

The Echo

The Newsletter of the Randolph Civic Association and Randolph Civic Foundation

Volume 52, Issue 8

June/July/August 2009

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Planning Board Stands Up for RCA

Rocking Horse Center to be named as location for new elementary school; New MARC station also in the works

by Dan Hoffman, RCA Vice President

In a major turn of events for the communities represented by the RCA, the Montgomery County Planning Board has voted against planning staff recommendations and identified Rocking Horse Center as the potential site for a new elementary school in the White Flint Sector Plan. The Board then again went against staff recommendations and identified Nicholson Court as the location for a new MARC station that would serve Randolph Hills with improved commuter rail service. Commissioner Joe Alfandre cast the final and deciding vote with Commissioners Jean Cryor and Amy Presley to name Rocking Horse the location in a 3-2 vote. The selection of the site for the MARC station passed by unanimous vote.

Both these developments signal a shift in the attention and recognition RCA has received in recent years. After losing the recreation center in Randolph Hills park and having to struggle with the county to get improvements and recognition, this could represent a change in direction. The RCA Board has been fighting to get the needed improvements in this sector plan, starting with a new school and a new MARC station. This is a

(continued on page 4)

Upcoming Events

RCA General Meeting

Thursday, June 4, 2009, 8:00 p.m.

Guest Speaker: Dr. John Hench, Planning Division Chief for the Department of Parks, will address the community about possible improvements to Randolph Hills Park, including installation of a Dog Park.

- Election of RCA Officers for 2009-2010 •

Have a Great Summer!

Meetings are held on the **first Thursday of every month at 8 p.m.**, except January, July, and August, at the Veirs Mill Rec Center, 4425 Garrett Park Road. Usually, we alternate between General and Executive meetings.

All are welcome at every meeting.

President's Message

by Matt Tifford, RCA President

Well, it's been a wild and exciting year in the RCA, and it sure is great to end on such a high note. As you will read elsewhere in this issue, we have a newly improved park, and the exciting possibility of getting our elementary school back. According to the Planning Board, we are now a relevant, though unofficial part of the White Flint Sector. We have impressed the Department of Parks with our enthusiasm and desire for improvements to our local parkland, and can expect many more exciting things in the next couple years. In particular, we now have the very real possibility of getting a Dog Park and a Picnic Shelter at Randolph Hills Park. Our guest speaker, John Hench, will address these possibilities at the upcoming June meeting. We need to show our support, so please plan on attending. At this same meeting, we will be planning the way forward in the effort to get our

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RCA Executive Committee for 2008-2009

OFFICERS

President

Matt Tifford
11235 Ashley Drive
301-770-4377

Vice President

Dan Hoffman
4602 Wilwyn Way
301-938-7494

2nd Vice President

Chad Salganik
4818 Mori Drive
202-359-6158

Secretary

Angelee Marques
4704 Creek Shore Drive
301-984-7514

Treasurer

Lauren Lehman
12116 Otis Drive
240-221-3410

Directors

Kevin Kline
4808 Randolph Road
301-230-1486

Frank Shore
11230 Troy Road
301-468-1225

Matthew Shore
11230 Troy Road
301-468-1225

COMMITTEE CHAIRS

Echo Editor

Eileen White
11225 Ashley Drive
301-984-2579

Echo Advertising

Kendra Fletcher
12109 Galena Road
703-863-0906

Membership

John Kehoe
4814 Red Fox Road
301-231-4933

Environment

Matt Tifford
11235 Ashley Drive
301-770-4377

COMMITTEE CHAIRS

(continued)

Education

George Gadbois
4718 Topping Road
301-770-5386

Yard Sale Signs

Lorena Segura
4802 Macon Road
301-984-8727

Randolph Civic Webmaster

Karen Helfert
11429 Ashley Drive
301-468-0236

COMMUNITY AFFAIRS

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Dave Talbott
12104 Foley Street
Silver Spring, MD 20902
301-933-0048

Cub Master, Pack 1081

Sandra Kimball
13504 Coachlamp Lane
Silver Spring, MD 20906
301-603-9078

Scout Liaison

Frank Rossomondo
15133 Vantage Hill Road
Silver Spring, MD 20906
301-598-5772

Scout Unit Commissioner

Mike Saunders
12107 Hunters Lane
301-468-9268

Brownie Leader, Troop 1028

Leora Hernandez
11814 Dewey Road
Silver Spring, MD 20906
301-933-0460

Girl Scout Leader, Troop 2138

Deanne Marino
11129 Schuylkill Road
301-560-4840

COMMUNITY ORGANIZATION DELEGATES

Montgomery County Civic Federation:

Kevin Kline, Matthew Shore, Eileen White, Richard Zierdt
www.montgomerycivic.org

North Bethesda Congress: Matthew Shore, Richard Zierdt

MUNICIPAL AREAS FOR RCA

County Council District 1 (representing all of RCA):

Councilman: Roger Berliner 240-777-7828
email: Councilmember.berliner@montgomerycountymd.gov
Mr. Berliner's aides: Cindy Gibson, Lou D'Ovidio, Miti Figueredo, Susan Buffone, Julie Genn, Chad Bolt

Councilmember: Nancy Floreen 240-777-7959
email: Councilmember.floreen@montgomerycountymd.gov
Ms. Floreen's aides: Merle Steiner, Joyce McCaffrey, Jocelyn Rawat

General County Council Offices: 240-777-7900

County Executive: Ike Leggett 240-777-2500

Montgomery County Public Schools: 301-279-3000

School Board Offices: 301-279-3617

School System Information: 301-279-3391

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(representing all of RCA):

Ms. Patricia O'Neill 301-320-7600

Maryland Legislative District 18 (representing all of RCA):

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Delegates: Ana Sol Gutierrez 301-858-3181

Al Carr 301-858-3638

Jeffrey Waldstreicher 301-858-3130

Maryland General Assembly Website: <http://mlis.state.md.us>

Montgomery County Delegation Office:

All Senators & Delegates: 301-858-3010

U.S. Congressional District 8:

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email: chris.vanhollen@mail.house.gov

U.S. Senate:

Barbara Mikulski 202-224-4654

Benjamin Cardin 202-224-4524

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Office of the Governor

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410-974-3591

governor@gov.state.md.us www.gov.state.md.us



RCA Telephone Number: 301-881-2722 (881-2RCA).

Recorded announcements of community events, 24 hours a day. Callers may leave messages.

Membership in the RCA is \$10.00 per year.

The *Echo* is the official publication of the Randolph Civic Association, Inc., P.O. Box 2202, North Bethesda, Maryland 20852. The *Echo* is published 8 times a year and distributed free to all residents of Franklin Park, Hilltop Square, Montrose Park, Randolph Hills, Randolph Farms, and Westminster. Deadline for submission of articles varies; the next deadline is noted in each issue. Copy should be sent to the Editor, Eileen White, 11225 Ashley Drive, North Bethesda, Maryland 20852, 301-984-2579, email eeewhitedesign@comcast.net.

The Randolph Civic Association was formed in 1955 and incorporated in 1958. As stated in the original Articles of Incorporation, the purposes of the RCA are "to stimulate interest in all community problems and improvements that will better the general welfare of the community [and] to pay strict attention to any attempt to lessen the value of property within its borders..."

Web site: www.randolphcivic.org



Senator Frank Shore does the honors at the ribbon-cutting ceremony at Waverly-Schuylkill Park. From left to right: Senator Richard Madaleno, Senator Frank Shore, RCA President Matt Tifford, Department of Parks Project Manager Andy Frank, and Mayor Chris Keller of Garrett Park. And a bunch of great kids. Photo by Dean Evangelista.

Waverly-Schuylkill Park Ribbon Cutting Celebration *by Matt Tifford*

On Saturday, May 2nd, the RCA and the M-NCPPC Department of Parks held a lively celebration of our newly improved park. The \$400,000 streambed restoration project that we were celebrating was a first for Montgomery County, and represents an ecologically friendly sea-change in the manner in which the county deals with storm runoff erosion problems.

What's more, our event was a tribute to how a community can come together to save greenspace. This park is a culmination of 50 years of community efforts to prevent the land from being paved over, getting the county to acquire the land, and finally making it into a beautiful destination for our residents. Along the way this park survived plans to make it a continuation of Garrett Park Road, a community swimming pool, a parking lot, and an industrial storage building complex. More recently, a developer tried to turn the wooded section near the railroad into a collection of upscale homes. However, due to the tireless efforts of Frank Shore and other RCA residents, the county purchased the land, installed the lighted path, bridge, and benches, and finally transformed an

eroded, weed-filled creek into a stunningly beautiful nature preserve.

The celebration itself was a reflection of our community's ability to make something out of nothing. With no starting budget, we raised \$150 from Sam's Club, Harris Teeter, Trader Joe's, and Safeway to provide free refreshments, and put together the talent of our community which included resident Bob Walker playing his Organ Grinder, my own cello students performing duets, our resident magician Mark Phillips of Thin Air Productions doing his magic show, and face painting by a member of Girl Scout Troop 2138.

The Department of Parks Media Relations Manager, Kelli Holsendolph, provided tents, a PA system, and mounted police. Doug Redmond, the staff biologist, brought tadpoles for kids to release into the ponds. Speakers included M-NCPPC Engineer Andy Frank, and Senator Richard Madaleno Jr.

The event was a great success, we look forward to more like it in the future! ■

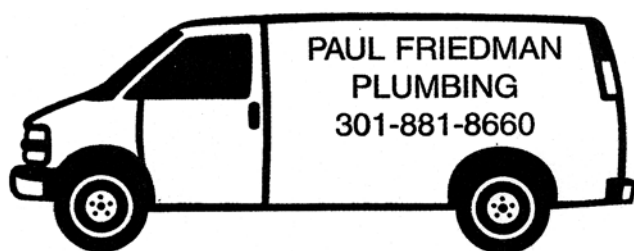
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Planning Board Stands Up for RCA

(continued from page 1)

major first step. Previously the RCA Board had voted to formally support Nicholson Court as the new MARC location and the re-opening of Rocking Horse Center as an elementary school serving our community. The RCA has also had a representative working on the Planning Board steering committee for the White Flint Sector Plan for over two years now.

The sector plan, once complete, will go to the County Council for approval. Both the new school and MARC station face potential challenges moving forward. The MARC station must still clear hurdles with state authorities and CSX, while the school site must be addressed by the Montgomery County School Board, who may not look kindly on the possibility of shifting school boundaries. Still, members of the RCA Board are hopeful after beginning to build good relationships with County Council representative Roger Berliner and beginning a dialog with new School Board representative Laura Berthiaume.

The next several stages of the White Flint Sector Plan process and moving forward on a new school will require an increased level of involvement from the community. I encourage all of you reading this to attend the June RCA meeting, and if possible volunteer to help out. We have much to do, but are on the verge making some tremendous improvements to our community. We hope you can be a part of it! ■

President's Message

(continued from page 1)

elementary school re-opened. While we have had an enormous victory, the battle is not yet over, and we will need your help if we are going to prevail. Another encouraging development has been this year's steady growth in our Yahoo group membership, which is quickly becoming a great vehicle for getting information out to residents, and for making connections in the community. Our hope is eventually to have all 1430 homes signed up, so please, log on to this website and join, you won't regret it:

<http://groups.yahoo.com/group/randolphca/>

Finally, if you are not yet a paid member, please consider joining. We will have our big membership drive in the Fall; however, you can send in your \$10 now and your membership will carry through the 2009-2010 RCA calendar year. Your contribution is essential to making sure we continue to be able to publish the *Echo*, maintain the website, and offer community events throughout the year. Not only are these of benefit to the community, but they are a primary reason why we are able to wield enough political influence to effect the positive changes that you are witnessing. We're on a roll, let's keep it going! ■

Good Parkers Make Good Neighbors

by Kathy Smith, Randolph Hills Resident

One evening last week I came home late, only to find three cars parked in front of my house with no place left for me to park. I didn't want to park in one of the few spaces in front of my neighbors' houses, as they generally need those spaces for their own cars. And I didn't want to park half a block away, where I couldn't keep an eye on my car. What could I do? I resorted to the unsatisfactory solution of parking at the end of my own driveway (my husband's car was already in the driveway), thereby illegally blocking the sidewalk. But I was angry. We have two cars. Many of our neighbors have three, four, even five cars. Do they have a right to park in front of my house and leave me nowhere to go?

Well, technically yes. It's a public street, and they can park there if they want. But is this neighborly or polite? No, of course not. I like to think that my neighbors, all of them nice people, are courteous enough to leave me at least one space in front of my own house, preferably the one closest to the driveway, just as I am careful not to park in front of their houses and instruct my guests to do likewise.

Of course there will always be special times when you or your guests need to park somewhere other than in front of your own house. I'm not talking about those occasions; I'm talking about habitually parking in front of your neighbor's house. It's important, and just plain polite, to be respectful of your neighbor's parking needs. Everyone should be able to park in front of their own house. This is especially important with the rash of car break-ins the neighborhood has experienced recently; we all need to keep an eye on our cars. For me, being forced to park at the end of my driveway, across the sidewalk, is not ok. Not only is this illegal, it presents a real problem for walkers and folks with strollers.

RCA-land is a nice community with nice people. In the course of our busy days, it's easy to lose sight of the fact that your actions may be inconveniencing others. Just a reminder to think about your neighbors, and exercise the golden rule.

Note from RCA President Matt Tifford: One subject about which we probably get more calls than any other is that of people parking in front of their neighbor's homes. Now, the RCA does not have any authority on this issue. However, it should be noted that it is against the law to park a vehicle in front of another person's property for more than 24 hours. It seems silly that there would even need to be a law about this. No one wants to look out their front window at someone else's work van every morning. The RCA would like to issue a plea for people to try and be considerate toward their neighbors when parking their vehicles. Please keep your vehicles in front of your own property. If you have more vehicles than you have space, then consider asking a neighbor if there is somewhere you can park which won't cause a problem. ■

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DENTIST

Minutes of the May RCA Executive Meeting

RCA Celebrates Momentous School Win; Two Outstanding Neighborhood Events Commemorated

by Angelee Marques, RCA Secretary

May 7, 2009

The meeting began with Chad Salganik, 2nd Vice President, welcoming everyone in attendance on behalf of RCA President Matt Tifford, as Matt was expected to arrive late.

The agenda for the evening was:

1. Approval of April Meeting Minutes
2. Treasurer's Report
3. Old Business
4. New Business

1. Approval of April Meeting Minutes

Kevin Kline, RCA Director, raised a motion for approval of the April RCA General Meeting Minutes; the group unanimously approved.

2. Treasurer's Report

Lauren Lehman was absent from the meeting and as such, the RCA Board motioned to pass the Treasurer's Report per

the April *Echo*, as printed. The motion was passed by unanimous voice vote.

Attention RCA Residents! A Friendly Reminder to please send your \$10 Membership Dues to John Kehoe, RCA Membership Chair, at 4814 Red Fox Road, North Bethesda, MD 20852.

3. Old Business

A. White Flint Sector Plan-Rocking Horse Center

Dan Hoffman, RCA 1st Vice President and representative to the White Flint Planning Board, was unable to attend the meeting. In his absence, Chad Salganik provided the group with a brief review of the latest news on the RCA's effort to have the Rocking Horse Center named as "the recommended" location for the WFSP's new elementary school. As many may have seen from the recent publication of the Gazette, the RCA has succeeded in having our location be named the top choice by the WFS Planning Board. The Rocking Horse Center is a logical choice for the Board for



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many reasons: it is equal, if not closer, in distance to the center of the WFSP, than other contending locations, it is triple the lot size (18 acres versus the second choice location of 6 acres) and it is already in place and although most likely needs some renovation, does not require a completely new building.

This great success was won in great part by the extraordinary efforts of Dan Hoffman. Dan has tirelessly worked to educate and lobby the WFS Planning Board, taking off countless days from his own job, to testify and discuss the benefits of the RCA's location for the WFSP's new elementary school.

Although this success is great, and should be celebrated, the RCA has two great hurdles to pass before the conversion of the Rocking Horse Center would take place: the County Council and Montgomery County Public Schools, both of whom must approve the WFS Planning Board's recommendations. The WFS Planning Board recognizes the RCA as a key stakeholder in the WFSP's success, but the RCA must continue to lobby the County Council and MCPS to show the strong influence and diversity our neighborhood brings to the larger community.

If you are able to assist in the effort to re-open the Rocking Horse Center as an elementary school, please reach out to Matt Tifford or any of the RCA Board members – we need to continue to grow our volunteer network!

B. Grand Re-Opening of Waverly-Schuylkill Park

Chad Salganik provided a recap of the recent RCA celebratory event marking the grand re-opening of the Waverly-Schuylkill Park. On Saturday, May 2nd, the RCA Board, along with Montgomery County Parks (MCP), hosted an event for the neighborhood and broader community, to debut the renovation of the park's stream-bed into the County's first "step-pool" design. RCA President Matt Tifford, along with Senator Richard Madaleno, former Senator (and long time RCA Resident) Frank Shore and the project manager from MCP in charge of the project, Andy Franks, each spoke on the importance of the park and its renovation and impact on the community.

The event, organized primarily by Matt Tifford, was superb! A great number of RCA'ers and residents of local communities came out to enjoy the event's entertainment: a Magician, Face Painting, an Organ Grinder, Park Police on horseback, cello duets, refreshments and the release of tadpoles into the stream bed by the children in attendance.

Please visit the RCA website for photos of the event:
www.randolphcivic.org.

The RCA would like to extend a great thank-you to all involved in planning and executing the event and for its sponsors: Bob Walker, Mark Phillips of Thin Air Productions, Girl Scout Troop 2138, Sam's Club, Harris Teeter, Trader Joe's and Safeway.

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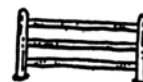
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May RCA Executive Meeting Minutes

(continued from page 7)

C. RCA Yard Sale

Kevin Kline, RCA Director and project manager for the RCA Yard Sale, provided an update on the recent event. On Saturday, May 2nd from 8am-1pm, the RCA hosted a community yard sale at Loehmann's Plaza. The popular bi-annual event was well attended and somewhat spared from the morning's rainy weather!

The RCA will host its second yard sale in the fall. Watch the Echo and the RCA list-serv for information on dates and details.

D. Membership Drive

Matt Tifford reminded the group that the RCA will begin its annual membership drive in September. The goal of the incoming RCA Board will be to document the procedures and process for the membership drive during the summer months.

E. Flower Bulbs

Karen Helfert, RCA webmaster and educated gardener, provided an overview of her research into the RCA flower bulb buy (done in conjunction with the yearly membership drive). Karen had been tasked to look into alternative options for the

annual bulb program as interest in, and purchasing of the bulbs, had dwindled in recent years. Karen's initial research and experience with local garden clubs concluded that the RCA should research working with an alternate vendor. At the request of the Board, Karen will continue to look into options with hopes to make changes in time for the fall membership drive.

4. New Business

A. Nomination of Candidates for the 2009-2010 RCA Board

In follow-up to last month's call for candidates for the RCA Board, President Matt Tifford thanked all for volunteering their time for RCA positions and named the 2009-2010 slate of candidates:

President - Matt Tifford
1st Vice President - Dan Hoffman
2nd Vice President - Chad Salganik
Treasurer - Nick Kreisle
Secretary - Angelee Marques

The slate of candidates will be voted on and will take office at the June General Meeting.

B. Concessions for the RCA Yard Sale

George Gadbois raised the topic of concessions for the RCA Yard Sale. For many prior years, the Boy Scouts have been



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sponsored by the RCA to hold concessions at the bi-annual RCA Yard Sales. With the passing of the recent spring yard sale, the question of if this concession arrangement would remain in place arose. George strongly suggested to the RCA Board that a formal concessions plan be made and communicated to all interested purveyors of concessions to avoid any confusion in the future. The Board will work to design a plan for the June meeting.

C. Advertising Update

RCA Advertising Director Kendra Fletcher provided an update of recent changes to *Echo* Advertising: the rates for all advertisers was recently raised by 15% (to cover increased operating expenses), an updated "Advertising Agreement" has been published, and Advertisers are now financially encouraged to receive their *Echo* via email.

Kendra was excited that the increase in advertising rates has not discouraged advertisers from using the *Echo*. The RCA Board was extremely pleased with Kendra's work and updates to the "Advertising Agreement." **Great Work Kendra!**

D. Budget

Kevin Kline provided the group with the opportunity to formulate the budget for the upcoming 2009-2010 fiscal year. Kevin handed out copies of past RCA check registers and budgets for assistance in determining appropriate values for income and expenses for the upcoming year. After discussion on all items, Kevin calculated values for each budgetary item and will provide the RCA Board with a copy of the updated budget for vote via email.

The meeting was adjourned at 10:18 pm. ■

RCA Treasurer's Report

by Lauren Lehman, CFA, RCA Treasurer

Editor's Note: Lauren was unable to submit the Treasurer's Report in time for this issue because she is busy having a baby. Congratulations, Lauren! This month's Treasurer's Report will be available on the RCA website. ■

Keep in touch with your neighbors!

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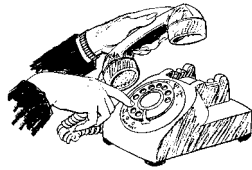
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Calls Received April 9, 2009 to
May 10, 2009



General Note: The RCA gets a lot of calls about code violations (untagged cars, tall grass, etc). Please note that phone numbers for agencies that handle such matters are published in the ECHO almost every month. You don't have to leave your name or phone number. The RCA is here to help everyone keep our neighborhood as orderly as possible, so please use these numbers. Please call the RCA as well. We appreciate knowing and learning about our community.

Below is a transcription of voicemail messages left on the RCA Hotline (301-881-2722) from April 9, 2009 to May 10, 2009. In addition, two e-mails are included that were sent to info@randolphcivic.org. This is another way to send a message. The Executive Board of the Randolph Civic Association reserves the right to edit the transcriptions for length and content but will not alter the essence or intention of the call.

Since the RCA Hotline is now using VoiceStick instead of Verizon, incoming telephone numbers now appear since caller id is an included option with no way to turn it off. If

*you wish your number to be private when you call, enter *67 before dialing 301-881-2722 and your number will remain anonymous.*

2009-04-09 (Thu) 9:54 am Anonymous. Caller doesn't appreciate someone going into her back yard and dumping trash in her compost bin. Caller thinks that people should put trash in their own trash bins. Caller also doesn't understand why people leave trash lying around to blow into other people's yards. Caller thinks it's getting very bad around here, and is disappointed by the way people don't take care of their yards. Caller doesn't understand how people think nowadays. Maybe they are trying to do something good, but if so, you don't put it in someone's compost bin, you put it in a trash can. As I said, I don't appreciate trespassers. Caller wonders if the civic association can do anything about it.

2009-04-011 (Sat) 8:46 am Not anonymous. Caller is concerned about the traffic in Randolph Hills. Last night, a child ran out into the street behind a parked car to get his ball. He did not look, and appeared to be about 7 years old. Fortunately there were no other cars, and I saw him immediately. His older sister was oblivious, and they also had a puppy who was not on a leash. Caller is so scared that there will be a tragedy soon. Caller has tried her best to get something done for over a year and has had no luck. Caller is tailgated on a daily basis, and had someone honk at her all the

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way down Schuylkill for driving the speed limit. Caller has been honked at for stopping at stop signs and red lights, and of course everyone knows about the speeding. Something must be done. Thank you.

2009-04-21 (Tue) 8:22 pm Anonymous. Caller would like to speak about the Yard Sale at Loehmann's Plaza. Other years it's been a lot of fun, but this year caller would like to make some money because of economic times. Caller is wondering if it might be possible to do a little bit of marketing to get as many people as possible to visit. Caller suggests using Craigslist and the Washington Post. Caller believes many people would appreciate it. Thanks very much.

2009-05-02 (Sat) 2:19 am Anonymous. Caller's neighbors who just moved in are having a party every night until 4 or 4:30 in the morning since they moved in. Caller is a single mom with two kids and doesn't know if she should call the police. Caller doesn't know what kind of people they are. The neighbors have had a party every night for the last 5 nights. Caller would like advice on what to do.

From info@randolphcivic.com:

2009-04-28 (Fri) 4:14 pm Just a comment – The amount of waste in this neighborhood is atrocious and just plain sad. Many of the items thrown on the curb have lots of life left and could certainly find a home somewhere else instead of going to rot in the dump. Finding a home for items that you are done with but have lots of life left in them isn't that hard. Try FreeCycle (Bethesda and Rockville - have groups): <http://www.freecycle.org/group/US/>

Craigslist: Post in Free stuff (in the for sale section)
<http://washingtondc.craigslist.org/mld/>

And if you don't feel comfortable with either of the above try a local charity like "A Wider Circle" which works to furnish homes for families in the Washington, D.C. metropolitan region. They can accommodate/need larger household items like furniture. <http://www.awidercircle.org/index-1.html>

2009-05-08 (Fri) 2:17 am Please remind residents of Randolph Hills that it is against the law to create noise from a loud lawnmower or other motorized equipment at 6:00 AM. On May 5, between 6:00 and 7:30 AM, someone on Patapsco Drive made loud noise from what probably was a lawnmower. It must have been 115xx because the grass has been freshly cut at that house. I was trying to sleep, but the noise made sleep impossible. Isn't there a law making it illegal to create that kind of noise before a specific time in the morning and after a specific time at night? Please remind Randolph Hills residents about this regulation. ■



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President's Pen

by George Gadbois, RCF President

As mentioned last year, on Memorial Day take a moment from Bar-B-Qs, family gatherings and the like, and contemplate the contributions of our fallen servicemen without which we would not be enjoying the freedom we have today. Make an effort to display your American flag on Memorial Day weekend, and remember to thank a veteran for their service.

This summer, in addition to vacations full of fun and relaxation, keep in mind opportunities to be mindful of your (and your family's) health and fitness. There are ways to eat right and exercise at every age. Most children up to age 18 normally get adequate exercise through school activities, sports and play. As long as they don't spend excessive time in front of the TV or video games, and eat a balanced diet devoid of too much fat or junk food, they generally get to adulthood fairly fit and in good health. After that, one needs to start putting more thought into staying healthy.

From age 18 to around 35 one is at their physical peak and needs to concentrate on building a foundation for later years. It is important at this age to stay loose by doing stretching exercises and avoid preventable injuries. A healthy diet can include fresh veggies, free-range (higher quality) meats, cold-water fish, nuts and fruits. Those folks age 35-50 are in the period where muscles will start declining and it is important to get into (or continue) a regular exercise routine. Whether it's jogging, swimming or biking, along with squats and bends, a 30-minute workout will help you stay fit. Fruits and vegetables are again highly recommended.

As we enter the 50-65 age range, the temptation or potential growing habit of a sedentary lifestyle is one's worst enemy. With a steady exercise program of hiking, biking or swimming, one can maintain as much as 90% of their muscle mass as when they were 20 or 30. Maintaining cardiovascular becomes paramount. Good nutrition with high fiber grain, fruits & veggies and moderation in "wild" meats and fish

will help covert stored body fat into energy. Those of us age 65 and up can extend life expectancy and independence by staying on the move and doing lots of walking. Hiking or daily neighborhood walks make all the difference. Getting antioxidants (berries) and avoiding free radicals (cooking oils) are important in one's diet along with what comes recommended by the family doctor or nutritionist.

Our schools are gearing up for their final exams, and various promotion and graduation ceremonies after a near-miss of having to close due to swine flu. High school seniors are attending proms and readying for a final send-off at DAR (for Wheaton and WJ). The other DCC high schools also have graduation at DAR (except Blair at Comcast) and the private high schools at various locations. Congratulations to all our graduating students! See articles elsewhere in this edition for progress toward reopening Rocking Horse Elementary School.

Have a safe and enjoyable summer and visit some local history while doing so. ■

Fitness information here came in part from Backpacker magazine, May 2009.

Keep in touch!

Keep up with what's happening in our area instantly. Learn about give-a-ways, lost pets, yard sales, etc. Share reports of local crime incidents, report suspicious activity.

Join the RCA email listserv at:
<http://www.randolphcivic.org/listserv/index.html>

RCF Executive Committee for 2008-2009

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301-770-5386

Secretary

Matt Tifford
11235 Ashley Drive
301-770-4377

Directors

Mike Saunders
12107 Hunters Lane
301-468-9268

Dan Hoffman
4602 Wilwyn Way
301-938-7494

The Randolph Civic Foundation originated in 1996. It was formed to provide educational and charitable services to the Randolph Community.

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4818 Mori Drive
202-359-6158

Treasurer

Richard Zierdt
4707 Coachway Drive
301-881-0283

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301-468-0236

RCF Web site:
www.RandolphCivicFoundation.org
Phone: 301-881-2722

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Troop 1083 News

by Dave Talbott, Scoutmaster

Scouts in Troop 1083 had a busy month including preparing bridging ceremonies to welcome our newest members. In April, Troop 1083 welcomed three second year Webelos from Pack 1081, and five second year Webelos from Pack 493. While the ceremonies were separate, each was rich with symbols, including drumming, fire, and traditional Native American dress. During the ceremony, each Scout walked across a bridge – a bridge that symbolizes the departure from Cub Scouts to Boy Scouts, and the beginning of their trail towards achieving the rank of Eagle Scout. We happily welcome these eight new boys and their families into our Troop.

Johnny Hilderbrand from Troop 1083 participated in the “Order of the Arrow” (OA) ordeal and induction ceremony in April. The OA is recognized as Scouting’s National Honor Society. Scouts are elected to OA by fellow scouts, and inductees must be approved by the Scoutmaster. The induction ceremony is the first step toward full membership. During this ceremony, candidates maintain complete silence, receive small amounts of food, work on camp improvement projects, and are required to sleep alone, apart from other campers, which teaches significant values. Congratulations! After becoming an “Arrowman” by completing the Order of the Arrow, a scout can apply the lessons learned through the ordeal to their life, thereby becoming a member of the “Brotherhood.”

In April, the Troop camped at Wye Island State Park on the Eastern Shore. The campsite was located on an island in the middle of Wye River and the scenery was breathtaking. The site provided an excellent location for practicing orienteering, exploring to identify native plants and looking for signs of wildlife. Each morning, the Scouts observed several water snakes as they slithered out onto downed trees in the cove to sun themselves. The Philmont 2011 Crew used the day

Saturday to hike and practice teamwork in preparation for their 2009 week at Lenhok’sin High Adventure camp. It was a great weekend at a new campsite for the Troop, and you can bet that we will be camping there again!

Several Scouts and leaders from the Troop are currently working on the hiking merit badge, which requires five 10-mile hikes and concludes with a 20-mile hike. Recently, they completed three hikes, including 10 miles at Riverbend Park at Great Falls, a DC metro hike to view the Cherry Blossoms, and a scramble up the Billy Goat Trail in a downpour.

Upcoming events include Whitewater Rafting and a weekend campout at Harper’s Ferry, our spring Court of Honor, a weekend campout at Assateague State Park, a weeklong summer camp at Camp Rodney, a weeklong Lenhok’sin High Adventure experience, and a weeklong campout at Olmstead-Goshen. If you are a boy who has finished the fifth grade you can join us. We meet Monday night at 7:30 at Viers Mill ES, or call Scoutmaster Dave Talbott at 301-933-0048. Check out the troop web page at www.troop1083.org. ■

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Venturing Crew 1083

by Andy Wood, Vice President Crew 1083

Our young crew is headed to Philmont Scout Ranch this summer. To prepare, we have scheduled and embarked on several shake-down hikes. Our most recent hike took place at Catoctin National Park during an especially windy weekend. After finally managing to pitch our tents against the merciless wind, we relaxed by the campfire and enjoyed dinner.

The next morning, we packed up all the gear that we had spent the better part of an hour trying to set up. We stuffed everything we had into our backpacks and began to hike. Before the day was through we had hiked 13 miles. It was an exhausting day, and we know we will be in for more just like it before we are ready for the unforgiving mountains in Philmont.

We would like to thank the community for all the support we have received over the past year and a half. We know we would never have been able to afford traveling across the country to Philmont without your generous donations. Venturing Crew 1083 is a coed organization for teens and young adults between the ages of 14 and 21. If you or someone you know is interested in joining our crew, please contact Ken Wood. A link to his email address can be found on our crew website: <http://www.troop1083.org/crew>. ■



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Open House

Saturdays and Sundays

Bike Adventures in Rock Creek Park

by Kendra Fletcher

I still remember the day I learned to ride a bike. My mom bought me a used bike at a yard sale and my dad was put in charge of helping me learn to ride it. He would run behind me while holding my seat to keep me steady as I rode back and forth on the street in front of our house. And then there was that moment when I realized he wasn't holding on anymore and I was riding on my own! I remember that distinct feeling of freedom and independence as I rode down the street with the wind blowing through my hair. Now it's 25 years later and I still love the special feeling that only riding a bike can offer.

In RCA-land, we are so fortunate to live on the edge of Rock Creek Park, which provides miles and miles of trails for bike riding and "wind in your hair" moments. My husband and

I have two favorite bike adventures that we enjoy during the warmer months of the year. One of our favorite rides is going north to Lake Needwood. From our house, it's a 6-mile ride each way so it takes us about an hour to get there at a leisurely pace. The ride is completely paved and goes through beautiful wooded areas and runs adjacent to Rock Creek at various points on the trail. Once you arrive, there's a sitting area that overlooks the lake where you can have a picnic lunch or a snack while you enjoy the view. Lake Needwood also has boat rentals, picnic areas, and other activities to enjoy.

Another great biking adventure is to ride about 9 miles south across East West Hwy to the Meadowbrook Riding Stables. This ride is also paved and goes through beautiful parks and wooded areas. The Meadowbrook Riding Stables allows visitors to come in to view and pet the horses in their stables. It's a great place to stop for a rest break before heading back home.

In addition to the two long rides we do, there are plenty of other destinations to enjoy in the park including children's playgrounds, soccer and baseball fields, basketball courts, and

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tennis courts. You can even get to the Kensington Park Library by riding through the park and turning onto Knowles Ave. towards Kensington.

Now that the weather is warm, tune up that bike, dust off the helmet, and feel what it's like to be a kid again. As you head out, here are a few tips to make your rides enjoyable. First of all, make sure your bike is tuned up, that the gears and brakes are working properly, and that the tire pressure is at the right level. Go on a few short rides first to make sure that your body and your bike are in good enough shape to handle the longer rides. Always wear a helmet and bring a water bottle, a cell phone, and a map if you are going to a new location. Lastly, remember to share the trails with your fellow neighbors who may be walking with strollers, small children, and pets. Slow down when approaching others on the trails to keep everyone safe and to ensure everyone can enjoy the park.

Maps of these rides can be found at:

http://www.mcparkandplanning.org/Parks/PPSD/ParkTrails/trails_MAPS/rock_creek.shtm

If that's too much to type, go to

www.mcparkandplanning.org. In the search box, type "Rock Creek Trails." Click on the first link for "Rock Creek Trails," which will bring you to a webpage where you can print a three page PDF map of the trail. ■

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By Jessica LaGuerre

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Plain As Sand

She has never been a beauty,
Luring suitors on command,
But she's kind; she's unassuming,
Sparkless, docile, plain as sand...

SEE PLAIN AS SAND, page 5

So Tired

I am so tired of hoping and caring,
Of loving and leaving and letting them go,
Of laughing, then crying,
Of singing, then sighing,
Of wondering how much of my heart I
should show...

SEE PLAIN AS SAND, page 10

We Can't Afford to Have a Child

There's no point in speculating
If he'll look like you or me.
We can't afford to have a child now,
Maybe next year. Wait and see...

SEE PLAIN AS SAND, page 53

Broke Jim

Poor Jim is as broke as a carnival monkey,
His wage just enough to buy food.
He can't go to the movies, or out with his
friends.

He just sits in his chair and he broods...

SEE PLAIN AS SAND, page 17

You Move Me

It's hard to resist the urge I have
To retaliate in kind.
Your attacks are swift, so cold, so neat
I nearly lose my mind...

SEE PLAIN AS SAND, page 22

Barren

"It's as natural as breathing."
"People have them everyday."
"Just be patient. He will bless you."
These are things that people say.
I wish they all would go away...

SEE PLAIN AS SAND, page 18

Someone Out There

How do we stand or walk or sit
To minimize the fatal chance
That someone hunting human flesh
May snatch all hope with gun and glance...

SEE PLAIN AS SAND, page 9

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Yard Work and Grass Mowing: Here's Your Help

Here's a list of boys and girls willing to perform leaf raking, grass mowing, snow shoveling, general yard work, etc. Negotiate cost and payment with each boy or girl.

Moses (Bubba) Hart 301-230-2740

Jennifer Moy 240-672-4921

Anthony Gadbois 301-770-5386

Gregory Gadbois 301-770-5386

David Santos 301-468-1756

Noelle Valenta 301-816-0293

(also available for babysitting and petsitting)



Important Phone Numbers



Police: Emergency ONLY	911
Police: Non-Emergency (County-wide)	301-279-8000
Police: Non-Emergency (Rockville Station)	240-773-6070
Park Police	301-949-3010
(for Randolph Hills and Waverly-Schuylkill Parks)	
Abandoned Cars (on private property)	240-777-3785
Abandoned Cars (on the street)	301-840-2454
Animal Control	240-773-5960
Building Permits	240-777-6200
Consumer Affairs	240-777-3636
Crisis Hotline (24 hours)	301-315-4000
Department of Natural Resources	800-442-0708
(wildlife nuisance problems)	
Disability Resources	240-777-1246
Fire Non-Emergency	240-777-0744
Housing Code Violations	240-777-3600
(for calls about tall grass, broken windows, trash in yard, etc.)	
Large Item Pick-up	240-777-6410
Libraries: Hours, etc.	240-777-0002
Telephone Reference	240-777-0001
Metrorail and Metrobus schedules & info.	202-637-7000
Montgomery County Humane Society	240-773-5960
Emergencies only	240-773-5900
Licensing Dept.	240-773-5946
Motor Vehicle Administration	1-800-950-1682
Office of Environmental Policy & Compliance	240-777-7700
(noise, burning leaves, hazardous materials, spilled/leaking motor oil)	
Parking Tickets	240-453-0113
Parks: Information & Permits	301-495-2525
PEPCO: Power Out	toll free 1-877-737-2662
Emergency/Life Threatening	202-872-3432
Post Office, Rollins Ave., Rockville	301-231-5973
Rat Control Unit (Health Dept.)	240-777-3986
RCA Hotline	301-881-2722
Recycling Info (www.mcrcycles.org)	240-777-6400
Recreation Information	240-777-6804
School Information	301-279-3391
Senior Citizens (Holiday Park)	240-777-4999
Street Light Out (metal poles)	240-777-2190
Street Light Out (wooden poles)	202-872-3432
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(to report traffic signals out, street sign damage, potholes, graffiti, etc.)	
Transit Information Center (www.dtwp.com)	240-777-7433
Trash Collection	240-777-6410
Tree Maintenance (ask for county arborist)	240-777-7623
Voter Registration	240-777-8500
Water and Sewer (WSSC)	301-206-8000
Weeds/Rubbish Complaints	240-777-6400



Randolph Hills, Randolph Farms, Franklin Park and Montrose Park Market Update...

<i>Address</i>	<i>List Price</i>	<i>Sold Price</i>	<i>DOM</i>	<i>Subsidy</i>	<i>Date Settled</i>
11430 Schuylkill Road	\$259,000	\$250,000	190	\$7,500	14-Jan-09
4808 Oxbow Road	\$334,950	\$318,000	18	\$0	20-Jan-09
11414 Grayling Lane	\$314,900	\$310,000	178	\$0	23-Jan-09
11901 Ashley Drive	\$289,000	\$294,000	9	\$0	27-Jan-09
4901 Boiling Brook Pkwy	\$299,000	\$258,000	49	\$10,350	09-Feb-09
12003 Galena Road	\$250,000	\$250,000	305	\$7,500	17-Feb-09
4602 Stoneleigh Court	\$256,900	\$270,000	15	\$5,000	27-Feb-09
4619 Creek Shore Drive	\$299,000	\$289,000	133	\$1,750	05-Mar-09
4819 Topping Road	\$350,000	\$330,000	7	\$0	31-Mar-09
11820 Old Drovers Way	\$349,900	\$331,500	36	\$0	31-Mar-09
11119 Rock Road	\$219,900	\$219,900	12	\$0	17-Apr-09
4806 Wilwyn Way	\$365,000	\$320,000	112	\$4,000	23-Apr-09
12000 Galena Road	\$250,000	\$245,000	6	\$0	27-Apr-09
4708 Topping Road	\$300,000	\$305,550	35	\$9,450	28-Apr-09
11828 Rocking Horse Rd.	\$349,900	\$338,000	3	\$3,500	30-Apr-09

Currently, there are only 6 listings on the market in these neighborhoods...

the average list price is \$309,991 and the average sold price is \$288,597.

The number of days on the market is down from 103 to 79.

Open Houses have been very busy... there are lots of first-time buyers looking and ready to buy.

Denise
Szczur

301-452-5544



Long and Foster Realtors

6000 Executive Boulevard, North Bethesda, MD 20852

(O) 301-468-0606 (C) 301-452-5544

Email: denise.szczur@longandfoster.com



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