenty of cupcakes and no double dipping. Thanks to Rebecca Lane, Jill Ortman-Fouse and Jim and Carolyn Hoskinson as well as many others who helped make the clean up easy and swift.

There are many more of you who contributed and I am sure that I have forgotten a name or two, but rest assured that your help is appreciated as with all events it takes a community to make it successful.

Be sure to check out the photos and videos at [iscaonline.com](http://iscaonline.com) and our facebook page and in this newsletter. 



Top: Balloon toss (photo by Gnu Photography, Garry Meus).  
Bottom: Tony Hausner, Mary Anne Hess, Senator Raskin,  
and Jill Ortman-Fouse (photo by Toba Hausner).

Clockwise from the top:  
 Sack race (photo by Jill Ortman-Fouse).  
 Celeste Raker Dillen and Hammett  
 (photo by Walter Gottlieb).  
 Pam and Erik Wetz, with Erik's  
 Golden Ladle award for his chili.  
 (photo by Walter Gottlieb).



## THANK YOU TO ALL OF THE FALL FEST RAFFLE CONTRIBUTORS

**ARBONNE** (courtesy of Anne Morris) • **AUSTIN GRILL**  
**BLUE HERON WELLNESS SPA** • **CALIFORNIA TORTILLA**  
**CREATIVE MEMORIES** (courtesy of Monica Bridgewater)  
**EGGSPECTATIONS** • **FAIRY TALE HONEY** (courtesy of Marc Hoffman)  
**GREAT KIDS VILLAGE** • **HEADLINES SALON**  
**HIKING ALONG** (courtesy of Jennifer Chambers) •  
**MARY KAY** (courtesy of Vicki Kane) • **MCGINTY'S** • **MOORENKO'S**  
**NANDO'S PERI PERI** • **NOODLES AND COMPANY**  
**PALIMPSEST DESIGN** (courtesy of Michele Lamprakos) • **YMCA**  
**TOM LINSTROM** • **JAMIE RASKIN** • **ERNIE SLENKOVICH**

*provided by Anne Morris, Raffle Organizer*



# ISCA Neighbors Conquer 70 Miles

by Jill Ortman-Fouse

Huge congratulations to all our neighbors who formed relay teams and raced as individuals to complete the Half Full Triathlon — 0.9 mile swim, 56 mile bike and 13.1 mile run — in Columbia, Md., last month to support the Ulman Cancer Fund for Young Adults.

We arrived in the dark and cold, and found each other as we were racking our bikes. We gave each other pep talks and last-minute advice before the start of the race, sprayed on some Pam, took pictures and lined up. As we were paired together at the start of the swim, it was a surprise to see I would be going into the water with my good friend and neighbor, Jennifer Chambers. We had trained together for months, and gave each other reassuring hugs before we slipped into the water to begin our 70-mile journey.

It was fun to hear greetings as our exceptionally strong cyclist neighbors raced by. We have some amazing athletes in our neighborhood! Fellow racers asked us about the bold, red “ISCA” marked on our calves—I’m pretty sure we were only the neighborhood association on the course.

Everyone had a great race, and it was wonderful to have the support of our neighbors, families and friends along the course. We had so much fun that we are sharing training plans and talking about doing future running races and tris together. We have already formed one all-female relay team for next year’s Chesapeakeman (Ironman distance). If you like to join us for this race, or any other races and training, let us know!



As we were struggling up those hills, many of said we were inspired by the people we know who have fought, or are fighting, the battle against cancer. Their courage and strength was our motivation.

Individuals: Jessica Graef, Jennifer Chambers, Brian Ng, Tom Collins, Neil Ogden, Emily Pierce, Kim Musheno (won the Aqua Velo)

Relay Team members: Sue Wilson, Gary Anderson, Lisa Nolan Wright, Donna Case, Ann Horton, Suzanne Murro, Joe Baremore, Cathy Lahler, Steve Plank

Again, congratulations to everyone who took on this challenge!

## GO TEAM ISCA!

*On the back of the Finisher shirt for the race, it had the following message:  
HALF FULL is having hope  
and optimism in the face of adversity.  
Whether it is a triathlon or the fight against cancer,  
HALF FULL is having the determination and positive  
attitude to get to your finish line.  
One mile at a time, we will finish this race, but more  
importantly—WIN this cancer Battle!*

Right:  
Three-time Iron Man  
Tom Collins finished 6th  
in Clydesdale division.



Left: Some members  
of TEAM ISCA  
gather for  
a quick shot  
before going  
to the starting line.  
(photo by Eric Juzenas)

## ISCA Entrepreneurs at Home: Ann Horton

by Jay P. Goldman

(Editor's Note: This is part 3 of a series in the ISCA newsletter focusing on persons in the neighborhood who run businesses out of their homes. Contact Jay if interested in participating [jgoldman@aasa.org](mailto:jgoldman@aasa.org))

After 19 years working in health care and health communication, Ann Kirwan Horton wanted to get away from the 9-5 corporate world, work from home and be more available to her two daughters (now 8 and 4). She accomplished this trifecta when she formed a business in her basement three years ago with an aging personal computer and a desk she borrowed from a friend.


The result is Collaboration Communication, which provides marketing and communication services to clients in the health and social services fields. Her clients have included The World Bank, NIH's National Heart, Lung, and Blood Institute, Washington Adventist Hospital, The Hepatitis Foundation, Physicians Committee for Responsible Medicine and some smaller outfits, such as the Silver Spring-based Hearts & Homes for Youth.

The business has moved up in stature and standing, with her office relocating to a newly enclosed porch, where she has a direct view of the trampoline and the swing set favored by her children at play. "My plan was to work at home until my 'next big thing' came around—but this has ended up being that next big thing," says Ann, who grew up in the house she occupies (having since purchased it from her parents). She has academic degrees from University of Maryland and University of Maryland University College.



"Today, my business provides for my family in ways I didn't realize it would, including handling the incredible cost of health care coverage for all of us," she added.

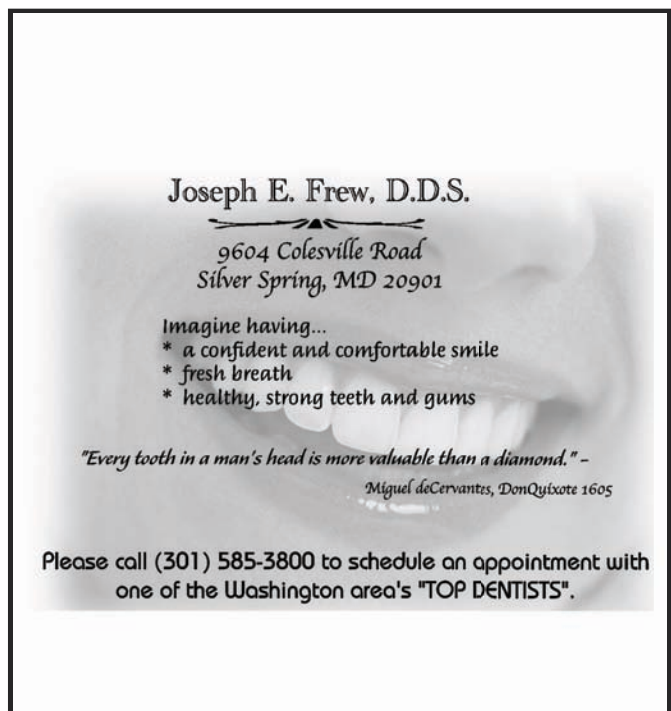
When Ann needs help on larger projects, she contracts with other moms in the area, including another young mother who lived in Indian Spring at the time. She also has collaborated with Deborah Levy, who operates her business, SuccessLinks, out of her ISCA home.

"I love working with other moms, hiring them when I need help and getting hired by them when they need help," says Ann. "There is a wonderful network of smart, supportive moms out there helping each other succeed." 



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## Aging at Home

by Bob Tiller


Surveys of older Americans show that the vast majority want to remain in their own homes as they grow older. They like the familiar surroundings, and feel that they are better able to retain control over their lives and live with dignity if they are in their own homes.

Unfortunately, many folks in their 70s and 80s are undergoing significant decline, especially physical decline, and remaining at home is a major challenge. The good news is that in Montgomery County we have many resources for seniors who would like to remain in their homes. Here are four of them:

**Montgomery County government's Senior Resource line**, 240-777-3000 (answered Monday and Friday 8:30-5:00; Tuesday, Wednesday and Thursday 8:30-7:30) – provides information about a broad range of services for seniors, including senior centers, support groups, adult day centers, housing options, falls prevention, mental health resources, reporting abuse of seniors, home modification, and respite care. The Senior Resource line can also be accessed by calling the county's new non-emergency number, 311.

**The Senior Health Insurance Counseling Program**, 301-590-2819 – provides information and counseling to individual seniors about Medicare and the options associated with it, including Medicare Part D.

**The Senior Connection**, 301-962-0820, [www.seniorconnectionmc.org](http://www.seniorconnectionmc.org) – provides transportation and mobility for older adults by linking them to services and resources, so that they can live independently as long as possible. (By the way, if you would like to consider volunteering for The Senior Connection, give them a call. They are always looking for volunteers.)

**Jewish Social Services Agency**, 301-838-4200 or 301-816-2633, [www.jssa.org](http://www.jssa.org) – provides a broad range of nonsectarian services to seniors (and people of all ages), including counseling and assessment of seniors' needs. 

*Editor's note: As noted previously, we will be including interviews with noted members of our community. We would welcome suggestions for further persons to be interviewed, please send to [thausner@gmail.com](mailto:thausner@gmail.com), 301-587-6943 and we would love to have students to serve as reporters for student service credits.*

## The Siamese King of Indian Spring

by Walter Gottlieb

I sit across from Saki, our neighbors' Siamese cat, at Starbucks in Woodmoor. We have a table by the window, overlooking the parking lot. Ella Fitzgerald is on the speakers. Saki is on the table. Because he can be. After all, he's an Indian Spring celebrity, and I'm just a lowly writer for the ISCA Newsletter. But I'm stoked. This is the first print interview that Saki (pronounced like the Japanese rice wine) has granted anyone.

On this golden morning in early October, Saki is wearing a tan fur coat with a fashionable black face mask and matching black socks – probably Dolce and Gabbana, but it's hard to be sure. He stares at me with startling blue eyes and picks at a Ham and Swiss Panini with his paw.

Sipping on my Grande decaf soy cappuccino, I sense that Saki is uncomfortable outside of his territory. Maybe meeting at Starbucks was a mistake. But I press on with our interview, anyway. How, I ask, was he able to achieve such notoriety in such a relatively short amount of time? "Brrroww," he intones somewhat mournfully, and starts bathing himself. I can see this is going nowhere. We agree to meet later that week in Indian Spring, Saki's *ambiente naturel*.

Here, on our idyllic, tree-lined street of nearly identical post-war houses, Saki is probably the best known habitué on four legs. "Saki is like the king of our neighborhood," says 8-year old Sarah Carter-Hiba, who lives on our block. "He rules the block," adds her mother, Melanie Carter.

"I think he definitely considers the houses around ours as part of his territory," says Lora Elinoff, Saki's owner. "Many times when I come home, he is sitting on a neighbor's porch, lounging comfortably."

Lora picked Saki out of a litter of Siamese kittens in 2003. "He was the only male seal-point (specific Siamese coloring) in the litter and that's how I chose him." Now, Lora shares ownership of Saki with her husband, Jason Elinoff, and their young son, Braden. Lora says her family has a long tradition of owning Siamese cats. "Siamese have a lot of personality and are very intelligent. In general, they are very talkative cats."

*continued on page 10*

## The Siamese King of Indian Spring

by Walter Gottlieb, continued from page 9

OK, but then why hasn't Saki said anything to me that might reveal his thoughts, his motivations, his inner life? I check his Twitter feed for clues. He has an enviable 4,573 followers, but a random sampling of his tweets from the afternoon of October 15, 2010, reveals surprisingly little:

- 1:45 *Napping. Cool!*
- 2:20 *Scent-marking the neighbor's Volvo*
- 2:21 *Napping again. Awesome!*
- 3:50 *Watching "Lady and the Tramp" on On Demand. Who writes this crap?*
- 6:51 *The neighbors had chicken 2nite. Yum.*

If you know nothing more about this cat, know this: Saki is everywhere. "He sits on our porch and acts like it's an inconvenience to move when I come out the front door," says Paul Erickson, a neighbor on our block. "It's like, 'You want me to move? Really?'"

My youngest daughter once found Saki lounging in the front seat of our Toyota on a hot summer day when I'd forgotten to roll up the windows. Another time, he came shooting out of the back lift-gate, which I'd left open while transporting groceries. Last winter, after one of our many snowstorms, my middle daughter and I surveyed our yard. It was perfectly blanketed with snow, except for a trail of suspicious-looking paw prints leading toward the back of the house, with stops at the trash cans and the back porch. "What the...?" my daughter said. We both thought for a minute. "Saki," we agreed.

At any given moment, Saki might be keeping a neighbor's yard safe from birds and mice. Then, in a flash, he might be prowling as far away as Brewster Avenue, where he's been spotted on the cusp of Candy Apple's territory. (Candy Apple, who sports an unusually short tail and a little bell on her collar, fiercely protects her turf. She had no comment as of press time.)


Shortly after the Starbucks episode, I am scheduled to meet Saki again on the Elinoff's front stoop. But he doesn't show. A few minutes later, I find him stalking a squirrel in the Cullen-Hills' yard. The squirrel is burying a nut, oblivious to danger. Sometimes, late at night, Saki will let me scratch the back of his head and maybe even purr. Now, in mid-stalk of that squirrel on this crisp

autumn morning, he is the embodiment of pure, feral concentration – and acts like he doesn't know me. This hurts, considering I thought we'd bonded at Starbucks. I seriously doubt he caught the squirrel, but couldn't hang around to find out.

"Saki acts like he has a job, because he wants to go outside every morning and usually doesn't want to come back inside until the evening," explains Lora.

Nowadays, when Saki waits to be let into the house, an observer could be forgiven for thinking he/she was seeing double. It appears that there are two Saki's waiting on the stoop. A closer look reveals that Saki's doppelganger has slightly less black on the face, and a slightly whiter coat. This is Sophia, Saki's adopted little sister, who the Elinoffs welcomed into their household in 2009.

"Saki was friendly to Sophia at first," explains Jason Elinoff, "But when he figured out that Sophia was not just visiting, and was here to stay, his attitude changed." Indeed. I once saw a catfight between Saki and Sophia on the Elinoffs' stoop that rivals anything on Jersey Shore. "They get along like brother and sister," Lora explains. "There are bickering and spats, but mostly they tolerate each other."

Maybe someday Sophia will be as famous on the streets of Indian Spring as her adopted older brother. In the meantime, Saki – who has no movie coming out, no book deal, and no pending North American tour – is undeniably a star. 



Right: Saki makes himself at home in a neighbors yard.

Left: Saki patrols his territory.

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*Warmest regards, Jerome*



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3BR, 2FB, \$475,000



106 Indian Spring Dr E  
3BR, 1FB, 1HB, \$495,000

**Mortgage payments can be LOWER than rent!**

With a **FHA Loan, 3.5% down** and a **low 4% interest rate...**  
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These monthly home payments are less than **\$2,500! WOW!**



9308 Sudbury Rd  
3BR, 2FB, \$450,000



125 Normandy Dr  
3BR, 1FB, 1HB, \$435,000

**More listings from The Rhonda Mortensen Team...**

9509 Garwood St, --2BR, 1FB, \$289,000 ..... ACTIVE  
10019 Brookmoor Dr -- 2BR, 2FB, \$425,000 ..... ACTIVE  
115 Whitmoor Ter -- 3BR, 1FB, \$375,000 ..... ACTIVE  
914 Heron Ct -- 4BR, 3FB, \$350,000 ..... ACTIVE  
9207 Long Branch Pky -- 2BR, 2FB, \$389,000 ..... ACTIVE  
9935 Moss Dr -- 3BR, 2FB, \$450,000 ..... SALE PENDING  
308 S. Waterford Dr -- 5BR, 2FB, 1FB, \$399,000 ..... SALE PENDING



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**Downtown Silver Spring  
Calendar of Events,  
November/December 2010**

**SATURDAY, NOVEMBER 13th**  
FreshFarm Farmer's Market,  
9:00 a.m. – 1:00 p.m.

**SATURDAY, NOVEMBER 20th**  
**THANKSGIVING PARADE,**  
9:30 a.m. – 12:00 Noon,  
participant lineup at 8:00 a.m.  
FreshFarm Farmer's Market,  
9:00 a.m. – 1:00 p.m.

**SATURDAY, NOVEMBER 27th**  
FreshFarm Farmer's Market,  
9:00 a.m. – 1:00 p.m.

**SATURDAY, DECEMBER 4th**  
FreshFarm Farmer's Market,  
9:00 a.m. – 1:00 p.m.  
Holiday Market

**SUNDAY, DECEMBER 5th**  
Downtown Silver Spring's  
Early Bird Fitness Series  
8:00 a.m. – 9:00 a.m.  
All the Right Moves,  
12:00 Noon – 2:00 p.m.  
Pet Photos with Santa  
921-J Ellsworth Dr (old Ceviche),  
time TBD

**SATURDAY, DECEMBER 11th**  
FreshFarm Farmer's Market,  
9:00 a.m. – 1:00 p.m.  
Maryland Youth Ballet presents  
"The Mini Nut"  
11:00 a.m.; 1:00 p.m.; 3:00 p.m.

**SUNDAY, DECEMBER 12th**  
Maryland Youth Ballet presents  
"The Mini Nut"  
11:00 a.m.; 1:00 p.m.; 3:00 p.m.

**SATURDAY, DECEMBER 18th**  
FreshFarm Farmer's Market,  
9:00 a.m. – 1:00 p.m.

[www.downtownsilverspring.com](http://www.downtownsilverspring.com)

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## The Green Column

by Joyce Stocker

This issue's green column features tips about toilet paper. According to the National Resource Defense Council (NRDC), virgin forests are being cut down to provide toilet paper, paper towels, napkins etc. Environmentalists are concerned that decades and century old trees are being cut down for the briefest of uses—paper products. These old trees not only are “scrubbers” of carbon dioxide, but provide habitat for numerous creatures. The NRDC website offers a few tips for selecting “green” toilet paper:

1. Use paper from recycled sources—in our area we can choose from the following TP brands: Trader Joes, Whole Foods, 7th Generation, Small Steps (often has “free” coupon in Sunday paper), and a CVS brand.
2. Buy toilet paper in bulk which saves on packaging.
3. Look for the most squares/roll which also decreases packaging.
4. Avoid scented toilet paper which can cause allergies and also decrease air quality.
5. Click on the NRDC website (<http://www.nrdc.org/land/forests/gtissue.asp>) which has a petition to Kimberly-Clark, pressuring them to enhance sustainable forest practices.
6. Recycle the toilet paper tubes.

The Washington Post published an article on this topic last September which can be read at:


<http://www.washingtonpost.com/wp-dyn/content/article/2009/09/23/AR2009092304711.html> 

### Vegetarian Recipe: Beans and Rice

When I need a quick dinner, have no time shop and want a thrifty, tasty dinner, I almost always have these ingredients on hand to make a family satisfying meal. The combination of beans and rice provides a complete protein dinner. This recipe is very forgiving—proportions are very flexible

- 1 can black beans, drained and rinsed  
(can use red beans)
- 2 cups cooked rice (preferably brown)
- 1 cup Trader Joes roasted, frozen corn—  
(you can pick up when you are shopping for Joe's “green” toilet paper)  
or regular canned or frozen corn
- 1/2-1 cup salsa

Mix the rinsed and drained beans with the cooked rice. Microwave the corn to cook it, then add to the beans and rice, stir in the salsa.

Can be served hot or at room temperature. Great for potlucks! 

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**201-585-2120**

**[www.ymcadc.org](http://www.ymcadc.org)**

**Infant Care, Preschool and Before/After School Care  
Sites include: Indian Spring Rec Center,  
Oakland Terrance + Takoma Park Elementary**



## The YMCA is Building Bridges to Connect Communities

by Julio Orellana, Executive Director,  
Silver Spring YMCA



My name is Julio Orellana, new Branch Executive Director of YMCA Silver Spring. My previous assignments were: YMCA of Metropolitan Miami; Tampa Metropolitan Area YMCA; YMCA of Greater New York. In term of my background I'm a YMCA Director Senior with a large experience at

YMCA. I'm so happy to work at YMCA Silver Spring because we have a very capable staff team, very committed Board, and programs and activities for all.

### *What are the desired outcomes in our programs and activities?*

The YMCA seeks to develop strong kids, strong families and strong communities. Individuals and families that are involved in YMCA program will:

- Strengthen and enrich their family life. The family is society's primary unit for raising children, caring for elders and maintaining the values of a society. The Y supports physical, mental and spiritual health of their children. The YMCA supplies a safe, wholesome environment in which parents and children can learn to communicate a cooperate and care about each other.
- Build self-esteem and nurture personal growth. Without these qualities, you can't treat yourself or others with respect. In tough situations and times of trouble, self esteem helps you to make the right choices, and to act out of strength instead of weakness. Appreciating your own worth can make the difference between dependency and self-reliance, failure and success.
- Appreciate the world around us all.

The Y offers environmental education because it believes that if we learn the facts, respect for nature will follow. With appreciation comes responsibility, and protection of our planet's precious resources.

- Develop leadership and strengthen communities. The YMCA believes everyone needs a place to belong; place where we genuinely care about one another; where to pull together for a common cause, where we treat each other with loving kindness, open communication and support where we share in decisions.

- Become involved in their communities .You will find volunteerism at the heart of the YMCA. The YMCA offers people a chance to get involved in community life by running programs, making policies, raising money and solving neighborhood problems.
- Volunteering is about people helping others-while taking responsibility for themselves.
- Build healthy lifestyles through healthy development of the spirit, body and mind. Using and understanding our bodies is essential to good physical and mental health. Such awareness promotes lifestyles that help us resist illness, addictions and disease. Through community based exercise, sports and education programs, the YMCA promotes good health for people of all ages, all abilities and incomes.

### *Good health allows us to enjoy all the goodness life has to offer.*

Adopt and exemplify the YMCA Character Development values. Exhibit in everyday life and relationships the values of caring, honesty, respect and responsibility.

YMCA programs are categorized into ten broad operating thrusts:

**Family Life:** Family Activities; Parent and child.

**Child Development:** Child Care; Infant/Toddler; Preschool; Before and After School; Information and referral.

**Teens:** Junior lifeguard training; Youth and Government.

**Camping:** Day camping (traditional and specialty); Environmental education; Teen adventure programs.

**Leadership development:** Board and committee training; Develop leadership skills in youth; Youth and Government; Volunteer training.

**Sports and Skill Development:** Adults sports; Gymnastics; Youth sports leagues, recreation, and instruction.

*continued on page 15*



## YMCA Building Bridges

*continued from page 14*


**Health Enhancement:** Cardiovascular fitness and strength training; Mind and body fitness; Personal training; Wellness and healthful living practices; Youth fitness; PHD program; Ballet Studio; Arts Martial; Spinning program.

**Active Older Adults:** Silver Sneakers; Instructional classes; Recreational trips; Fitness; Health & wellbeing seminars.

**Aquatics:** YMCA learn to swim program; Water Aerobics; Recreational swimming; Aquatics for especial population (Arthritis); Fitness Swimming; Summer Movie nights; Scuba; Aloha Splash Parties; Birthday Parties with New Inflatable Water Feature.

**International (New):** International Youth Exchanges ( Summer); Learning second language in action ( 2010); Sumba aerobics (March 2010). And others more....

We invite you to be part of the YMCA family!  
Welcome to the YMCA of Silver Spring!  
Come and enjoy open rollment for ISCA families in November and pay no joiner fees!

Julio Orellana, Executive Director  
YMCA Silver Spring  
YMCA of Metropolitan Washington 



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