



SOUTH FOUR CORNERS

Citizens Association



Building a stronger community, one neighbor at a time

July/Aug 2018

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MARK YOUR CALENDARS!

Jul 16, 2018 – 7pm

SFCCA Community Meeting
Schweinhaut Senior Center

Jul 21, 2018 – 10am

Clean-up of Forest Glen Rd
(meet at Argyle Park tennis courts)

Aug 7, 2018 – 7-8pm

National Night Out
South Four Corners Park

Sept 17, 2018 – 7pm

SFCCA Community Meeting
Schweinhaut Senior Center

Sept 22, 2018 – 10am

Clean-up of Forest Glen Rd
(meet at Argyle Park tennis courts)

Oct 21, 2018 – 4pm

Halloween Parade
South Four Corners Park

Next SFCCA Meeting

Monday, July 16 at 7pm

Schweinhaut Senior Center 1000 Forest Glen Road

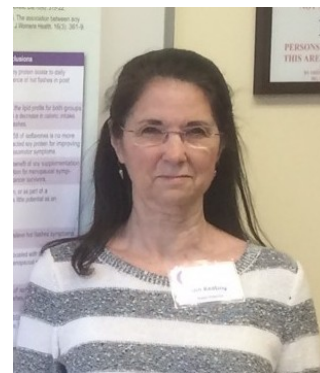
Featured Guest Speaker:

Ann Keating

MS, CNS, LDN

Registered Dietitian

Please join us on Monday, July 16, when **Ann Keating** will share her knowledge of how food and diet can promote a healthy mind and a balanced mood.*



As a licensed integrative nutritionist, Ann focuses on how food and diet can be used to help heal various body systems that need support. Ann is passionate about replenishing depleted brain chemistry through diet so that our minds are clear and focused, moods are good, we sleep better, and we stave off dementia or cognitive decline.

Ann regularly leads a 5-week sugar detox workshop called RESTART, and she loves REAL food. She helps teach whole foods cooking classes as well as some integrative health classes at her Alma matter, Maryland University of Integrative Health.

Ann's presentation, **Food and Mood**, will address one's overall diet as well as specific foods that promote a healthy mind and a balanced mood. In addition, Ann will touch on rapidly expanding research on the brain-gut connection and specific steps you can take to help your brain by helping your gut function better.

We look forward to seeing you at 7:00 pm on July 16th.

Please remember, SFCCA meetings now end promptly at 8:30 pm.

* SFCCA meetings are held bi-monthly on the third Monday of January, March, May, July, September, and November at Schweinhaut Senior Center, 1000 Forest Glen Rd. When the third Monday of the month falls on a federal holiday, the meeting is postponed, space permitting, to the following day.

President's Corner

FOOD INSECURITY AND CHRONIC DISEASE

Dear Neighbors,

I pulled from Feeding America, Foodcourse, and the Montgomery County Food Council to create this piece.

For the past two years, I've served as a member of Montgomery County Council's Grants Advisory Group, a volunteer community panel that reviews and evaluates grant applications from the nonprofit sector. This year, I learned that our county has nearly 80,000 residents who literally don't know where their next meal is coming from. Nationally, 1 in 8 people face food insecurity, meaning they lack access to sufficient, safe, and nutritious foods that meet their dietary needs for a healthy life.

The connection between food and health is complex, and is influenced by availability of nutritious food,

accessibility and affordability of food, and other socio-economic and health factors. Consequently, food security—or the lack thereof—plays an important part in nutrition outcomes, chronic disease risk, and chronic disease management. Hungry folks face tough choices when it comes to meeting their food needs, and often must rely on coping strategies like watering down food or drinks, or purchasing inexpensive, unhealthy food. These coping strategies can negatively impact long-term health, particularly in children and people already coping with a diet-related illness.

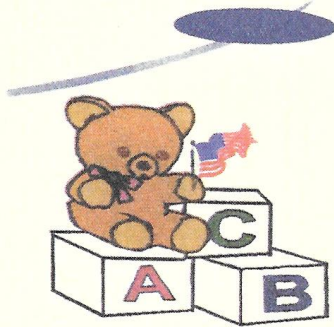
What I saw in my work with the Food Council is that local food banks and other feeding programs are doing amazing work to address local food insecurity while simultaneously promoting health. Ranging from large-scale, well-established non-profit

organizations to smaller community and faith-based programs staffed by volunteers, many provide assistance with safety-net services and access to basic necessities such as clothing and medicines. All in all, they serve as trusted community-based sources of support and model the ethos of our locality, "Building a stronger community, one neighbor at a time."

If you or someone you know needs food assistance, you can find local resources at <https://mocofoodcouncil.org/wp-content/uploads/2017/11/The-Montgomery-County-Food-Assistance-Resource-Directory-3.pdf> Let's be in touch.

Carolyn Stanek Lucy

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BETTY BATTY

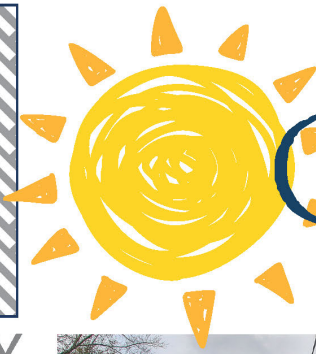
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Healthy Living

THIS ARTICLE MAY PUT YOU TO SLEEP

By Donna Westervelt

It was a mixed blessing to have an appointment with my physician just after she attended a conference on holistic medicine. She asked me about my sleep. I admitted to her (and more importantly to myself) that I have often been sleep deprived. I rationalized that I am a busy person and just needed another hour or two in my day to get things done. She was able to convince me of the importance of sleep. She pointed out that there is a relationship between weight gain and possibly dementia, not to mention inefficiency and irritability when a person regularly does not get adequate sleep. Our discussion stimulated my interest in this topic. I would like to share ideas on what I have read and provide some suggestions for improving one's sleep. Though I had planned on starting to write this article last night, by the time I got to my computer, it was past 11. With my new strategies in place, I gave myself permission to postpone the project!

Some data:

- According to the CDC (Center for Disease Control), it is recommended that adults aged 18-60 sleep at least 7 hours each night. Sleeping <7 hours per night is associated with increased risk for obesity, diabetes, high blood pressure, coronary heart disease, stroke, frequent mental illness and all-cause mortality. (reference Sleep Medicine 2014;15:42-50, J Sleep Res 2009; 18:148-158, Sleep 2013; 36 :1421-7.) I have a copy of the publication. It is also likely on the CDC website.
- In a 2014 survey (2014 Behavioral Risk Factor Surveillance System, BRFSS), only 65.2% of respondents reported a healthy sleep duration. This has some variation by geographic location and race. The findings from this survey suggested an ongoing need for public awareness and public education about sleep health.

Some ideas to make behavioral changes:

- Set a pattern of going to bed at about the same time each night and rising at about the same time each morning. Though this doesn't completely work for me (I am not getting up at 5am on non-work days), I try to avoid both staying up too late as well as sleeping in. The hours cannot be banked!
- Make sure that the bedroom environment is quiet, dark, relaxing, and not too hot or cold.
- Turn off or remove televisions, computers, and mobile devices. It is thought that the blue light of TV's, monitors and cellphones prevents your brain from releasing melatonin, keeping you awake and alert.
- Avoid large meals at bedtime. Don't drink water with the



meal.

- Since I often have ideas occur to me late at night, I keep a notepad and pencil on my nightstand and write them down.
- I find it helpful to read at night and have now developed a head-in-book syndrome.
- Keep a journal, perhaps 10 days, to provide a heightened awareness of sleep habits. I have found that my fitbit provides much information. I was quite shocked to see that some nights, I only get 4 to 5 hours of sleep.
- Recently, the Washington Post published an article entitled, "What to Do if You're Not a Morning Person" by Kevin Dickinson (May 20th). He states that getting enough sleep is obvious but that it can be tricky. **A few ideas presented:**
 1. limit naps to about 25 minutes
 2. don't take a nap too close to bedtime
 3. take time to unwind
 4. don't use a snooze button (it wrecks your REM sleep)
 5. silence sounds such as cell phone notifications
 6. keep a dark room
 7. prepare lunches and outfits the night before to prevent mental restlessness

I hope this article will make you think more about your sleep or lack thereof. I certainly feel better most days, though I still drink quite a bit of coffee! I seem to accomplish just as much. There are certainly individual factors in each of us. If you awaken every morning to feel completely refreshed, then just keep doing what you are doing. I recently saw the movie, "The Notorious RBG." Evidently, she worked into the wee hours of the morning. She seems to be going strong!

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in, forget them as soon as you can. Tomorrow is a new day, you shall begin it well and serenely..."

Ralph Waldo Emerson (1803-1882) ■

WHAT'S ALL THIS TALK ABOUT MEDITATION?

By Susan Kidd

Meditation.....mindfulness.....being in the moment—these words seem to be everywhere. A lot of people have heard about meditation and vaguely understand that it's supposed to be good for you. However, there are a lot of questions including whether it's truly beneficial or just a fad. Also, many people tell me they'd like to meditate but they don't have the time or patience. Or they say they've tried, but it "didn't work." If you have an interest in learning more about meditation and would like to try it, read on.

What is meditation? Meditation is a technique that focuses your attention and concentration in order to "be in the moment" and "be mindful."

What is mindfulness? Most people have experienced mindfulness without knowing it. You've been mindful when you're completely engaged in a project—like playing an instrument, painting, knitting or playing tennis. You are mindful when you are totally focused on a task so much that you don't think about anything else going on around you. The rest of the world fades away and you are completely "in the moment." But meditation takes it one step further. It is intentional concentration on what is the very essence of being alive—something all of us have in common—breathing. Breathing comes naturally, we don't have to think about it, so it's the perfect focus for meditation.

Why meditate? What are the benefits? Meditation gives your mind a break from the constant internal chatter that many of us experience. This noise is even more prevalent now with social media and all that is going on in the world. Many people who meditate find that they have increased peace of mind, reduced anxiety, improvement in anger management, and a reduction in depressive thoughts. Scientific evidence

supports the achievement of these benefits. The NIH's Center for Complimentary and Integrative Health cites studies that provide evidence for many of these claims.

Some wonderful aspects of meditation are that it is absolutely free, doesn't require any special equipment, and is not difficult. Perhaps it should be thought of as a gift that we all have, and that with practice we can use it to achieve some important goals.

Meditation How-To Basics

As discussed, the goal of meditation is to "be in the moment" and to concentrate on your breathing. You can do this by focusing on the air flow in and out at your nostrils. Or you can focus on the lungs and the inhale and exhale of air. Or you can focus on the rise and fall of your abdomen. Whatever feels most comfortable to you.

Distracting Thoughts

Before trying to meditate, we need to examine an important issue in meditating—distracting thoughts. Most, if not all people will have thoughts that carry them away from focusing on breathing. As you practice, the thoughts will decrease but you may always have some thoughts that pull you away from focusing on your breath.

You may have thoughts about the future "Oh no, I have that deadline in a few days." Or regrets of the past, "Ugh, I think I made a dumb mistake yesterday." Or perhaps mundane thoughts such as "What are we going to have for dinner?" These distracting thoughts do not mean that you are meditating incorrectly. Distracting thoughts are simply an aspect of meditation.

After you realize you've had a distracting thought, the key is to gently bring your focus back to your breathing. Each time you have a distracting thought and bring your focus back to

your breath, you are strengthening your mindfulness muscle and increasing your meditation skills. The practice of gently bringing your focus back is an important part of meditating.

Let's try it!

Find a comfortable, preferably quiet place, and wear comfortable clothes. Take a deep breath and let the stress flow out.

Breathe in through the nose and out through the mouth several times. Relax your body. Start with your eyes, soften them as you relax. Relax your face muscles. Make sure your jaw muscle is relaxed. Now lower your shoulders. Relax your hands in your lap. Relax your torso, your legs and make sure your feet are comfortable and relaxed.

Focus on your breathing wherever you'd like—at your nostrils, lungs or abdomen. If you have a thought, just release it and gently refocus on your breathing.

Concentrate on your breathing in the same way you've been mindful with a project or task. Remember how you were able to let the world around you dissolve. That's what you're trying to achieve when you meditate.

Try to practice every day for 5 minutes for a week. Some people like to meditate in the morning before starting their day. Others find that it helps them to relax at night before sleeping. Find a time that works for you and stick to it for a full week. Then decide if it is helping. If it's not working for you, well at least you tried! But if it helps, it may have a significant positive impact on your life. ■

Susan Kidd is a lawyer who tries to meditate every day.





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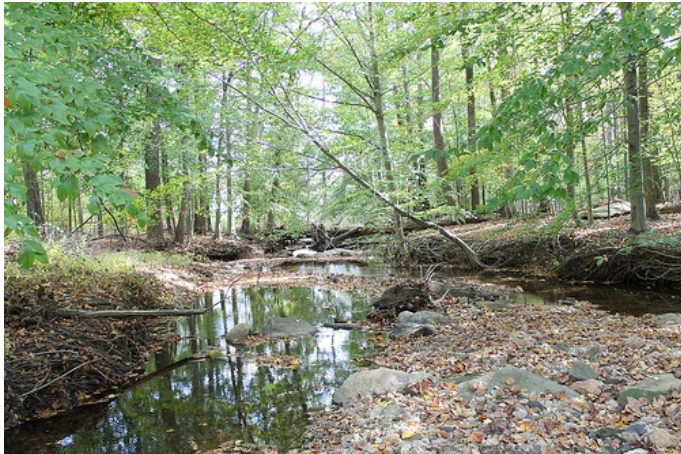


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AREA HIKING TRAILS

By Jane Jannotta



The DC Metro area is replete with wonderful hiking and walking trails. Over the last several years, my 85 year old mother and I have embarked on regular hikes, with the notion of trying new trails. The experience has been lovely—my mom and I spend time together, we (and my dog) get a nice work out, we’ve discovered nearby, unknown treasures we never knew existed, and we get to bathe in the healing balm of nature.

All you need are a good pair of walking/hiking shoes, an optional walking stick, warm layers for the chillier season, and a dose of curiosity. The rest is free and there for the taking: movement, beauty, wildlife, fun.

What follows is a list of a few of our favorites. **Grab your hiking boots, and hit the trail!**

1. Sligo Creek Trail (Silver Spring) A beautiful paved trail in our own backyards! Its winding, wooded path is a favorite among joggers, bikers, walkers, strollers, dogs. It’s over 10 miles long, starting in Wheaton and ending in Hyattsville. A nice nearby stretch is to start where Brunett Road and Sligo Creek Parkway intersect, walk to University Blvd., and circle back. Total walking time: 1.5 hours. Another idea: go off the beaten path and explore some of the trailheads that lead to nearby neighborhoods.

2. Paint Branch Trail (Silver Spring)

Head to Randolph Road just west of Route 29 and look for Pilgrim Hill Local Park on the left or Valley Mill Special Park on the right. Park at either one and enjoy the wooded and mostly shaded trail that follows the

creek and traverses under the road. This trail has a few modest hills to climb. Heading north leads to Fairland Road; heading south leads to Martin Luther King Jr. Recreational Park. Very nice. Length: 3 miles.

3. Northwest Branch/Rachel Carson Trails (Silver Spring)

An absolute treasure just a mile or so from South Four Corners. Nestled in a thick wooded area, the NW Branch stream is flanked on either side by residential neighborhoods. But you would never know it—just a few steps in, and it feels as if you’re in the middle of nowhere. Even suburban noise—traffic, construction—fades away. On the west side of the stream is the NW Branch Trail. A nice section close to our neighborhood is a 3.5 mile stretch from Colesville Road near Burnt Mills Dam (across from Trader Joe’s) to Wheaton Regional Park. It follows the stream, meandering around tributaries, large rocks and brush. On the east side is the Rachel Carson Trail. This side is more rustic and hilly, and feels even more wilderness-like. For the adventurous, a fun loop to try is to do both trails. Start at the dam, head north along the trail on the east side until you come to a bridge that crosses over the stream. Continue on the west side heading south, eventually finding yourself back at the dam. (This requires walking along busy Colesville Road a little bit to get back to the dam.) About 3 hours.

South of Colesville Road, adjacent to Trader Joe’s, the trail enters the Fall Line, a transition area between the northern Piedmont Plateau and the lower Coastal Plain. Here you’ll find a magnificent display of large boulders and mini-rapids, seemingly out of nowhere, that follow the stream for a quarter mile or so. Not to be missed! (My dog’s personal favorite.) The trail then continues south into Prince Georges County.

4. Lake Needwood Trail (Rockville)

Head north to Lake Needwood and walk around the entire 75 acre lake, starting at the boat house and going counterclockwise. This is a nice, flat, even trek, with one caveat: the trail ends at Needwood Road, so you do have to walk along the busy road for a little bit. The trail then picks up on the other, more-rustic side, and continues around.

5. Valley Trail loop, Rock Creek Park (DC)

The 5.5 mile Valley Trail starts at the MD/DC border just east of Meadowbrook Park and meanders south along the creek (and sometimes along Beach Drive), ending north of the National Zoo. A less ambitious and beautiful loop to try starts at Holly and 16th Streets. Park on Holly, cross 16th, and there you’ll find the trailhead. The trail makes a sharp left and continues downhill to Rock Creek, follows the creek north a bit, and then loops back, heading up a fairly steep hill back to the trailhead. Total walking time: less than an hour. ■

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Opening Doors

MEET NEIGHBOR, JENNY CANNON



1. How long have you been a resident of South Four Corners? We have lived here for 5 years.

2. What do you do? I'm a wife, a parent and a United Methodist pastor serving a church in Bethesda.

3. What makes you special? I don't know if I would call them special but here are some things that are important to me. I'm a person of faith (a Christian) and I believe in living with compassion, kindness and humility toward all. I value honesty, courage, thoughtfulness and a willingness to learn from one another.

4. What brings you joy? I find joy in spending time with my family and friends, playing baseball in the front yard, reading stories with my kids, taking walks, late night popcorn and sitting in our swing enjoying our wonderful neighborhood.

5. What are the strengths and challenges of being who you are? I love people, so I enjoy conversation but can sometimes become a people pleaser. I tend to talk and think and move at a very fast pace and try to work on slowing down

and enjoying the moment.

6. In your opinion, what can we do to be a more inclusive community? Being an inclusive community is so important and also can be hard to put into practice. I believe that listening goes a long way toward helping us know and care for one another. I think sharing our stories helps us to learn from each other and to cultivate patience and grace with the things we find more challenging or disorienting about living together. I believe human beings are meant to be in communities and are better off when we strive to be inclusive, open and welcoming in our relationships.

7. Share with us a quote that inspires you. What does it mean to you? *"All shall be well and all shall be well and all manner of things shall be well."* 14th Century Christian mystic Julian of Norwich. To me this quote helps capture the big picture, so even when I'm stressed out or anxious about the state of the world, this quote grounds me in my faith and gives me hope.

The idea for an Opening Doors column was born during the first meeting of the Diversity and Inclusion Committee. In each newsletter, we will "open the door" to a new neighbor's life experience, helping each of us develop greater insight into the lives, challenges and aspirations of members of our diverse community. If you are interested in being featured please email Sandra Gutiérrez at sandra.n.gutierrez@gmail.com

Advocacy

ANOTHER IMPORTANT ROAD ISSUE

Governor Hogan has announced that the State Highway Administration is working with the idea of putting Managed Lanes (another name for toll lanes) on the Beltway and eventually up 270, adding two lanes in each direction. He proposes that a private firm would build the lanes and collect the fees. Not only would the Beltway become twelve lanes, but the toll lanes would require special restricted entrance and exit ramps at several intersections. Parks, schools, houses, churches and perhaps a hospital are all in the way. In July, the State will give presentations in our area about the environmental and property impacts of several alternatives. Watch for the announcement of these Show-and-Tell sessions, and do go to see what is involved.

Submitted by Karen Michels

Upcoming Events

NATIONAL NIGHT OUT



Park on Forest Glen Road.

Tuesday, August 7, 2018
7-8pm

Meet our local police officers, firefighters, and emergency personnel!
South Four Corners

COMMUNITY DAY

Celebrate our community this fall (date TBD) with food, music, friends and fun activities for all! **Schweinhaut Community Center**. To get involved, email Earl Shoop at eshoop@verizon.net.



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