

Parkwood

Residents Association Newsletter, Fall 2018

The next meeting of the PRA will be held on Monday, October 29 at 7:30 p.m.
All-Purpose Room of the Kensington Parkwood Elementary School

Topics: Report on the upgrading of the Kensington Parkwood Elementary School
And
Update on the multiple proposed developments in Kensington that will affect Parkwood

**PLEASE NOTE THAT THIS MEETING WILL BE HELD IN THE ALL-PURPOSE ROOM ON THE
LOWER LEVEL OF THE SCHOOL**

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*Who are these people and what are they singing?
You'll have to wait for the Winter newsletter, or
you could ask a Friend of Warner Circle*

FALL MEETING AGENDA

We have two important topics for our fall meeting. First, Candace Ross, the principal of the Kensington Parkwood Elementary School will talk with us about the recently completed expansion of the school and its impact on the students, teachers, and the community, as well as on the school's program. This issue's *Meet Your Neighbors* column focuses on Ms. Ross.

Second, we will have a presentation and discussion of several of the development projects that have been proposed for Kensington. These include 1) Kensington Manor, a senior housing facility on Knowles Avenue between Connecticut and Summit, 2) 19 Town Houses proposed for the corner of Knowles and Summit, 3) A storage facility proposed for the site of the former gas station on the southwest corner of Connecticut and Plyers Mill, and 4) A plan to relieve traffic congestion on Connecticut Avenue between Knowles and Plyers Mill; there are several proposed options, including the extension of Summit Avenue to DuPont or Farragut Avenue.

It promises to be an interesting and lively meeting. You won't want to miss it.

PLEASE NOTE THAT THIS MEETING WILL BE HELD IN THE KPES ALL-PURPOSE ROOM LOCATED ON THE LOWER LEVEL.

MEET YOUR NEIGHBOR

In this issue, we meet Candace Ross, principal of the Kensington Parkwood Elementary School (KPES). Although she lives in Silver Spring, she comes to Parkwood everyday of the school year, so she really is in fact our neighbor. Ms. Ross will join us at our fall meeting on October 29 to tell us about some of the major improvements to the school that have been made in the past two years and to share with us how the teachers and students are doing in their environment. I know you will enjoy meeting her. [The Editor]

Candace Ross, Kensington Parkwood Elementary School Principal

We are fortunate to live in a neighborhood with an excellent elementary school. As many residents – both those who have been here for a while and those who are newly arrived – can attest, Kensington Parkwood Elementary School (KPES) is a good place for kids.

Equally important, we are fortunate to have Candace Ross as the principal. Ms. Ross came to KPES in 2017 during a challenging time. Not only was this her first position as a principal, but she arrived when the school was still in the midst of a major physical upgrade necessitated by its growing enrollment that had required the installation of several temporary classrooms. This meant that during her first year, Ms. Ross not only had to get to know the teachers, the kids, and their parents, she also had to be the onsite project manager of the building's renewal. Although the MCPS central office provided essential support and guidance, she



still had to deal with hundreds of details and make a myriad of decisions regarding such things as the timing of construction events, how to minimize the impact of the construction on the Parkwood community, what furniture to deploy, and how best to keep the school day running smoothly for teachers and students. Due in no small measure to her commitment and her management skills, the expansion is now successfully completed, and she can resume wearing just one of her hats – that of principal.

Coming to Montgomery County

Candace Ross began her career teaching social studies at the high school level in Prince Georges County. Three years later she came to the Montgomery County Public School system

(MCPS). At that time the Takoma Park Middle school had just been rebuilt and was scheduled to be reopened. There had been a number of staff changes during this period, and she became a social studies teacher and also a 6th grade team leader at the school. Interestingly, of the group of teachers who were with her at Takoma Park, a number have moved on to higher level positions in the MCPS system. This is one of the reasons that Ms. Ross says that even though the county itself is large, there is an important closeness among many of the staff throughout the school system.

During her time at Takoma Park, MCPS began a staff development program that provided peer review and assistance for new and struggling teachers. Ms. Ross joined this program as a consulting teacher, working with teachers in schools all over the county who benefited from the support provided by experienced people such as herself. She felt she too learned a great deal by seeing the different teaching styles and management techniques in a variety of schools within MCPS, feeling the energy levels in the different classrooms, and seeing the wide range of kids in the county's system.

It was at about this time that the Loiederman Middle School, which focuses on the creative and performing arts as a part of the MCPS middle school magnet consortium, was opening. Ms. Ross had worked before with the principal of the school, who asked her to become the staff development teacher. This was her first experience opening a school, which meant that she had to learn how to do everything “from the ground up”, an experience that served her well when she came to KPES.

Becoming an Administrator

After Loiederman, she moved into administration full time, beginning with the job of assistant principal at Forest Oak Middle School in Gaithersburg, a position she held for 7 years. During her time at Forest Oak, she also entered the MCPS training program for future principals. This was an intensive experience of peer group meetings and training sessions with MCPS directors and veteran principals targeting those who wanted to eventually become principals themselves.

Always looking for opportunities to continue to develop and learn, she then moved to the elementary level, becoming assistant principal at Cannon Road Elementary School. This meant that she had worked at all levels of education, starting with high school, then on to middle school and finally ending up at elementary school.

From Cannon Road, Ms. Ross took the next step to becoming a principal by serving as the Principal Intern at the Glenallan Elementary School. In addition to “shadowing” that school's principal, she served as the acting principal for eight weeks while the principal went to another school to serve as a mentor there. After her year as a principal intern, she applied, along with others in her program, for various positions throughout the MCPS system and was appointed by the superintendent of MCPS to serve as the principal at KPES beginning in 2017.

KPES Strengths

When I asked her what she saw as the strengths and challenges at KPES she replied that “... the strengths are without a doubt the (surrounding) community and the sense of KPES being ‘our school’. I know the difference that that makes – whether it is because this is my 4th kid coming through KPES or my first and I have 3 more coming. I hear it so frequently. People make a concerted effort to buy homes in this community because of the school. That cohesiveness is good and is a real strength.” She also noted that “Our parents send us kids who are excited about school, engaged, and ready to jump in, so the teachers get positive responses from their work.”

She said that this is a strength that also encourages continuity within the teaching community. KPES is a professional development school and has a partnership with the University of Maryland. “This keeps the funnel of new teachers coming and exposes our own teachers to new ideas, questions about why, how do you deal with a particular problem, etc. A number of our teachers were part of this program and are now teachers here. At every grade level, the whole team or a large percentage of it, were in the College Park program.”

KPES Challenges

Of the challenges (she prefers the word “opportunities”), she noted the range of abilities of kids. “You have kids who have needs you have to address...you have to meet those needs with the resources you have. And the day is finite. Then you have county pressures around assessment, interpreting data...[so we have to determine how to]... make connections between data and what I am doing in the class.” This is a special focus of her “core team” (the principal, assistant principal, reading specialist and counselor) – and how that team can provide support by helping to make directives from the MCPS directors manageable for the teachers in their classrooms.

Regarding KPES and the much-discussed achievement gap in the MCPS system, “when we look at demographics, at all the pieces – across the board in literacy, [KPES is] very strong, ALL kids are very high – with 85-97% proficiency on county measures and ultimately state measures. Where we start to see gaps is in math. Not alarming gaps. But they are gaps. You might have a demographic at 85-90% but another demographic at 74%... There is diversity in how kids learn which is not necessarily racial. All these are nuances. As a teacher you want to be as inclusive as possible, so, yes, we look at ethnicity, but we also look at economics and learning needs. We have to understand kids’ learning needs and disabilities. Some are physical; some are ‘how my brain might work’. This is our equity work.”

The MCPS Curriculum 2.0 is another challenge/opportunity. Over the next year the county will roll out new curriculum materials. The Common Core itself is not changing, but the resources – including books, digital sources, etc. – will change. This means that while the content remains the same, the teachers will have to learn new tools for teaching it. Understandably, some parents have asked about these changes and want to know “...why is it taught that way now? I encourage them to talk to the teacher and not let homework become a contentious issue.”

On Being at KPES

“So here I am. Now everything ends here. I have to be reflective, I have to think through all the scenarios and what would benefit the kids. And how to communicate [my thoughts and decisions] to the kids and the parents. That guides me in all decisions, big or small.”

When Ms. Ross was an intern principal, she, along with the others in the program applied to become principals in a variety of different schools. In her words, they each wanted to be in a school that “fit” them. “It is a good process. It requires you to think about the school you want to serve and the school you want to support...[When I came to Kensington]...I knew I had a good fit!”

There are good reasons that Parkwood can be proud of its school and equally pleased that it has such a thoughtful and capable principal to lead it.

Some Other Things About Candace Ross

Candace Ross is a native of the District of Columbia.

She attended high school at the Academy of the Holy Names in Silver Spring until it closed in 1988 for financial reasons, just before her senior year. She finished high school at the District’s School Without Walls, which is located on the campus of George Washington University. It was, in her words, a “great experience”. The schedule allowed students to take classes at the school and local universities.

She attended Rutgers University in New Jersey, graduating with a degree in political science. She had always been interested in education, and she returned to DC to get a Master of Arts in Teaching degree at Trinity College. Coming full circle, her first teaching position took her back to her high school alma mater, the School Without Walls. This was a temporary position, however, and she soon joined the Prince George’s County school system as high school social studies teacher.

Candace Ross is the mother of two children. Her daughter attends the University of Maryland, majoring in business and plans to spend next semester abroad studying in Vienna, Austria. Her

son is 14 and an 8th grader at White Oak Middle School. He is an avid baseball player; she is the scorekeeper for his games.

She has been married for 26 years to her husband, who is a chef manager at CulinArts at the Universities of Shady Grove.

They live in Silver Spring.

Some Other Things You Might Want to Know [or Remember about KPES]

Kensington Elementary on Dietrich Avenue was closed and merged with Parkwood Elementary on Saul Road in 1982, becoming Kensington Parkwood Elementary School.

KPES is part of the Walter Johnson High School “cluster.” The cluster includes Ashburton, Wyngate, Luxmanor, and Garret Park elementary schools; Tilden and North Bethesda middle schools; and Walter Johnson High School.

KPES has about 660+ students. While it did not grow significantly last year, it did add a new third grade a week before school opened this September. School enrollment is growing in the county, and the Board of Education is taking steps to deal with the significant overcrowding at Walter Johnson.

KPES students are approximately 66-67% Caucasian. In order of size, the remaining ethnic groups at KPES as identified by MCPS are Hispanic, Multiracial, Asian, and African American. This differs from the diversity of students countywide, in which all minorities combined outnumber Caucasians.

At one time KPES was one of the county schools within the cluster designated to serve students with more intensive special needs. Over time, MCPS has replaced this approach with supports that allow students with special needs to be met in their neighborhood schools. This has meant that these students no longer have to “commute” to a designated school, but rather can attend their own local school.

DEVELOPMENT PROJECTS HERE OR COMING (PERHAPS)

“Kensington is popping”, as Maryland House Delegate Al Carr said when he testified recently before the Montgomery County Planning Board. He was referring to the number of development projects that are underway, proposed, or being talked about that could affect our community.

Kira Lueders, PRA president, has appointed a committee to track these projects and keep the association informed. The members of the committee are Gail Condrey, Jeff Griffith (chair), Clare Murphy, and Gerald Sharp. If you would like to join this committee, please contact Jeff.

At the PRA meeting on October 29 the committee will provide updates and lead a discussion of these projects and their possible impact on Parkwood.

The following is a list of the projects that the committee knows about, followed by a summary of their status.

- **Kensington Station.** Already being built at Knowles and Dietrich, west of Strosniders. Reportedly this will be a high-end craft beer and wine bar restaurant with 20-foot ceilings, space for live music and outdoor seating areas; in addition, there are plans for several other smaller commercial entities within the building. According to the Town of Kensington (ToK) website it is currently expected to be completed by the end of 2018.
- **Kensington Manor.** A housing project primarily designed for low-income seniors, it has the approval of the ToK Council. Based on comments previously received from the community, the developers revised their proposal by making it five stories instead of six and reducing the planned number of units from 123 to 94. This changed the ratio of parking spaces to units to 1:2. There is a pull off area (a lay-by) sufficient to hold an ambulance and, possibly, a fire engine as well as cabs, hail services, and visitor drop offs.



The Planning Board (PB) held a review meeting of the preliminary sketch plan on October 11. Almost 30 area residents submitted written comments to the board in advance of its meeting. In addition, Parkwood residents Kira Lueders and Liz Cummings, along with Delegate Al Carr, and residents of other neighborhoods testified at the session. The primary concerns raised at that meeting and in the written comments were about increased traffic, the adequacy of access to the building, and the safety of residents. Despite these issues, those testifying at the meeting said that they supported the goal of the project to provide more affordable housing for senior citizens. The Planning Board voted to approve the preliminary sketch of the proposal. There will be at least one more review by the Planning Board.

- **Town houses** (19) proposed for the land on the northeast corner of the intersection of Summit and Knowles. This is being done by the same developer who is building Kensington Station. It was presented at a Kensington Town meeting on September 27, which PRA committee member Clare Murphy attended. She reported that the town council appeared supportive of the project. When Clare raised the issue of additional traffic, the proposed Summit Avenue extension (not yet approved or funded) was suggested as the solution. Presumably the next step will be an initial review by the Planning Board.

- **Self-storage facility** to be proposed at the southeast corner of Connecticut Avenue and Plyers Mill Road, on the lot formerly occupied by a gas station (now occupied temporarily by a different commercial entity.) A public information meeting at the Kensington Town Hall has been scheduled for October 22.



- **Summit Avenue Extension.** This is a Montgomery County Department of Transportation (MCDOT) plan with several options to reroute traffic on Connecticut Avenue around the congestion between Knowles and Plyers Mill. Reviewed and commented on positively by the Planning Board (PB). The County Council has final approval of the project.



Connecticut Avenue, particularly between Knowles and Plyers Mill, is deemed a “failed intersection”, meaning it cannot efficiently accommodate the level of traffic that currently moves through it. Last year, the MCDOT proposed to study the option of extending Summit Avenue through to Farragut Avenue, thereby creating a means for passing around this intersection.

Based on comments received from the public and discussions with the ToK Council, MCDOT identified four long term options which it submitted to the Planning Board for review and comment: L1) The original proposal extending Summit to Farragut; L2) A second proposal extending Summit just to Dupont; L3) Adding lanes to Connecticut at the railroad bridge; and L4) Instead of extending Summit, creating dynamic lanes on Connecticut so

the AM rush hour south bound would have four lanes (and the north bound would have two); the PM rush hour would reverse this. They have also proposed several short-term solutions to provide more immediate relief.

On October 11, the Transportation and Environment (T&E) Committee of the County Council (CC) held a work session to review the Summit Extension proposal. The work session was the opportunity for Committee members and other interested Councilmembers to provide informal feedback to DOT as to whether to proceed to Phase II of facility planning with guidance as to which options to study. Phase II is the detailed planning stage that would produce the precise project scope and develop reliable estimates of cost and community and environmental impact. If the Phase II study goes forward according to the funding schedule in the current capital program, a Summit Avenue Extended Capital Improvements Program (CIP) project may be a candidate for inclusion in the FY21-26 CIP.

The T&E committee agreed that MCDOT should proceed with Phase II, focusing on options L1 and L2.

- **Solera Reserve Kensington** project is a proposed five-story independent, assisted, and memory care facility to be located at the former Mizell Lumber property at the intersection of Metropolitan Avenue and St. Paul. The facility will contain 135 units and incorporate the two existing historic buildings for retail/service use. There will be a one floor below-grade parking garage. A Kensington Town meeting in May 2018 supported the project. Further review by the Planning Board has been delayed until January 2019, although some think construction might begin in early in the year.

Next steps

The PRA committee will continue to track these projects and keep the community informed through the listserv and the newsletter. The county encourages residents to submit comments to the Planning Board, to the appropriate council committee, and to the council itself as these entities review these projects.

Recycling: Plastics Everywhere

Plastic recycling has been in the news lately. At the beginning of the year, China, the world's biggest importer of recycled materials, stopped importing virtually all recycled plastic. This was especially important, because China was buying \$24 billion worth of recycled materials a year, about a quarter of what is sold worldwide and about half of all recycled plastic. The reason for the change, as described by [Earth911](#), was that much of the recycled plastic being exported to China was highly contaminated, thus causing air and water quality problems. In January, China said "Enough!" Now that the major market for recycled plastic has closed, Western countries must rethink what they can do to generate less plastic waste.

Aside from economics and the lack of a market for recycled plastic, the major reason for reducing use of single-use plastic containers is the extensive environmental damage that plastic waste is causing. Plastic has been collecting in the oceans since production began in the 1950s, and the [United Nations Environment Programme](#) estimated in 2006 that each square mile of the ocean then contained more than 46,000 pieces of floating plastic with 8 million metric tons of plastics making their way into the ocean each year. According to a September 2018 article in the [Economist](#), fishermen in the Arabian Sea complain that they net four times more plastic than fish, and the "Great Pacific Garbage Patch", an Alaska-size area in the North Pacific Ocean, where currents channel all manner of flotsam, may contain 79,000 tons of plastic debris. "Simply put, the world's oceans are becoming a toxic soup of plastic and other debris, and all life is being negatively affected."

The main problem is that plastic doesn't biodegrade, although it does break down into smaller fragments that can be eaten by fish and seabirds. These pieces of plastic floating in the ocean are easily mistaken for food by seabirds, whales, dolphins and turtles. When plastic is ingested by these animals, it blocks their digestive tracts and gets lodged in their windpipes, cutting off or filling their stomach, which results in malnutrition, starvation and death. It also causes fatalities due to infection, drowning and entanglement. Photodegradation of plastic

continues to the molecular level, yet photodegraded plastic, no matter how minute the pieces, will always be plastic. Unlike naturally based paper or glass, it is not absorbed into or changed by natural processes — plastic never truly goes away. According to [Science Advances](#), as of 2015, approximately 6300 million metric tons of plastic waste had been generated world-wide, around 9% of which had been recycled, 12% was incinerated, and 79% was accumulated in landfills or the natural environment.

So the evidence is strong that we need to limit our use of plastic containers and other plastic items as much as possible, substituting biodegradable products made from paper, wood, and other plant-based products when possible. The question is, how do we go about doing this? Obviously, our government and lawmakers play a key role in encouraging people to change their behavior for the good of society as well as individuals. We depend on government to pass laws that protect everyone even though some people may object. For example, legislators recognized the dangers of second-hand smoking for non-smokers and banned smoking on planes, in restaurants, and in other places. Despite opposition by some smokers and cigarette manufacturers, these changes reduced smoking rates, led to fewer smoking-related deaths, and lowered disease rates in the U.S., especially among smokers but also among non-smokers.

Similarly, we depend on our legislators to pass laws that discourage people from buying products that are hard to recycle. A good example of this is the 5-cent tax on bags that Montgomery County passed a few years ago that was also initially opposed by some people. The result of the bag tax was an almost immediate shift by many grocery shoppers to bring their own cloth and other reusable bags to the stores or just to forgo using a bag at all and carry their purchases out of stores without a bag. And that small amount of added tax money per bag has amounted to some much larger sums that have gone to an environmentally sound idea: cleaning up the Anacostia River.

Plastic bag makers will probably lobby hard to stop the bag tax law from going statewide, because even if it is good for the environment and Maryland, it is

bad for corporate bottom lines. We can only hope that plastic bag manufacturers will not have much sway in Maryland, and that voters will support legislators who put the interests of their constituents above corporate interests. The bag tax is a proven success in Montgomery County and should go statewide. To make it more attractive to Maryland citizens living in areas other than Montgomery County, the small tax might be restricted just to plastic bags and not applied to paper bags; or it could be limited to grocery stores. That might at least make it more palatable to voters if not to plastic bag manufacturers.

This past September, when I visited Grand Teton National Park and Yellowstone National Park, I was surprised that my hotel room had biodegradable K-cups for its coffee brewing machine (Figure 1). I found out later that U.S. national parks had instituted rules six years ago to limit the use of plastic and non-renewable resources, rules which were recently [rescinded](#) by our current president.



Figure 1: Coffee brewing machine options.

Plastic K-cups (bottom right of photo) are not easy to recycle, and the aluminum Nespresso pods (top right), while theoretically recyclable, are difficult to recycle since you need to separate the grounds from their small aluminum holders. Biodegradable K-cup pods (two items on left of photo) were available last September in the National Parks under their no plastic mandate. But we will not be seeing these in our grocery stores, absent legislative change. Until this happens, one solution is to brew coffee the old-fashioned way using paper filters.

In the meantime, consumers can choose to buy a variety of products in biodegradable or readily

recyclable containers. I have outlined a few of these choices in the accompanying photos. Some of the ways to reduce use of single-use plastics include:

👉 Buy water and soft drinks in aluminum cans or use reusable water bottles. Figures 2-3.



Figure 2: Better choices for water and soda



Figure 3: Best choice

These aluminum cans of water on the right in Figure 2 have been used in U.S. National Parks because they are easier to recycle than plastic water bottles. Whole Foods sells water in biodegradable plant-based bottles, but they cost much more than the non-biodegradable versions. These would make the best substitute for plastic water bottles, but they are not likely to be available without legislation either forbidding single-use plastic water bottles like the National Parks mandate or a bottle bill that puts a deposit on plastic bottles that doesn't apply to biodegradable water bottles. Figure 3 shows an even better choice:

filling your own water bottle from one of those pitchers that filter water or from your refrigerator if it has a water filter.

👉 Buy juice, milk, and eggs in biodegradable containers. See Figures 4-6



Figure 4: Frozen juice containers

This one is really frustrating. We went for decades with the cardboard/metal version pictured at the top of the photo, which works just fine for the consumer and is biodegradable (and the metal can be recycled). And now some corporation has come out with the non-biodegradable, plastic version (bottom of photo) which has no conceivable benefit over the original. Best solution: shop in a grocery that still carries the old version.



Figure 5: Milk cartons: wax paper half gallons vs. plastic gallons.

Choosing the biodegradable version is preferable, but no paper gallon version is available, and the cost of two half-gallons is higher than the cost of a gallon. Costco does sell milk in three paper half-gallon bulk packs.



Figure 6: Egg cartons: the good and the bad.

Solution: find a grocery that sells eggs in cardboard containers. Don't buy eggs in Styrofoam boxes that can't be recycled.

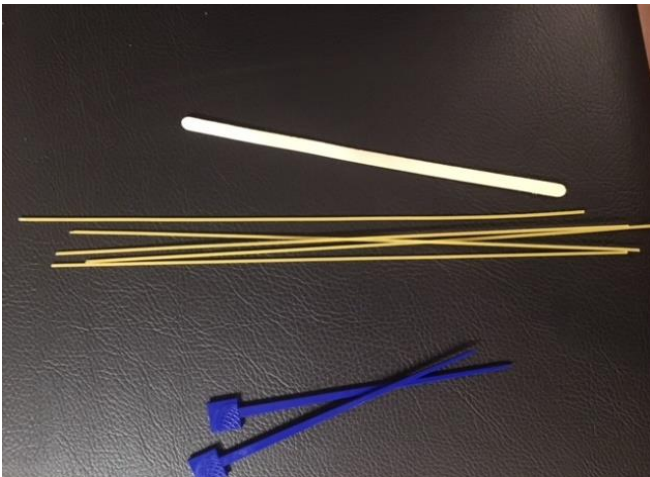


Figure 7: Drink stirrers

Wood, pasta or plastic? They all stir the same, but guess which version will still be around 100 years after you use it for 2 seconds to stir your coffee? If you don't want gluten molecules in your coffee, there's gluten-free pasta.

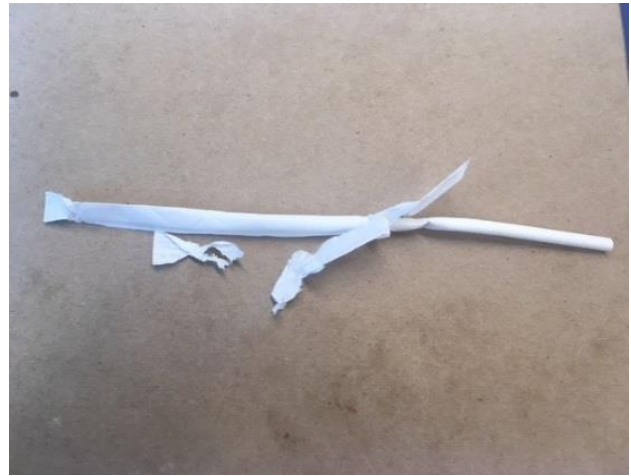


Figure 8: Straws

This is the paper version which is biodegradable and perfectly adequate to its task of moving fluids from a glass to your mouth. Why it was replaced with the ubiquitous plastic version, I know not, but many jurisdictions and companies are now banning them now. Plastic straws are particularly difficult to recycle, and they float, making them a hazard for sea life.

Some other suggestions:

- 👉 Avoid styrofoam takeout containers (ask the restaurant if they have cardboard boxes or support Chinese restaurants that use those cute white paper boxes for take-out)
- 👉 Use reusable dishes and cutlery for picnics and parties. See, for example, [this source](#).
- 👉 Compost as much of your waste as possible to reduce the use of plastic trash bags.
- 👉 Use recyclable aluminum foil to wrap leftovers rather than plastic storage bags

One more suggestion: if you are one of the future-minded citizens who think it is important to protect the environment for ourselves as well as for future generations, call or write your delegates to the Maryland legislature and tell them to extend the Montgomery County bag tax statewide and ban plastic straws.

Race Day: A Personal Report

[Editor's note. Every year Kensington sponsors a series of races -- an 8K, a 2-miler, and a 1 miler -- to benefit the local elementary, middle, and high schools. It is a worthwhile event that attracts families and runners of all sizes and shapes and conditions. Your editor decided to participate this year. Herewith his very personal report.]

I heard the rain on my windows at 5:30 am. Ugghh. I had signed up for the Kensington Race Day and was supposed to be at the starting line at 7:45 am. Couldn't I just go back to sleep? I paid my registration fee and even added a small donation. Did I really have to get up and run too? [That was lazy me.]

Yes. Your alarm will go off at 6:30. Go back to sleep. You will need it. Stop complaining. [That was a different me that sometimes shows up at the most inconvenient times.]

Because I had decided to walk instead of drive, I had to be out the door by 7:00. It was dark. There was nobody else on the street. Am I the only one doing this? If I find out that everyone else rolled over and stayed in bed, I am going to be...At least it is not raining now.

I turn the corner from Summit onto the sidewalk on Knowles moving toward Connecticut. There are a father and two kids ahead of me. The first people I have seen in 20 minutes. But it is promising. As we wait for the light, a few more people appear. Some even look like they might be going to run.

Ok, more good signs. There are people picking up their race bibs at the town hall. And there are more kids. Maybe this will actually happen. I get to the starting line at the Noyes Library. There is a small but enthusiastic crowd that appears to be growing larger. Maybe I will do this.

We wait edgily. My goal is simple: Just run the whole distance. Forget about time, forget about place, just run the whole way. If I make it, I promise myself a nice breakfast. I used to do this when I was younger, race that is. But that was a

lllooonnnnggg time ago. Today, I just want to run the whole way.

Blam!! What was that?? Oh, just the motorcycle cop kicking on his engine. Nothing like the sound of a gun to get the adrenaline flowing. I am going to need it. [Hey, I realize this is the real deal; we have a motorcycle cop clearing the way for us!]

Can't hear a thing the starter is saying, but I think he is running through the list of sponsors. Nice.

HONK!! There goes the horn and we are off. [Sounds more like the start of a sailing regatta.] Nervous energy and not wanting to be beaten in the first mile by the 10-year-olds next to me get me up the first hill, and then I am cruising downhill. This is easy, I think, until I remember that the course is a loop and so I will have to finish running up hill. Who designed this course, anyway? Don't they know there are old people in the group?



These kids are ENTHUSIASTIC!

The race day volunteers are good. They try to cheer us on by playing "Eye of the Tiger" from Rocky at the half-way point. I am inspired. But I can't run any faster. Little kids pass me. But that is OK. I just want to run the whole way. No stopping to rest; no walking.

Ahhh. We are nearing the final turns. Ooops. I forgot about the hills. Come on, you can do this. [Tell that little kid to slow down; doesn't he know this is a hill?]

Final turn. The finish line is in sight...looks 10 miles away. Can't be; the race is not that long, but somebody is surely moving the finish line further away as we get closer. Is that fair?



This is more my speed

As I said, it was fun for the whole family



And then we are across the finish line. Nice. Rest. Get some water. Fruit looks good; so do the half bagels. Wait awhile and you can have some. Nice buzz as families and friends find each other. Kids pile into the playground.

Were you there? I've decided to do this next year if it doesn't rain. I'll meet you there. It's for the schools – Kensington Parkwood ES, North Bethesda MS, Silver Creek MS, and Walter Johnson HS. It'll be good, even if it rains.

Of course, there were some SERIOUS runners



Labor Day Parade and Art Show

It was hot. It was humid. But it was fun. What can be better than a marching band on a holiday morning? Three marching bands! And a passel of kids in their scout uniforms. Our local fire department ambulance and truck along with some strange but fascinating looking groups in “interesting” costumes.

And all the politicians running for office, including the candidates for governor, County Executive, and County Council. Our Labor Day parade was one of the places they all showed up.

The high school bands were the bravest. Despite the heat, they stayed in perfect formation, never missed a beat, and played inspiringly.

After the parade was over, Armory Avenue was filled with booths of all kinds and the park was filled with great things for kids – slides, and tunnels, and Disneyland characters, and trampolines. Food was abundant in the stalls on Mitchell Street and the ethnic variety made it special.

If you were of a certain age, the live band playing in front of K-Town Hall was so hot that it was “cool”.

When you decided you had finally had enough of the heat, you could duck into the air-conditioned Armory and stroll through the art show put on by the Montgomery County Art Association (MCAA). They have been doing this annual event for years, and it just keeps getting better. The pieces that gained first place honors in each category are shown here at the end of the parade photos. The full list of awards and winners can be seen on the MCAA [website](#).



Who ARE these people and what are they doing in our parade??





Gotta' love those bands!!

We had Cub Scouts galore



Kensington's finest





I know my kid is in there somewhere

Ups and Downs



**MONTGOMERY COUNTY ART
ASSOCIATION: ART SHOW
WINNERS 2018**



Kensington Category

First Place ~ The Bertha Clum
Award: Jennifer Beaudet –
“Kensington Station”



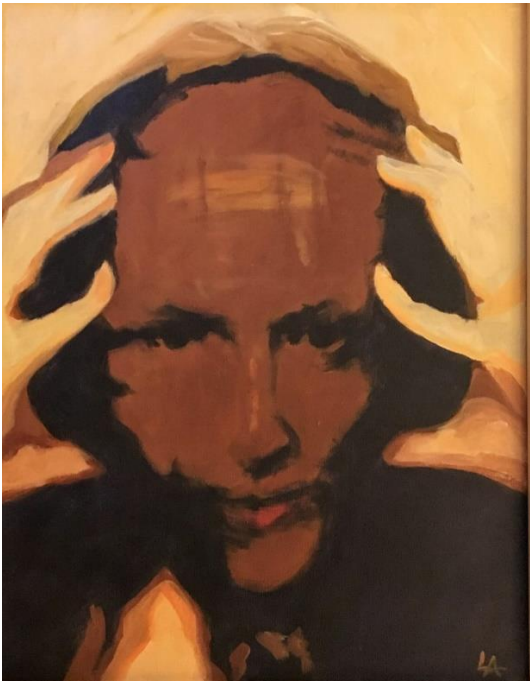
Abstract

First Place ~ Doudgy Charmant~
“*New Beginning*”



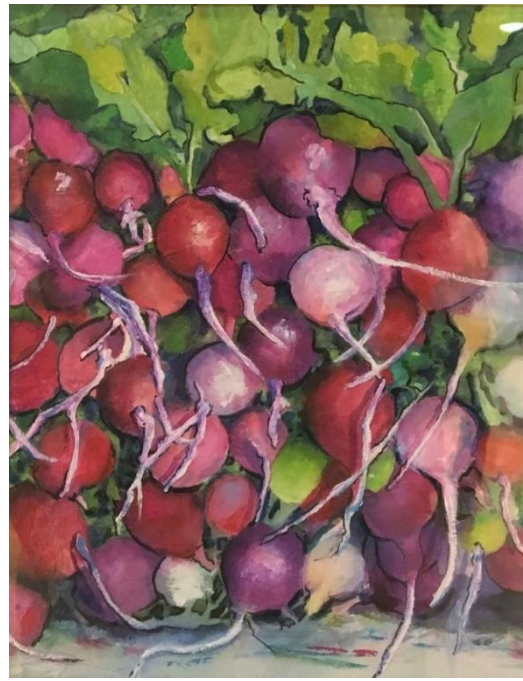
Landscape

First Place ~ Jennifer Beaudet ~ “*Montgomery County Fair*”



Portrait, People and Animals

First Place ~ Laura Aikman
~ *"Mary Beth"*



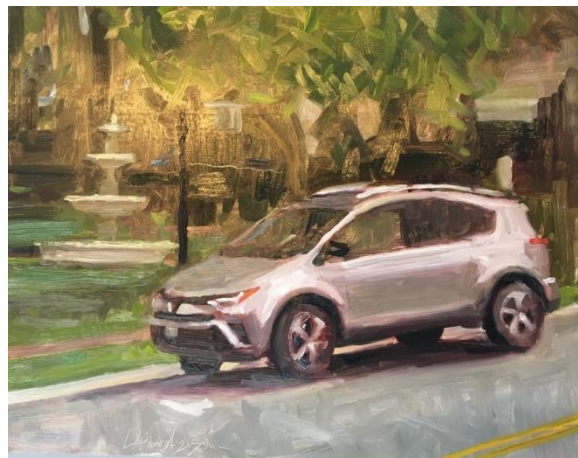
Still Life

First Place ~ Debra Halprin
~ *"Radishes"*



3D Sculpture

First Place ~ Barrie Ripin ~ *"Caught a Whopper!"*



Plein Air Competition Winner

First Place – Leonardo Ramos –
"Car in Front of Fountain"

Minutes of Parkwood Residents Association Meeting, June 11, 2018

Kira Lueders, president, opened the meeting at 7:35 p.m. Twenty-two members were present. Attendees were invited to introduce themselves and tell their street name and number of years they have resided in Parkwood. Length of residency ranged from 52 years to “just bought the house, haven’t moved in yet.”

PRA Business

Election of Officers

Peter Mansbach in the role of parliamentarian called for additional nominations for executive committee positions. As there were none, the current slate of officers was elected by unanimous consent. Chris Dewey, list serve administrator, is leaving the area and stepping down from his position. Alex Clark, webmaster, has agreed to take over Chris’ role.

The minutes of the February 26, 2018 PRA meeting (on PRA Website and in Spring Newsletter) were approved.

Proposed Development at Knowles Near Connecticut Ave.

Kira described a building proposed for construction on Knowles Ave. across from Strosnider’s. It would be a six-story residence with 126 units for low-income seniors. Concern was raised about traffic and parking. The proposal provides for only 56 parking spaces under the building. There would also be a pull-off space in front of the building for buses, etc. Residents will have the opportunity to comment on this development once final plans are submitted to Park and Planning in the fall.

Neighborhood Security

Jeffrey Griffith, vice president, reminded us that although Parkwood is a safe community, incidents do happen. He suggested that if someone knows of an incident, it may be helpful to others to report it on the list serve (after notifying authorities). The most common law-breaking incidents concern thefts from automobiles. The obvious answer, which we sometimes forget is: Always lock your car!

Program: Fire and Emergency Medical Help

Steven Semler and Norman Jones discussed the history, mission, and operation of the Kensington Volunteer Fire Station 5. Mr. Semler is an EMT and past president of the KVFD; Mr. Jones is an EMT

and firefighter. (All firefighters are also EMTs but not all EMTs are firefighters.)

The Kensington Volunteer Fire Department was founded in 1925 as an all-volunteer fire department for Kensington. Its volunteer heritage is the strongest in the county. 75% of its shifts are staffed 100% by volunteers. It owns all its fire engines, ambulances, paramedic cars and command vehicles. No other VFD in County matches this. All riding members receive the same training and test to the same State certification as career firefighters.

KVFD is supported by administrative support volunteer members. It is funded by community donations as well as State and County grants. Mr. Semler used slides to “Help Us Help You!” The first slide pictured the Kensington Volunteer Fire Dept. shield. Whenever anyone from the KVFD comes to your home, you will see this shield.



Mr. Semler reminded us that when an EMT is needed most, for example when a patient is unconscious or has a serious health emergency, they are unable to communicate. In these situations, the “Vial of Life” is invaluable. The “Vial of Life” is a form listing medical history, medicines, allergies, etc., thereby giving clues to speed, care, and transport decisions. The completed form is put in a vial or envelope and placed on refrigerator or bed headboard. This form is available on the web at www.VialofLife.com.

Another way people can “Help Us Help You” is by using large, illuminated, unobscured house numbers. Numbers on a curb are effective only if not blocked by a car. Large reflective numbers on a mailbox work if there is a source of light to reflect. Mr. Semler also discussed the “Do Not Resuscitate” (DNR) policy, which was created by State legislature. (The KVFD does not take a position on DNR.) The State uses the MOLST form. It addresses DNR options regarding the level of the EMS response only when the heart stops. There are two options: A: Full aggressive interventions such as CPR, shocks, and intubation to attempt to prevent heart stoppage; B: Limit pre-heart stoppage

interventions to basic support such as oxygen and pain meds but no heroic interventions if heart stops. The MOLST form must be signed by patient and health care provider. The EMT must see the form immediately (place it on refrigerator or bed headboard) or see a MOLST-logo bracelet worn by the patient. Advance Directive forms and verbal DNR's will not be recognized by EMT. The MOLST form and additional information can be found at Marylandmolst.org.

Calls for EMT assistance do not necessarily involve life-threatening emergencies. Firefighters and EMTs often visit homes for I've-fallen-and-can't-get-up calls. They are happy to provide this type of non-emergency service and will go immediately to the home without lights and siren. Mr. Semler said that he will also do a complete rapid medical check to rule out broken bones or other serious medical issues.

In answer to a question: How do you get into a locked home? Mr. Semler said that EMTs have specialized equipment and fire trucks have even more options such as wedges and pneumatic pumps for entry.

Mr. Norman Jones, a firefighter for 23 years, spoke about fire safety and fire-fighter response to 911 calls. He said the KVFD gets approximately 4700 calls per year. He offered the following safety advice:

- Make sure your chimney is cleaned regularly.
- If a smoke or carbon monoxide (CO) alarm goes off, get out of your house and call 911 immediately. Carbon monoxide is a silent killer.
- Notify firefighters of special-needs children (placards are available) or other issues such as a person on oxygen.
- When calling 911 give as much information as possible.
- If you're in an apartment fire, do not open a door into hall and do not open a window, except possibly a crack to wave a cloth to mark your location.

Mr. Jones brought firefighting equipment and gear with him to demonstrate. Jeff volunteered to try it on and reported that it is HEAVY. It is also very expensive, costing about \$1700. It can protect up to 300 degrees.

The KVFD service area is not limited to the town of Kensington. The geographic area is divided into 23 regions. All fire departments serve surrounding areas as needed. 911 will screen calls so that the appropriate response is sent from the closest available station. NIH and Navy can send trucks off campus.

Additional PRA Business

Proposed Bike Lane on Cedar Lane

Jeff Griffith reported that the County has completed its Master Bikeway plans. The current plans call for putting a separated bikeway on Cedar Lane on one side of the street. It's likely that parking on that side of Cedar would be affected, which could be a serious inconvenience for residents on that side. The plan is not yet finalized. It has to go to planning committees and then to the Council. Jeff will put a link on the list serve to keep residents informed.

In answer to a question: The Summit Ave. extension is no longer being considered. It was determined that it would have a limited effect on traffic congestion.

The meeting was adjourned at 9:00 p.m.

Respectfully submitted,
Judith Dighe, Secretary

Final Notes

2018 Election Day

- November 6.
- Early Voting October 25 - November 1.
- For comprehensive and non-partisan information about who is running for which offices, see <https://www.vote411.org/>

Coming in the Winter Newsletter

- Model train show (a timely subject for the post-holiday season)
- Meet Your Neighbor who grew up riding horses out west, lived and worked in Japan for six years, and is now an NIH Research Scientist
- The answer to “who is that singing and where are they” in the picture on the page 1 of this newsletter (you know it is somewhere in Kensington)

Best Summer Vacation Photo

- Where did you go this summer?
- Send me a photo and we'll put it in the Winter newsletter. Inspiration to get through the cold months

PRA Executive Committee: *Officers, Committee Chairs, and Other EC Members*

Officers

President	Kira Lueders	301-564-0263	kkarl@yahoo.com
Vice President	Jeff Griffith	301-633-4512	jeff@jandjgriffith.com
Secretary	Judith Dighe	301-493-8867	judithdighe@verizon.net
Treasurer	Gerald Sharp	301-332-9887	gbs2001@yahoo.com

Committee Chairs

Beautification	Gail Condrey	240-888-2901	gaildalferes@yahoo.com
Block Captain	Kira Lueders	301-564-0263	kkarl@yahoo.com
Membership	Paula Flicker	301-897-3869	pftoo@mindspring.com
Welcoming	Vacant		

Other EC Members

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	Alex Clark		aclark@aclark.net
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Past President	Bailey Condrey	571-213-2729	condreybailey@gmail.com