



See "Youth Sports" article on page 4.

March, 2011
800+ Homes

www.iscaonline.com

Indian Spring News

Taste of ISCA, April 26

Join us for the Annual Taste of Indian Spring!

BACK for your enjoyment, we are holding the annual ISCA Taste of Indian Spring Tuesday, April 26th at 6:30 p.m. in the Highland View Elementary School All-Purpose Room. 'Tis the season! It's time to get out and see our neighbors for some fun, food, and frolic! Join us to find out more about what's new in Silver Spring, see neighbors you haven't seen since Fall Fest, and perhaps meet some new folks.

continued on page 10

The Taste of Indian Spring will take the place of our March ISCA general meeting. Our next one will be in May.

Jill Ortman-Fouse, ISCA President

Newsletter Delivery Coordinator Urgently Needed

Randy Shay will be stepping down as coordinator of newsletter delivery as of mid March. The March issue will be her last. We are very grateful to her for all her efforts. It is critical to our association that someone step in to replace her. It takes her two hours a month but is somewhat time sensitive.

This job is essential because it is the only way we reach all our homes and many do not have internet accounts. The April issue will cover the Taste of Indian Spring so it is vital that someone step up. Otherwise it won't get done.

Please let me know asap if you can do this. Tony Hausner, thausner@gmail.com, 301-587-6943.

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, Treasurer) or **use Paypal at 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 or call, 301-587-9063, and she will give you the answer.

It's Time to Start My Garden

By Joyce Stocker

THAT WARM DAY LAST WEEK inspired thoughts of gardening! From Amazon, I ordered a grow-light structure and as soon as I can get it assembled, I'll put potting soil into little containers and push in a few seeds. A neighbor down the street has already started planting outdoors under a snake-like structure he ordered from Plow and Hearth that will protect the emerging seedlings from the cold and downpours while allowing light in. I could get my kale and chard started that way. Last year I took a class at Brookside Gardens on starting early salad greens. We each were given a large plastic, shallow planter filled with a beautiful, light loamy soil. We were encouraged to choose a selection from multiple lettuce and other "greens" seeds. Within days, growth was visible, and while I can't say I harvested months of leaves, we did each have small salads—no fear of recalls, free of pesticides, and harvested from our own front porch. Can't get much more "local" than that! And harvesting just some of the leaves allowed the plant to continue putting out new leaves.

There is a growing locavore movement in this country, and a desire to know where our food comes from and even know the farmer who grows it. Last year my favorite book on the subject, mentioned here, was "Animal, Vegetable, Miracle" by Barbara Kingsolver. I highly recommend this very readable book. Last week from the Longbranch library, I stumbled upon a new favorite, "Plenty" by Alisa Smith and J.B. Mackinnon. "One Man, One Woman and a Raucous Year of Eating Locally". A young couple make a decision to only eat food produced within 100 miles of their home. Turns out to be quite a challenge. They cite

statistics that most of our food travels between 1500 and 3000 miles from farm to our plate.

So, filled with the spirit of locavores, and faced with the prospect of increasing food prices (due to unrest in the Middle East and the increasing cost of oil) I'm endeavoring to grow much of the food that we'll eat this coming year. I still have some tattered broccoli plants that have survived the winter—I'm hoping they'll resurrect themselves as the weather warms. One year, I bought little broccoli plants from the old hardware store on Flower Avenue—they kept producing for months and I was able to freeze bags of it which we used for soup, omelets and steamed, lightly buttered, by itself. Another early, successful crop has been rainbow swiss chard—a beautiful plant and a tasty dish sauteed with onion, sprinkled with pine nuts and feta cheese. I'll start some spinach, too. Such a versatile vegetable—also can go into soups, omelets, stir fries or used alone as salad greens. Radishes can be started early—nothing like crisp, peppery radishes, salt-sprinkled and served with cottage cheese and a hard boiled egg for lunch. So while I'm willing to take a risk with sowing outdoors soon, indoors I'll be starting my summer plants. From Park Seeds, I chose a cherry tomato called Ladybug—described as "sweet, sweet". And a cucumber called Muncher that can be pickled when small or allowed to mature for slicing. A few years ago, I found wonderful sweet pepper plants from the farm market on New Hampshire Ave, by the White Oak library. The peppers were small, elongated and orange—and so delicious to eat raw or used sauteed with mushrooms. Surprisingly, I have fallen in love with fresh okra. The flowers, which turn

into pods, are gorgeous and the pods, sliced and sauteed with the peppers and onions, seasoned with curry or soy sauce are scrumptious served over rice. There are many vegetables that can be grown in containers if one has a small plot or not much sun in the backyard.

There is such satisfaction, on a sunny day, of "grocery shopping" from your own backyard. ✨

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TAMARA KUCIK
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T rue that! With homes selling at 2003 and 2004 prices and low interest rates --- buyers realize that it isn't going to get any better for them. The Consumer Confidence Index is at a three year high. And DC area prices were up 4.1% in the 4th quarter of 2010, higher than any other city nationwide!

T ime to be smart! Now more than ever, it's critical to have your home competitively priced, staged to appeal to the buyers in this local market, and advertising targeted to the right audience. Talk to the expert. Call me today!



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TAMARA KUCIK'S 2010 TEAM STATS

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Youth Sports at the “Y”

By Julio Orellana, Executive Director, Silver Spring YMCA

AS SUMMER APPROACHES, many parents think about signing up their kids for sports. They know it’s a great way for kids to get active, meet friends and just have fun. But the benefits go beyond just one season. Kids in sports learn values and skills that will last a lifetime

Ys have been delivering basketball, volleyball, and others traditional programs since 1891. These sports have served—and continue to serve—as tools in fulfilling the mission of the YMCA.

The goals of sports in general are to provide youth with opportunities to enhance their health/fitness, to allow them to have fun, to keep them off the streets with productive activity, and to teach them positive values and life skills.

Some tips on how parents can positively support their kids:

Cheer during—and after—the game. Parents can help their kids have fun during a game by cheering them on from the stands, and after the game as kids leave the playing field. For example, at the end of the 5-year-olds’ basketball game in Silver Spring, parents form two lines and make a tunnel for the kids to run through. “To see those kids’ faces is just amazing,” says Melvin Reid, Youth Sports Director at the YMCA Silver Spring. “Maybe they didn’t even touch the ball that day, but once they run through the tunnel, it just makes their day.”

Focus on the positive. If your child makes a good play and puts forth good effort, compliment him. If he makes an error or fails to achieve a personal goal, ask him how he feels. After your child responds, discuss the situation constructively.

Encourage fun and exploration. Often, when parents see that their kids are good at a sport, they push them to succeed in that area; however, kids may need to try more than one sport to see what they enjoy the most.

Volunteer to coach. “Coaching is a great opportunity, especially with the younger age groups. You

don’t have to have a wealth of knowledge about the sport; knowing how to interact with the kids is the most important thing,” says Coach Reid. YMCA Silver Spring provides training for coaches to help them succeed. Parents who aren’t able to coach can be a positive force in their child’s life by simply being a good role model.

Parent’s participation in their children’s sports activities can enhance many of these assets: honesty, responsibility, cultural competence, sense of purpose, personal power, interpersonal skills and peaceful conflict resolution.

Youth Sports Programs are offered at the YMCA SILVER SPRING for the SUMMER and each Session (Winter, Spring and Fall). The following classes are offered:

Kindersoccer (Ages 4–5) Mondays @ 4:30pm

Jr. Soccer (Ages 6–9) Tuesdays @ 5:30pm

Biddy Basketball (4–5) Wednesdays @ 4:30pm

Jr. Basketball (Ages 6–9) Thursdays @ 5:30pm

Mini Sports (Age 3) Tuesdays @ 4:30pm

Youth Beginner Track n Field Fridays @ 4:30pm

Basketball Fundamentals (Ages 10–13) Thursdays @ 4:15pm

Girls Basketball Clinics (Ages 11–13) Wednesdays @ 5:30pm

Ballet (Ages 3 & 4) Saturdays @ 10am

Ballet (Ages 5–7) Saturdays @ 11am

Ballet (Ages 8–10) Saturdays @ 12pm

Pre-Kid (Ages 5–7) Fridays @ 3:30pm

Big Kid Fit (Ages 8–12) Fridays @ 5:30pm

We also offer basketball, soccer, and softball leagues for children and adults on Fridays evenings and Saturday mornings. **Please contact Melvin Reid at 202-585-2120, x2541 for additional information. ***

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Indian Spring High School Seniors:

Do You Need \$1,000 Cash for College Next Year?

By Leila Collins

FOR THE THIRD CONSECUTIVE YEAR, The Rhonda Mortensen real estate team is sponsoring a college scholarship for a graduating high school senior living in zip code 20901 or 20910. Former resident and Long & Foster realtor Rhonda Mortensen created this program as a way to thank her neighbors for their ongoing confidence in her team and regular referrals.

When asked about the program, Rhonda is quick to say that she understands first hand the challenge of preparing and planning for college. It is a demanding time—visiting colleges, choosing where to apply, the application and selection processes and of course, tuition considerations. “With a troubled economy and rising tuition costs, any extra money toward college counts!” said Rhonda. “I am very glad that my team can help.”

Scholarship applicants must be graduating seniors accepted to a Junior or Four-Year college for the 2011-2012 academic year with a minimum 3.0 High School GPA. Applicants will be judged on their 300-word essay

addressing, “How has responsibility affected your personal growth?” Along with the essay, applicants should send in the application form, and a school transcript to Rhonda Mortensen, Long & Foster, Inc. at Bethesda Gateway Office, 4650 East-West Highway, Bethesda, MD 20814. In addition, they should have three letters of recommendation sent directly to the address above. The deadline for all materials is April 18, 2011. The winner of the \$1,000 scholarship will be notified by May 16, 2011. *Application forms and complete details about the scholarship are available at www.helpmerhondarealestate.com.*

Last year’s scholarship recipient was Woodside resident, Samantha Lint. Samantha used her drive and creativity to develop and run a free after school ballet program at East Silver Spring Elementary School. In 2009, Woodmoor resident Susie Branson was selected for the scholarship based on her outstanding community service and leadership accomplishments. The Rhonda Mortensen Team is looking forward to learning about this year’s amazing neighborhood seniors! *



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SMOB Alan Xie visits Blair

SGR invites Xie to have a roundtable discussion on tracking

By Mandy Xu, News and Entertainment Editor

STUDENT MEMBER of the Board of Education (SMOB) Alan Xie spoke with members of Blair's Students for Global Responsibility (SGR) about the Gifted and Talented (GT) label Today. SGR is working with the countywide organization Montgomery County Education Forum (MCEF) to remove the GT label in elementary schools across the county.

According to SGR sponsor George Vlasits, the club is currently working to inform Blazers about how the Montgomery County Public School (MCPS) system begins separating students in second grade. After seven-year-olds take a test, they are sorted into the GT track or the non-GT track. "The [non-GT] kids get very little opportunities," Vlasits said. "They would like to try more challenging material but those things won't fly." According to Vlasits, due to a discrepancy in teacher expectations, it is hard for students not on the GT track to get into magnet middle schools or magnet high schools. "If [non-GT] are constantly told they cannot perform as well as GT kids, they will eventually believe it," he said. "It gets back to what we do early on."

Xie advocated removing the label in addition to a general education reform. He felt that non-GT students are not pushed to try their hardest, like GT children are. Xie believes this is the wrong attitude for educators. "We let all the kids on the bottom slide as long as the top performing kids are doing well," he said.

As a result of tracking children, Xie felt that students become segregated. "[The GT kids] end up going to better schools because they were conditioned to," he said. "It's a self-fulfilling prophecy. In the end, it looks like the [school system] was right all along."


Junior Elizabeth Brown, who worked with SGR, felt the answer was to make on-level classes more challenging, rather than make rigorous courses easier. "The answer is not to take opportunities from everyone," she said.

Junior Shayna Solomon shares the same sentiment and hopes that higher-level education will change in the future. "What we have right now is a bunch of regular classes that are really bad," she said. "We have to make it less deplorable to put kids in [an on level class]."

The Board of Education will discuss removing the GT label in elementary schools in their upcoming monthly meetings on Feb. 28 and March 28.

For more information, visit the MCEF website: <http://silverchips.mbhs.edu/story/10725>

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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 these to thausner@gmail.com, or call 301-587-6943. We would love to have students serve as reporters for student service credits.

Calendar for Downtown Silver Spring

SATURDAY

March 19

FreshFarm Market—Farmers Market

9am-1pm

SATURDAY

March 26

FreshFarm Market—Farmers Market

9am–1pm

SATURDAY

April 2

FreshFarm Market—Farmers Market

9am–1pm

SATURDAY

April 2

Silver Spring’s Big Cherry Block Party

10:30am–6:30pm

Browse booths featuring works by arts and craft producers and enjoy entertainment, food, karaoke and plenty of interactive activities that engage the young and young at heart!

SATURDAY

April 9

TPSS Baseball on the Plaza

TBD

SATURDAY

April 9

FreshFarm Market—Farmers Market

9am–1pm

SATURDAY

April 16

FreshFarm Market—Farmers Market

9am–1pm

FRIDAY

April 22

Earth Day at Downtown Silver Spring

11am–2pm

SATURDAY

April 23

Easter Bunny Photos!

12–5pm

(See www.downtownsilverspring.com.)

Taste of Indian Spring, *continued from page 1*

As usual, our event features sample dishes donated from local restaurants and potluck dishes provided by you, our ISCA neighbors and friends. Organizers request that all attendees should also bring a dish to share; and **we recommend that last names beginning with A-I bring salads, J-N serve side dishes and O-Z provide desserts. Another very welcome option is to bring your own favorite specialty!**

Help us make this event a great success by **VOLUNTEERING!** Helping hands are needed for the following areas:

- 1. Set up:** Volunteers are needed to help assemble and arrange tables, facilitate lines, and help direct our neighbors to appropriate areas onsite
- 2. Food Service:** The more Volunteer Servers we can get to help with the food, the more everyone gets to enjoy the festivities,

so please contact Allegra Tasaki to make a commitment to your neighborhood!

- 3. Clean up:** Very large garbage bags and a few brooms will be provided to help with this effort. Volunteer today to ensure that we will be able to leave the Highland View Elementary School All-Purpose room in great condition, so that we may have future opportunities to use the facility in the future.

Please email Allegra Tasaki today, at tasaking@verizon.net or call at 301-565-8377 (TERP) to sign up. This is a really fun neighborhood tradition celebrating good food and good friends. Mark your calendar and we'll see you there! ✨



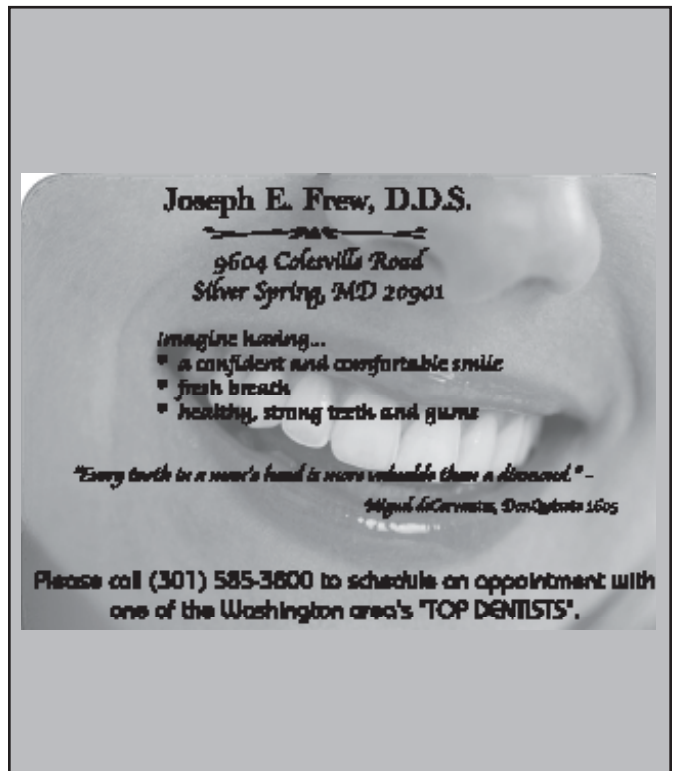
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Crimes Reported to Montgomery County Police
Department from Indian Spring According to
www.crimereports.com

By Joyce Stocker

Crimes: None this month

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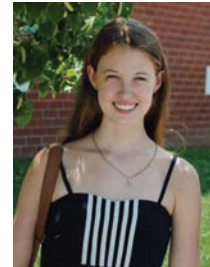
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The details are below and the application is available at www.helpmerhondarealestate.com! Best of Luck!



Samantha Lint, '10 Winner



Susie Branson, '09 Winner

The Fine Print~

- * Must be a graduating high school senior, enrolled full time, living in zip code 20901 or 20910.
- * Must be accepted to a Junior or Four year college during the 2011-2012 academic year.
- * Must have a minimum cumulative GPA of 3.0. Please include official high school transcript with application.
- * 300 word essay question: 'How has responsibility affected your personal growth?'
- * Please include your name, address, phone number, high school and the name of college you plan to attend.
- * Three letters of recommendation (principal, counselor, teacher, employer, etc.) mailed by letter writer directly to Rhonda Mortensen at the address below.
- * Application forms along with school transcript, essay and three recommendation letters must be received at the address below by April 18, 2011.
- * Applications available at www.helpmerhondarealestate.com and via email by request to rhondamortensen1@gmail.com. NO PHONE CALLS PLEASE.
- * Winner to be notified by May 16, 2011.



The
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