National Night Out Returns to Lakelands
City Police Plan Fun in Four Corners Park

By Andrea Escher

National Night Out is once again returning to Lakelands. The City of Gaithersburg has announced that Lakelands has been chosen for the third year to host the annual night out against crime. The turn-out for the event over the past two years has been great and the City is excited to return.

So mark those calendars, the fun will take place on Tuesday, August 5, 2003 from 7:00 p.m. to 9:00 p.m. in Four Corner’s Park. McGruff the Crime Dog, City Police, City Staff and the Mayor and City Council will be on hand with plenty of free fun for the family.

City Police will be offering free fingerprinting/photo identification kits for all Lakelands children, balloons, ice cream, a moon bounce, face painting, glow necklaces, prizes, giveaways and more. Informational

Residents Get A Sneak Peek
Lakelands Middle School Plans Presented

By Andrea Escher

The Lakelands Community Association Board of Directors and residents of the community got a first hand look at plans for the upcoming Quince Orchard Middle School, to be located in Lakelands off of Bright Meadow Drive and Main Street.

Representatives from the Montgomery County Public Schools Construction Division and members of the architectural firm Grimm Parker, which designed the facility, presented a slide show of the interior floor plans and exterior elevations of the proposed school before an audience of approximately twenty residents.

Melanie Hennigan of Grimm Parker Architects unveiled a model of the middle school giving residents the opportunity to see a close to real-life sample of the façade and landscaping of the facility. Many resi-

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Just Married

Congratulations are extended to Michael and Kerri Niehaus of Cross Green Street. The couple was married on June 14th in Annapolis. We congratulate on their nuptials and wish them a wonderful life together.

It’s a Girl

Congratulations are extended to Shawn and Heather Miller of Main Street. The couple welcomed a second baby girl, Sydney Ann Miller into their family on June 26th. Three year old big sister Amanda Rose is so excited to have a new sister and has been a great help taking care of her. Congratulations and welcome baby Sydney.

Congratulations to Chris and Melissa Dyer of Kersten Street who welcomed baby girl Caroline Grace into their world on June 19th. Big brother Cole loves his new baby sister and looks forward to sharing his cake with her when he celebrates his 2nd birthday on August 9th. Happy birthday Cole and welcome to Lakelands Caroline!

Happy Birthday to You

Happy Birthday to Cameron Levine of Lake Varuna Drive! Cameron will be celebrating his third birthday on August 8th with friends and family. We wish him a great day!

Happy belated birthday wishes go out to Julian Green of Phelps Street. Julian celebrated his first birthday on June 2nd. He has lots of fun walking all around the neighborhood and especially to the pool. He loves playing in the water whether it’s at the pool, the beach, in rainy puddles, and even in the dishwasher if he’s sneaky enough. He also enjoys getting kissed by the neighborhood dogs, especially Gratzi. We hope you had a great day Julian.

Happy Birthday wishes to Alyssa Vendittis of Gatesstone Square Street. Alyssa will be celebrating her first birthday on August 10th. We wish you a great birthday and many happy more.

Music Making on the Mews

Hats off for a job well done to fifteen year-old Lake Varuna Mews resident Wes Adams, who recently performed flamenco and classical pieces at Mazza Gallerie on June 20th. The set was part of the Washington D.C. Fete de la Musique. The Fete was sponsored by the Washington D.C. Commission of the Arts and Humanities. The picture is compliments of www.dcflamenco.com (photo credit to Michael Perez). We congratulate Wes and wish him all the best in his musical career.
Increasing Communications in the Community

Lakelands Volunteers Needed

By Andrea Escher

A pool party postponed, a neighborhood watch, plans for a last minute bulk pick up. Wouldn’t it be nice to have community information in a timely manner? Sure we have the Lakelands Leader, but with issues being produced on a monthly basis, there is still a need for residents to receive important information when it matters most.

The Lakelands Community Board of Directors and the Community Relations Committee are in the process of determining ways to increase communication of important information to residents throughout Lakelands. Once such method would be a flier distribution, where Block Captains from each street would volunteer each month to hand deliver updated announcements to neighbors on their street. Other methods of communication could be via phone calls, emails, signs, and the website.

While they are still fleshing out details including the amount of help required, Community Relations Committee Chair Mark Ezrin says he envisions the program being utilized as a successful supplement for the Lakelands Leader to communicate last minute or important information throughout the neighborhood in a timely manner.

The following is a list of streets in the community still in need of volunteers. If more than one resident volunteers for the same street, we will divide up the distribution list. If you are interested in becoming a Block Captain for your street, please contact Mark Ezrin at mark@ezrinfamily.com today. Thanks in advance Lakelands for your support and generosity!

Money Making at the Lakelands Annual Community Yard Sale

This year’s yard sale proved to be a huge success for many Lakelands residents. After being re-scheduled due to the rainy Spring weather we experienced, neighbors throughout the community braved overcast skies and a chilly day to set up their goods for sale at Four Corners Park. Close to twenty-five residents participated in the event, selling everything from furniture, baby clothes, books, toys and more. Turnout for the event was heavy thanks to the advertisement which ran in the local Gazette newspapers and luckily the rain held off until the sale was over. A special thank you goes out to Featherstone Street Lori Wakefield for coordinating the event. Residents had a great time getting rid of their “junk” while making some extra spending money. The event will take place again next year. Stay tuned to the Leader for more details.
LCA Board of Directors
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President
301-216-0356
coraege@msn.com
Burton Goldstein
Vice President
301-548-9555
burton@communications.com
Shawn Miller
Director
301-990-2249
shawnmiller@comcast.net
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Victoria Lynn
Brian Paris
Nancy Pisarra
Steve Solbeck
Steve Stukey
Wayne Zussman
The Lakelands Leader is the monthly, published means of communicating information of interest to Lakelands residents. It does not espouse any political belief or endorse any product or service. Articles and letters submitted for publication must be signed and may be edited for length and content. CMI and the LCA do not endorse the products or services advertised herein, nor are they responsible for any claims made by advertisers. The Leader is published by the Association, which is responsible for form, content and policies.

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The Lakelands Leader
The Official Newspaper of Lakelands

Rabid Cat Found in Kentlands
A stray kitten which was picked up in June tested positive for rabies and county health officials are looking for area residents who may have come in contact with it, so they can assess their need for a rabies vaccine. A gray and white striped kitten that was seen near the Kentlands Shopping Center and Quince Orchard and Darnestown roads between June 6 and 9 was picked up on June 9 by a resident and taken to the Gaithersburg Veterinary Clinic. The kitten, which also had a broken leg, was euthanized on June 25 and tissue samples tested positive on June 27th for the rabies disease.

Casual contact with the kitten does not mean automatic infection, but being bitten, nipped or scratched by it or having your eyes or mouth come into contact with the kitten’s saliva could cause disease transmission. Petting the kitten with a hand that has an open wound could also cause infection. Officials are urging anyone who thinks they may have had contact with the kitten to call 240-777-1755.

Stop Parking on the Bulb Outs

Just Dial 5!
If you are looking for up to date information about community events and meetings, just dial the Lakelands Clubhouse. Residents can now press 5 to hear a complete listing of community events. The management staff promises to keep the information line up to date. Call 240-631-8338 x 5 for the listing. Enjoy!

August Board Meeting
The next meeting of the Lakelands Community Board of Directors will be held on Wednesday, August 27th at 6:30 p.m. on the 3rd floor of the Lakelands Clubhouse. If you are interested in attending and seeing the Board in action, please stop by.

The Facilities Committee is in the process of purchasing an announcement board, which will prominently be displayed adjacent to the Lakelands Clubhouse. It is anticipated that residents will be able to post announcements, classifieds and see up to date information about upcoming events and meetings. The Leader will keep you posted as to when the Board will be installed.

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August 4th
Lakelands Toddler Playgroup
11:00 a.m. Contact Melissa Fritz for more information: 301-869-3225.
*Rabid Cat Found in Kentlands*

August 5th
Lakelands Infant Playgroup
(9-15 months) meets every Tuesday at noon. Contact Linda Green for more information at 301-963-1541.

August 6th
Community Relations Committee Meeting,
7:00 p.m. 3rd floor of the Clubhouse.
Contact Mark Eriksen at mark@eriksin.com for more information.

August 7th
Carden Club Meeting,
7:15 p.m. Contact Deb Zussman at 301-990-0249.

August 11th
Lakelands Networking Club,
8:30 p.m. 3rd floor of the Lakelands Clubhouse.
Contact Wayne Zussman at zussman@erols.com for more information.

August 19th
Lakelands Board of Directors Meeting,
6:30 p.m. on the 3rd floor of the Lakelands Clubhouse. Contact Jose at 240-631-8338 for more information.
Jose@lakelands.org for more information.

August 26th
Market Square Advisory Committee Meeting,
7:30 p.m. 3rd floor of Clubhouse.
Contact Jose at jose@lakelands.org for more information.

August 27th
Lakelands Board of Directors Meeting,
6:30 p.m. on the 3rd floor of the Lakelands Clubhouse. Contact Jose at 240-631-8338 for more information.

August 29th
Deadline for Design Review Applications.
Please contact Jose Ponton at Jose@lakelands.org for more information.
West Nile Virus: Mosquito Control Begins at Home

West Nile virus causes encephalitis—an inflammation of the brain. It is transmitted by mosquitoes and has been reported in the eastern United States since at least the summer of 1999.

The peak season in our area for mosquitoes is in August; but can be earlier depending on weather conditions. Mosquito spraying, a responsibility of the Maryland Department of Agriculture, may not be adequately controlled by spraying because of its habits.

Homeowners can take steps to reduce mosquito breeding areas by inspecting their property and eliminating situations where water stands—mosquitoes need only half an inch of water to lay eggs.

Lakeland residents should take the following actions to reduce mosquito breeding areas:

- Clean rain gutters to allow water to flow freely. Gutters can breed large numbers of mosquitoes.
- Turn over or remove clay pots, saucers under pots, and plastic containers. If you decide to maintain plant pots, ensure that standing water is drained.
- Store children’s toys, especially wading pools, inside or ensure that they cannot retain small amounts of water.
- Replace water in bird baths at least twice a week.
- Remove pet food and water dishes that are not being used.
- Be sure that water does not collect in garbage cans.

Because adult mosquitoes can fly 100 yards or so, control must be a community effort. Talk to your neighbors about mosquito control and notify the Association if you know of conditions that are beyond your control. In particular, let us know of any mosquito-breeding conditions in our common areas.

Some steps you can take to avoid mosquito bites include:

- Avoid unnecessary outdoor activities at dawn or dusk when mosquitoes are most active. Wear long pants, long-sleeve shirt and hat when outdoors.
- Restrict the outdoor play of your children if mosquitoes are present.
- Make sure screens on windows and doors are intact.

You may want to consider spraying sheltered areas of your yard with a pesticide labeled for adult mosquitoes. “Tiger” adults rest in dark sheltered areas around your home such as under decks and porches, in thick of low-growing vegetation such as tall grass or ivy, or in outbuildings or sheds with gaps they can enter. Even Tigers seem most active around dusk and that is the best time to treat. Many different brand names of pesticides will work but if you are especially concerned about Tigers, look for the active ingredients Resmethrin, Permethrin, or Pyrethrin.

The state does not spray for mosquitoes except in case of a disease threat as happened in the summer of 2000. You can help by notifying CMI about areas of stagnant water on/near your property. The state has established a West Nile hotline number, 1-866-866-CROW.

Architectural Review Update

Just last month the Association completed a comprehensive inspection of all our units within community; this to assess the status of hundreds of approved architectural applications the Design Review Committee has addressed so far.

We found several homeowners that had yet to complete their respective modifications, thus a reminder notice was mailed to each. There were however, several units with modifications that had not been reviewed by the DRC; as letters did go out to these members as well! We trust that all the work and/or applications due are in progress if not done by now; thus avoiding any further potential code enforcement measures necessary by the Association to bring all into compliance.

Any questions, concerns and/or request for time extension, please make sure to contact our office via e-mail at jose@lakelands.org.

Kentlands and Lakelands Hold Joint Board Meeting

Members of the Kentlands Citizens Assembly and Lakelands Community Association Board of Directors came together in late June at the Lakelands Clubhouse for the second time this year to discuss issues of interest surrounding both communities. Lakelands Board President Joe Coratola and LCA Board members Burton Goldstein and Shawn Miller (LCA Treasurer Leslie Weightman was on vacation) along with Lakelands Community Manager Jose Ponton, met with several Kentlands Board members, President Richard Arkin and Kentlands Community manager Tony Routhani.

During this closed meeting, KCA President Richard Arkin stated the Boards informally discussed the potential for joint activities and social events for the communities and took the first steps toward developing a mechanism that would permit residents of each community to use recreation facilities in the other community on an interchange basis under certain circumstances. “We also discussed the anniversary events from last month, the “charrette” outcomes, and other mutual concerns, including communications issues,” says Arkin.

It is anticipated that the Boards will be meeting again for another joint session before the end of summer to discuss in more detail the potential for other shared use facility and events ideas. The Leader will keep you posted!
Residents Want to Get Community Clubs Started

If you haven’t logged onto the www.lakelands.org website, then you have been missing a world of topics, discussions and activity. The following residents are interested in getting some groups and clubs organized in the community. Take a look!

Motorcycle Riders Club
Attention Lakelands riders, if you are interested in getting a riders club together, contact Ira Fox at fox9@comcast.net.

All Star Dance Team
Lakelands resident Debra Nelson has coached and choreographed for a high school dance team in NJ for the past 12 years where many of her routines have taken top honors at National competitions seen on TV. She coached the University of Maryland dancers and the Wootton Poms (currently a teacher at Wootton HS), and was an instructor with Universal Dance Association (UDA) and NCA Danz. Nelson would now like to give back to the community she loves and was wondering if there were any young ladies out there (6th-12th grade) who would be interested in joining a community All-Star dance team. Nelson would like to host a one day dance clinic before the summer’s out to demonstrate what a community All-star team could be like, allow the girls to witness her method of instruction, and to... well, have fun!!

The clinic would involve warm-up, technique classes, and a few dance routines (pom, jazz, and/or hip-hop). Beginner and advanced dancers would be welcome!

Business Networking Group
Several Lakelands residents are forming a business networking group. If you are self employed and living in Lakelands or have a business here in the community, this may be for you! The purpose of the group is to brainstorm with marketing ideas, passing leads to one another and forming a cohesive group who can help each other grow their business. We are only taking one person per profession. Will be meeting once a month in the morning. If you are interested in being part of this exciting group, and want to see if your profession has no representation, contact Wayne Zussman at 301-984-7480 or email at zussman@erols.com.

If you are interested in getting a club organized, post it online today at www.lakelands.org or in the community classifieds section of the Leader. Contact Andrea at leader@lakelands.org or call 240-832-0905.

Lakelands Tennis Club
Tennis players want to start a club here in Lakelands. Players would meet on weekdays. If you are interested in playing with other “average” players, please contact Joe Mills at jmills599@comcast.net.

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The Lakelands Leader

SCHOOL
Continued from page 1

dents were eager to see how the building would be situated on the property and where it would be in location to their homes.

Hennigan says the architectural team looked at various large-scale buildings within the Kentlands and Lakelands communities and decided that a smaller scale facility would be best suited for the Lakelands. “The middle school will feature red brick with white columns to keep in similar pattern with the community,” says Hennigan. “We worked closely with DPZ, the Kentlands Architect and the City of Gaithersburg, our characters, sketches and elevations were well received and we are excited to be bringing this before the Lakelands residents for their input.”

The three-story building will feature a very prominent entry tower with a clock and rows of glass windows. “We want this building to be a beacon in the community and we feel this is a very friendly design,” says Hennigan.

As shown in the photo below, the school will be located within steps from the Lakelands Clubhouse. The wing, which will overlook Main Street and the Lakelands Clubhouse, will feature three levels of classrooms, with each grade occupying a floor. Residents expressed concern over a lack of parking at the facility for school staff and visitors. Hennigan says they are currently working with the City’s Traffic Engineer Division to finalize parking issues, however, over 200 spaces on Main Street will be available for parking as well as parking on Bright Meadow Drive. Hennigan says that the majority of the parking will most likely occur after school hours and on weekends, therefore the bus loop will be available for parking during those after hour events. Hennigan also says since parking will be available on the weekends, visitors to the community for swim meets and events will find the additional school parking a valuable asset to the community.

There has been a mixed reaction from residents to the design of the school, however, since the County Council has approved funding and the City has approved all plans thus far, construction is expected to begin in the coming months. The Leader will keep you advised of the details as they develop.

Quince Orchard Middle School
Do you like the design of the proposed Quince Orchard Middel School?
Total Community Surveys Received: 48
“yes” 19 votes 40%
“No” 15 votes 31%
“Don’t Know” 14 votes 29%

Welcome to the Lakelands Middle School, the proposed front entrance off of Bright Meadow Drive.

The view of the proposed middle school from Main Street.
The T-shirts for the Kentlands/Lakelands race coming up this August will feature a design created by 12-year-old Kentlands resident Aimee Moore. Aimee's design was selected from over 20 designs submitted as part of a kids' art contest sponsored by the Kentlands Community Foundation. Aimee will also receive a $50 cash prize.

The T-shirts will be available to those who enter to participate in the 5K race or the shorter Fun Run course for children.

The theme for the art contest was FITNESS IS MORE FUN TOGETHER so most of the designs submitted showed friends playing sports or getting exercise together. The designs submitted by 4 other local area kids were selected as winners for each of the following age groups: Brenna Hanson for the 5 yrs. and under age group, Camille Horn for the 6-8 age group, Eric Holm for the 9-11 age group, and Nicole Horstein for the 12-18 age group. They will each receive a $25 cash prize.
No One Sells Lakelands Like Christine Sherman, Your Neighborhood Real Estate Expert

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I found the buyer!

August 2003
With a community full of babies, toddlers and young children, Lakelands parents are finding that time for a quiet evening or afternoon without the kids can be a near impossible task. Since Lakelands is such a new community, many residents have relocated and left behind family, friends and trusted babysitters, leaving the question, where oh where can I find the perfect babysitter? Is the Babysitting Co-op for you?

The co-op is to provide babysitting you can trust without the exchange of money. Babysitting without paying sounds too good to be true right? Well there is a catch; you have to join the co-op if you want to participate. The co-op is open to Lakelands residents only and there is a $10.00 membership fee, which will be paid annually. The fee will help to cover any administrative costs as well as fund the several upcoming events the co-op will plan throughout the year, such as Mom’s Night Out and Family Outing Day. This year the co-op attended a fun day of pumpkin picking at Butler’s Orchard and two Mom’s Night Out at the Melting Pot in Rockville and recently at the Last Mango in Market Square. Think your family is interested in joining? Come and meet the Co-op families at the next Family Outing Day, Saturday, September 13th 10am at Four Corners Park.

Contact Paula Fischthal at 301-963-2308 or email her at paulaf1@comcast.net Melissa Dyer at 301-208-8295 or email her at mdyer23@aol.com, to receive an application or if you have any questions.
Olympic Runner Todd Williams To Be Spokesperson
Kentlands/Lakelands 5K Running For Life Program

By Richard Stukey

Last year Bill Rodgers—the only person to win the Boston and New York City marathons four times each—came to the Kentlands/Lakelands 5K Run/Walk to promote the health benefits of running and walking. This year, Olympic star Todd Williams will be following in Rodgers footsteps as spokesperson for the 2003 Kentlands/Lakelands 5K Running For Life program.

"The Running For Life program was designed to encourage people to stay fit throughout their lives," said Steve Solbeck, Co-Race Director of the Kentlands/Lakelands 5K Run/Walk and Fun Run, to be held August 30. "The program is a way to help educate people about the health benefits of running and walking for both adults and children—not only in the months before the Kentlands/Lakelands 5K, but also throughout this year and in years to come."

Solbeck said Williams’ reputation as a promoter of the health benefits of running is one reason why the Race Committee chose him as spokesperson for the Running For Life program. "We’re delighted to have a runner of Todd Williams caliber as this year’s 2003 spokesperson," he said. "But we want people to think of this race as just one part of a fitness program that they will maintain throughout their lives. An Olympic athlete like Todd Williams can help motivate people—especially kids—to get started on a lifetime program."

Williams, whose achievements include a 2:11 marathon, said his most important accomplishment may be his ability to motivate younger runners. "Winning the Olympic trials and then running in the Olympics was the fulfillment of a dream," he said. "But since retiring from competitive running, I’ve also received a great deal of satisfaction from inspiring others to take up running or walking for health and recreation."

Williams will be speaking about the Running For Life program in schools throughout Gaithersburg in the days prior to the race, and at the race itself on Saturday, August 30, beginning at 8 a.m. A four-time U.S. 10K champion, Williams said his status as an Olympic athlete has provided him with an excellent forum for talking to people about the physical and emotional benefits of running—especially among kids. "A lot of kids dream about running in the Olympics someday," Williams noted. "So when I talk with them about how much fun it is to run, they’re more likely to give it a try. They might not know that running can help them maintain their weight, keep their hearts beating strong, or make them feel better emotionally. But when they try running, they can see that it’s fun—and if it’s fun for them, they’re much more likely to continue running as they get older."

Solbeck said the Kid’s Fun Run for children (age 14 & under) will continue to be one of most important aspects of the Kentlands/Lakelands 5K this year, as it has been in the past nine years. "We want kids to choose a distance that is comfortable for them," he said. "Kids are eligible to select between two distances for the Kids’ Fun Runs around Market Square—approximately 1 mile (for ages 7 and under) and approximately 1/2 mile (for ages 8-14 yrs)."

The fun runs are untimed and will incorporate multiple heats (wave starts) for each run to accommodate the hundreds of children who are expected to participate. Start time is 8:00 a.m. All kids’ fun runners will receive a ribbon. Only pre-registered entrants will be guaranteed a T-shirt. The 5K Run/Walk will follow at 8:30 a.m., shortly after the Kids’ Fun Runs.

Kids and adults will have an opportunity to speak with Todd Williams on race day about how to construct a lifetime running/walking program that will help you run or walk injury-free for years to come. More on page 17 about Todd Williams.

2003 Kentlands/Lakelands 5K Run/Walk

The date is drawing closer for the event and preparations are in full swing. The brochure is out and on-line registration is available for both the race and to register as a volunteer. Go to www.kentlands.org/5k.html. The web site will also provide all of the details about the run/walk and what is available for the whole family. One change this year will be to allow baby joggers and strollers into the 5K walk (and this event only). Safety is the major factor and common sense will help ensure the safety and security of all involved.

The brochures have been mailed and, if you have not received one, they are available throughout the community. We will also have volunteer registration at the pools, Please come out and support the race.

We have had a good response from the community towards the race and want to thank the many sponsors who have come forth to support it. It is still not too late to offer support. If you have any questions, please feel free to e-mail me at sa.solbeck@att.net and I will get back to you.

50% off Laser Teeth Whitening
(New Patients Only)
Offer expires August 30, 2003
(Not valid with any other offers)
It's hard to believe but summer is almost over! There are just a few weeks left to enjoy the pool and hot weather, so if you haven't made it to the pool, what are you waiting for?

This summer has been full of community events and we would like to take a moment and thank all neighbors who came out and enjoyed the festivities we planned for you.

Recently, we hosted an end of the year youth bash for the community teens and hundreds of residents turned out for the 4th of July bash at the pool. Both events had a fantastic response and we look forward to even more fun upcoming socials in the fall.

We are going to take a break and enjoy the last few weeks of the summer and begin preparing for the Halloween event in October. The details are still in the works but stay tuned for the September and October issues of the Leader for more information.

The City of Gaithersburg will be hosting the annual National Night Out in Four Corners Park on Tuesday, August 5th. There will be ice cream, balloons, giveaways, a visit from McGruff the Crime Dog and more. The community has enjoyed this event for the past three years and the City promises that this event will be just as much fun as last year.

The City of Gaithersburg will be hosting the annual National Night Out in Four Corners Park on Tuesday, August 5th. There will be ice cream, balloons, giveaways, a visit from McGruff the Crime Dog and more. The community has enjoyed this event for the past three years and the City promises that this event will be just as much fun as last year.

The Friends for Animal Rescue Organization reports that quite a few residents have stopped by at their PetSmart location in Market Square. Remember every Saturday and Sunday the group has a variety of animals available for adoption. If it is raining, the pets and information representatives will be moved inside the PetSmart. If you are interested in adopting a pet you may also call 301-846-0999 for more information.

If you are looking to get back in shape for the upcoming fall, the Sergeants Program at the Clubhouse will have a new series of fitness classes starting. If you are interested in the upcoming course schedule, please stop by the Clubhouse or contact Brian Friend at 301-948-8070 x 29 for more information.

That's it for this month! We hope everyone enjoys the rest of the summer and we will see you in the fall!
notesfromthedeck

Partly Cloudy With a Chance of Meatballs

By Sandy Krems

This is one of my favorite books by Judi Barrett. I'm sure many of you are familiar with the story, in which the town of Chewandswallow experiences very strange weather conditions and it rains mashed potatoes, sunny-side up eggs, hamburgers, pancakes, overcooked broccoli, cream cheese and jelly sandwiches, lamp chops, spaghetti, and giant meatballs. I think we would all gladly trade places with the townspeople of Chewandswallow. Thank goodness it's stopped raining in Gaithersburg!

Despite the chilly and wet weather, Lionfish swimmers, from the tiniest 4-year olds to the senior swimmers, have all been in the pool since May 27, training their hearts out for the 2003 Montgomery County Swim League season.

Some practices have been shortened due to the chill but only a few have been cancelled. And when the water has been just too cold, do the Lionfish swimmers go home? No! They can be seen on deck in their warm Lionfish sweatshirts (thank you Mrs. Seligmann!) doing jumping jills and other dryland activities.

Swimmers, I am very proud of you and you should be proud of yourselves. You are all winners!
Two Left Feet Dance has opened a studio in Market Square at 217 Market Street West. Owner Christina Vidovich is excited to be offering dance lessons for both kids and adults. Classes for beginners and advanced students are offered on a regular basis. Courses include pop, swing, salsa, ballroom, tango, hustle and more. Vidovich says the beginner friendly classes you can see for yourself "Our Focus is Fun" and social dancing, not competition.

Open house is scheduled for September 6th from 1:00 p.m. to 4:00 p.m. for student’s grades second through high school. Parents, this is a great opportunity to see what type of dance program will suit your child’s interest. Registration is going on now for 12 week sessions, contact Christina today at 240-632-2345 or stop by today.

Reel Moms at the Rio

Families with babies and young children probably know how difficult it is to see some of today's hottest flicks at the theaters. One local movie theater is trying something new, which they hope will have parents smiling. A new program has been introduced at the Loews Cineplex Rio Theater in Gaithersburg called Reel Moms, as in movie reel; the new program allows families that just had babies a chance to see the movies they want. Susan Maloney of UrbanBaby.com says, "One of the first things that happens when you have a new mom is your world changes. You find that you can’t just go out of the house to see the latest movie..." But UrbanBaby.com and Loews Rio Theater is changing that, with a weekly first-run flick that you’re baby can come too.

The new program includes a stroller check, a pre film get together and movie essentials including popcorn. Inside, the theatre is transformed into a ‘big romper room.’ The sound is monitored so that it is not too loud to startle the babies yet it is loud enough that you are able to hear the film over the baby sounds. The lights are dimmed (never completely dark), bathrooms are equipped with changing tables, nursing and baby talk welcomed.

Sounds too good to be true right? The best part about the whole program is that babies can do baby things while the movies playing, including crawling, feeding and even crying.

Gene De Rose of the Reel Moms Program says, "We’re trying to service the moms and provide them with an environment where they can watch movies and be with their babies and do it in an environment where the kids can make noise and the lights can be up a little..."

The Rio Theater is one of the first theaters in the area to participate in this program. Moms from all over the area came out to enjoy the first Reel Mom’s day at the movies on July 15th, with a screening of Pirates of the Caribbean. De Rose says, “Our films are selected with new parents in mind. We show the latest and hottest releases and any other new movies that moms and dads are interested in seeing.”

Reel Moms at the movies will take place every Tuesday at the Rio Theaters. Moms, dads and caregivers are encouraged to attend and the children range anywhere from newborns to over a year old. If you would like to find out about upcoming Reel Moms events, movie listings, special events, giveaways and more, register with Reel Moms today by logging onto www.urbanbaby.com and scroll to the bottom of the screen. Click on Loews Cineplex Reel Moms logo. Or contact the Loews Rio Theater at 301-948-6673 for more information.

Dance the Night Away

Dance the Night Away

Dance the Night Away

Dance the Night Away
Formal Fashions on Main Street

P. Lawrence Bridals and Formals has set up shop at 336 Main Street, so if your searching for that perfect dress or tuxedo for that special occasion, you will certainly want to swing by and meet owner Peter Lawrence. The shop also features accessories such as bridesmaid dresses, shoes, handbags and more. Contact Peter today to schedule an appointment by calling 301-977-9729 or stop by the shop.

Best wishes to Peter and P. Lawrence Bridals and Formals, we wish you much success.

It's Mango Mania in Market Square

The Last Mango, the newest hot spot, has landed right in the heart of Market Square. A full service restaurant and bar, the Mango has residents raving about the convenience of having great food and drink so close to home. Located on Center Point Way across from the movie theater, the Last Mango opened for business in late June and the response according to manager Rick Niedecker has been fantastic. "We couldn't be more thrilled, things have been running smoothly and the residents of Kentlands and Lakelands have been so supportive," says Niedecker.

The Last Mango features a wide variety of delicious appetizers, sandwiches, entries and more. Whether you enjoy seafood, steak, or chicken, you'll be sure to find something to satisfy your appetite. Residents have also been enjoying the many ways to wet their thirst with the three fully stocked bars, which feature over 20 of today's favorite beers, the signature mango martini and mango margaritas. Live entertainment is provided by DJs and bands five nights a week. If you decide to walk over to the Mango on a Friday night or on the weekend, expect to wait several hours for a table. The upper terrace overlooking Market Square is the most popular for Mango mingling and meeting.

Owner Anthony Fahey, former owner of the Buffalo Billiards in Gaithersburg, knew that the Last Mango would be a great success in Market Square. "This type of restaurant neighbors have been looking for and the location is the perfect spot for both Kentlands and Lakelands residents," said Fahey. Fahey says he was aiming for a tropical paradise feel with palm trees, ceramic tile floors, a handmade bamboo bar, shark tank, and more. "It almost feels like your walking into a place far away from Gaithersburg," says Fahey "the concept was modeled so you feel like your walking into a tropical beach restaurant in paradise."

We encourage all residents to stop by the Last Mango and we wish owner Anthony Fahey and the rest of the Mango crew the best of luck!
Back to School

Just a reminder school starts on August 27th! Drive slowly through the neighborhood and be on the lookout for children.

Tennis Balls Needed for RCES

Rachel Carson Principal Larry Chep reports that many of the carpets throughout the school have been replaced with tile flooring. In order to help alleviate noise and scuff marks, tennis balls will be placed on the legs of all chairs and desks. If you have new or slightly used tennis balls that you would like to donate to the school, Lakelands resident Sandy Krems has placed a donation box on her front porch. Please deliver all tennis balls to the donation box at 414 Lakelands Drive. Sandy will transport all tennis balls collected to the school. Thanks in advance for all your help and support!

School Supplies

To help you get a head start on what school supplies your children will need when heading back to school, the Leader thought this helpful shopping list provided by MCPS will make your life a little easier.

**Kindergarten**

1. LARGE backpack
2. 1 box of tissues
3. 1 liquid hand soap
4. $12 activity/cooking fee

**Grade 1**

1. 48 pack of crayons
2. Child scissors
3. Dry erase markers (black only)
4. Package of glue sticks
5. 12 pencils
6. 1 inch 3 ring binders (3)
7. Box of colored pencils
8. Anti-bacterial soap (girls only)
9. Box of tissues (boys only)
10. Sandwich size ziploc bags (only baggies that seal)
11. Supply Box

**Grade 2**

1. 2 dozen pencils
2. 3 glue sticks
3. 1 Elmer’s liquid glue
4. 1 scissor
5. 3 composition books
6. 1 box crayons
7. 1 box tissues
8. 3 folders: (solid colors) red, yellow, blue
9. 2 boxes of baby wipes
10. 1 set No-odor/Low-odor dry erase markers
11. 1 set colored pencils
12. 1 box ziploc bags (boys)
13. 1 liquid pump soap (girls)

**Grade 3**

1. 4 marble composition books (hard cover)
2. 1 spiral notebook
3. 1 dozen #2 yellow pencils
4. 2 rectangular erasers
5. 1 pencil pouch (no boxes please)
6. 2 highlighters
7. 3 solid color pocket folders (one of each: red, blue, yellow, green and purple)
8. 1 ruler marked with inches and centimeters
9. safety scissors
10. colored pencils and/or crayons
11. 3 glue sticks
12. 1 box tissues
13. boys-1 box of quart size ziploc bags
14. girls-1 box of pint size ziploc bags

**Grade 4**

1. 3 ring binder
2. Dividers
3. Loose leaf paper (not college ruled)
4. Pencils
5. Small box to hold supplies
6. Glue stick or glue
7. Crayons/colored pencils
8. Ruler (inches/centimeters)
9. Scissors
10. Box of tissues
11. 2 spiral notebooks
12. No Trapper Keepers, mechanical pencils or “clicking” eraser sticks.

**Grade 5**

1. 3 ring binder
2. 1 pack of paper
3. Pencil pouch to clip into binder
4. 1 pack of dividers
5. 1 dozen pencils
6. 2 red pens
7. 1 black or blue pen
8. 1 inch/cm. ruler
9. 1 pair of scissors
10. Highlighters
11. Erasers
12. Glue sticks
13. 1 pack of colored pencils
14. 1 pack thin markers
15. 1 protractor
16. 4 marble composition books
17. Book folders
18. 1 box of tissues
VIP Dinner with Todd Williams and Mayor Katz

Todd Williams and Gaithersburg Mayor Sydney Katz will also be among the other honored guests at the dinner to be held Friday, August 29th at O’Donnell’s Restaurant, 311 Kentlands Blvd, Gaithersburg. At the dinner, Williams will speak about the Running For Life program and what his experience as an Olympic athlete taught him about the importance of running and fitness.

The dinner is open to everyone, but availability is limited. Minimum suggested donation of $40 per person includes dinner, tax and gratuity. Availability is limited, so sign up online at www.kentlands.org, or call 301-519-1650 for more information.

Race Information

Pre-Race Packet Pickup and Late Registration
Thursday, August 28 2:00 p.m. - 8:00 p.m.
Location: Fancy Cakes By Leslie
253 Market Street West, Suite 200
Gaithersburg, MD 20878

Friday, August 29 5:00 p.m. - 8:00 p.m.
Location: O’Donnell’s Restaurant
311 Kentlands Blvd.
Gaithersburg, MD 20878
Phone (301) 519-1650

6:30 p.m. - 9:00 p.m.
VIP Dinner with Olympian Todd Williams and Gaithersburg Mayor Sidney Katz

Race Day Schedule
7:00 - 8:15 a.m.: Race Day Registration & Packet Pickup at the Kentlands Market Sq.
7:30 a.m. Pre-Race Warmup Begins
8:00 a.m. Kid’s Fun Runs
9:30 a.m. 5K Run & Walk
9:00 a.m. - 12:00 p.m. Merchant’s Expo and Awards Party

The Lakelands Kids’ Fun Runs and Kentlands 5K will be held rain or shine

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Buying or Selling?

A realtor helps sell a home.

Stage Props

"Stage"ing a house to make it a popular practice these days. Kim Smart of Smart Interiors notes "Homes that have been staged typically sell quicker and for higher prices."

According to one industry survey, "Staged homes were on the market an average of 13.9 days, while non-staged ones stayed on an average of 30.9 days... and the staged homes sold for an average of 6.3% more then the list price, with non-staged selling for an average of 1.6% over list."

So, noting especially the second finding in that survey, hiring a professional to stage your home can be a worthwhile investment.

Staging experts typically charge $150 to $200 for a consultation, with additional charges for the actual work. But the recommended furnishings do not have to cost a lot. For vacant homes, a sofa or coffee table left behind can greatly improve the feel. Experts say faux furnishings work well, too.

Instead of a real bed, just throw an air mattress on some boxes and cover it with a bedspread.

For sale listings.

For rent listings.

SOLD listings as of 7/18/03

The information above was obtained from MRIS. Information is believed to be accurate, but should not be relied upon without verification. These were not listing/sold exclusively by Jeff Escher/Long & Foster Realty.

Online Buyers

The 2003 National Association of Realtors® Profile of Home Buyers and Sellers shows that 71 percent of homebuyers used the Internet in their search for a home during the first quarter of 2003, up from 41 percent during 2001. In response, many top brokerages are moving away from traditional newspaper advertising. Spring statistics show Realtors.com had the most visitors—4.6 million—and those visitors stayed on the site longer than a half-hour on average. Homestore.com logged 3.6 million visitors. Homestat.com came in a distant third.

Jeff Escher is a real estate agent with Long & Foster Realtors. You can contact Jeff today by calling 301-519-1709 or log onto his website at www.jeffescher.com.
Guarding Against Credit Fraud
Steps You Can Take To Protect Yourself

Credit and charge card fraud costs cardholders and issuers hundreds of millions of dollars each year. While theft is the most obvious form of fraud, it can occur in other ways. For example, someone may use your card number without your knowledge.

It's not always possible to prevent credit or charge card fraud from happening. But there are a few steps you can take to make it more difficult for someone to capture your card or card numbers and minimize the possibility.

Here are some tips to help protect yourself from credit and charge card fraud:

■ Safeguard your credit cards just as you would cash.
■ Reduce the number of cards you carry; just one or two are sufficient for everyday use.
■ Minimize the amount of personal information a criminal can steal. Don't carry your Social Security card, birth certificate or passport with you on a routine basis.
■ Keep a list and/or photocopies of all of your credit cards, including account numbers, expiration dates, and issuer phone numbers, so that you can notify creditors quickly in case of theft or loss.
■ Sign any new cards as soon as you receive them.
■ If one of your credit card bills is late, call the card issuer's customer service number immediately. Make sure that your bill has not been diverted to a different address.
■ Open bills promptly and reconcile accounts monthly, just as you would your checking account.
■ Report billing errors and lost or stolen cards to your credit card issuer immediately.
■ Never give anyone a card number or other personal information over the telephone unless you initiated the call.
■ Shred pre-approved credit card offers, credit card receipts, copies of airline tickets, travel itineraries, and anything else that displays your credit card information before putting them in the trash.
■ Check your credit report for accuracy after at least once a year.
■ Keep an eye on your card during the transaction, and get it back as quickly as possible.
■ Void incorrect receipts.

■ Destroy carbons.
■ Save receipts to compare with billing statements.
■ Report any questionable charges promptly and in writing to the card issuer.
■ Notify card companies in advance of a change in address.
■ Do not lend your card(s) to anyone.
■ Do not leave cards or receipts lying around.
■ Do not sign a blank receipt. When you sign a receipt, draw a line through any blank spaces above the total.
■ Do not write your account number on a postcard or the outside of an envelope.
■ Do not give out your account number over the phone unless you're making the call to a company you know is reputable. If you have questions about a company, check it out with your local consumer protection office or Better Business Bureau.

Reporting Losses and Fraud

If you lose your credit or charge cards or if you realize they've been lost or stolen, immediately call the issuer(s). Many companies have toll-free numbers and 24-hour service to deal with such emergencies. By law, once you report the loss or theft, you have no further responsibility for unauthorized charges. In any event, your maximum liability under federal law is $50 per card.

If you suspect fraud, you may be asked to sign a statement under oath that you did not make the purchase(s) in question.

Wayne Zussman is a Certified Financial Planner and Lakelands resident. Please contact him at 301-984-7480 or Zussman@erols.com for your financial planning, portfolio management, insurance or tax preparation needs. Please visit www.LeStrangeZussman.com for additional information and articles.

Busy Bees
Arts & Crafts Play Center
is now a WKID, Inc. owned Creative Venture Center Age Appropriate Arts, Crafts & Fun Classes Ages 2-10 Theme Birthday Parties with Arts & Crafts Camp Ages 4-9 (some openings still available for August session)
Please Call for Schedule and Information
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The Kentlands www.bzbees.org
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Gaithersburg, MD 20878
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CALL ME FOR A FREE CONSULTATION!
Documentation Needed to Refinance Your Home

I wrote this article six months ago and thought it would be a good idea to put it in the Leader again. With interest rates still low this gives you an idea of what you will need to refinance your home. When you are thinking of refinancing, there are many different loan programs for which you may qualify. Each program may have different documentation requirements, but there is a standard level of documentation you should keep in mind. You may not need all of it, but the information contained in your documentation will help your mortgage broker find the best possible program for you.

When calling a mortgage company to get a rate quote, it is a good idea to have a mortgage coupon or statement available. You probably make a principal & interest mortgage payment each month, along with escrows for taxes and insurance and maybe even mortgage insurance. This information is available on the mortgage coupon or statement.

When you talk about a rate and payment over the phone, you want to make sure you are comparing principal & interest payments on the two loans or total payments for the two loans. Don’t be fooled into comparing the new principal & interest payment to your current total payment!

No matter what mortgage company you ultimately work with, the lender looks at three categories to determine your risk level, and thus your qualification for the new mortgage loan.

The first piece of information the bank will need is income information. If you are self-employed or you own investment properties, you will need to provide the two most years’ tax returns. When providing tax returns, make sure that you provide all schedules, addenda, etc. Otherwise, you will need your two most recent pay stubs and two most recent years’ W2 forms.

If you have received a raise, promotion, bonus, commission, alimony, child support, pension, Social Security or other type of supplementary income, an award letter, or other type of verification may also be required.

The second category of documentation is your assets. These consist of bank statements, brokerage accounts, retirement accounts, types of cars and household goods.

When giving statements, it is very important that you provide all pages. If your bank statement says page 1 of 6, you must give all six pages. Most lenders require that you document the two most recent months’ activity for each account. For bank accounts, you can

The policy went into effect several weeks ago and the athletic lobby staff report that quite a few Kentlands residents have come by with Lakelanders to swim at the pool. Kentlands community manager Tony Rouhani reports that so far no Lakelands residents will be allowed access to the pools unless a resident of that community is with them. This limited free guest pass policy will be tested out during weekdays only and not on the weekends.
A while ago, a movie was playing in which the operator of a film developing section of a store looked at the pictures coming through the system and this led to all sorts of problems.

A recent case in the Maryland Court of Appeals concerned a person pulling out the photos developed and ultimately calling the police.

It appears that a couple, husband and wife, decided to take pictures of their eight year old son taking a bath. The father was seen in the pictures which were taken by the wife. No activity other than a bath was displayed in the pictures.

The clerk was troubled by the pictures and refused to give them to the parent when he came back to the store after the one hour development process. The clerk asked several pointed and accusatory questions of the father, loud enough for others in the store to hear, and still refused to give back the pictures even after the wife confirmed the circumstances. The clerk discussed the matter with others in the store management and ultimately reported the matter to the police.

The police confiscated the photos as evidence and submitted the matter to the State’s Attorney and Child Protective Services.

The child was placed in foster care for 2 nights, the State’s Attorney decided not to prosecute, and ultimately after substantial legal work, the family was reunited and the pictures returned to the father.

The parents sued. The courts took their time. This event occurred in 1999; the trial court dismissed certain of the counts of the lawsuit, the first appeals court upheld that action, and the highest appeals court finally decided the case in mid-May, 2003.

There is a state law which provides immunity from suit to the person who calls the police in a good faith belief that child abuse has occurred.

The parents, through their lawyers, argued that the clerk was wrong in what he did about this matter: he had no reason to call the police, he told others in the store management when he should have said nothing, he had the child removed and placed in foster care, and he made improper accusations in the public place harming the father.

The clerk, through his and the store’s lawyers, argued that the statutory immunity protects his conduct and prevents a suit from succeeding.

The Court ruled in favor of the store and clerk, stating that the purpose of the immunity law is to encourage, and for certain people like educators and law enforcement persons to require, the reporting of the possible child abuse.

The legal nightmare for all of these people has now ended.

As usual, a word to the wise should be enough to avoid trouble.

Tim Clark is with Kentlands Law Center in Kentlands.

Always wanted to know what the 411 is on Lakelands? Well, the communications committee recently posted some surveys on the website regarding the demographics on Lakelands. Take a look and see the scoop on residents in the community.

What’s your Household Income?

Total Community Surveys Received: 63

How old are you?

Total Community Surveys Received: 59

How many people live in your house?

Thank you for participating and be sure to log on this month for the current surveys of the month!
Fermentation is a controlled process of decomposition. It involves yeast and bacteria to break down sugars to create an acid that preserves the food for a period of time in a decomposed form. The process is mostly achieved without air as the microorganisms that start the process produce carbon dioxide to replace the oxygen in the pickling container. When the vegetables are crowded into the container together they will ferment whether or not salt is present, but without the proper salt concentration the enzymes present will soften the vegetables and “bad” microorganisms may predominate. This can cause off flavors or rotting. Fermentation without salt may progress too quickly so that the vegetables may not sour enough to keep for any period of time, as well as not allowing the seasonings to flavor the food adequately. The correct amount of salt helps the progression of bacterial activity to produce firm and tasty pickles.

Fermented pickle brines also contain vinegar. The vinegar gives some flavor as well as discouraging the growth of “bad” microorganisms before fermentation begins. Too much vinegar will stop fermentation.

Basic ingredients for pickling:

- Pickling salt - This is fine, pure granulated salt. Other names include “canning and pickling salt” or “sea salt”. This is not the same as table salt which contains iodide and additives to prevent caking. You may also use kosher salt, but as the crystals are larger and less densely packed than that of pickling salt, you will need a greater volume for the same amount of pickles.
- Pickling cucumbers. Wash them gently and carefully to remove all dirt and additives to prevent caking. You may also use kosher salt, but as the crystals are larger and less densely packed than that of pickling salt, you will need a greater volume for the same amount of pickles.
- Vinegars - Distilled white vinegar is most widely used. This type of vinegar doesn’t darken the pickles and is very inexpensive. It is best used with sweet pickles or those with strong flavors. Cider vinegar may be used, but may result in darker pickles. Wine vinegar (white or red) will add a full flavor to the pickles, but if used in large amounts may produce a darker pickle. For the purpose of Sunshine Pickles, which will not be canned, use vinegar with at least a 5% acidity. The vinegars mentioned above will all serve the purpose well.
- Water - Tap water is generally suitable for pickling. If it contains large quantities of chlorine, you may need to purchase distilled or deionized water. Our local water supply should be fine for pickling purposes.

Aromatics or spices - Spices used in pickling may be whole, crushed or ground. Other spices or garlic may be used depending on desired flavor.

Sunshine Pickles

By Flora Kessler, MS, RD, LD

Ingredients:
- 4 cups of 3-5 inch pickling cucumbers
- 1 tablespoon pickling salt
- 1 fresh head or 1 frond of dill
- 1 cup of water
- 1 clean and dry quart jar with lid

Preparation steps:
1. Prepare the cucumbers. Wash them carefully to remove all dirt and remove the blossom end. Using a knife blade, slit the cucumbers lengthwise, keeping the ends intact. There are many types of cucumbers, for our purpose we are using an American type pickling cucumber, as they are easy to purchase.
2. Put the salt, vinegar and dill into a narrow mouth quart jar.
3. Pack the cucumbers into the jar so they are wedged closely. Leave a one inch head space at the top of the jar.
4. Place the jar outside in the sun or in a sunny window. If in the window, put a dish underneath in case some of the brine leaks. If you leave the jar outdoors, bring it in at night.
5. Within 3 days you should see tiny bubbles rising in the jar. This signals that fermentation has begun. The pickles should be ready on day 5, when the bubbles top rising. Chill and eat. They will keep in the refrigerator for about 2 weeks. Note: Other spices or garlic may be used depending on desired flavor.
CHIROPRACTIC is a branch of the healing arts, which is concerned with human health and disease. This drugless profession places special emphasis upon the spine and its interrelationships with the nervous system (brain and spinal cord).

The practice of chiropractic is distinctive due to the emphasis on the reduction of or alignment of spinal and pelvic imbalances. Doctors of Chiropractic achieve this by specific spinal adjustments and stretches whose purpose is to restore the spine and posture within their normal functioning framework.

These procedures are administered with much skill and dexterity after a careful and thorough examination is done to determine the area(s) of involvement. Other considerations of health such as exercise, rest, diet, nutrition, etc. will be discussed and taken into consideration by your Doctor of Chiropractic. Attentive listening allows your chiropractic to get to the cause of your health problems.

In a great many cases, however, we have treated numerous other cases of similar nature and will be able to give you an approximate estimate based on our knowledge and experience.

In most cases, your concept of "being well" is one which deserves some serious objective consideration. To a majority of people, "being well" means to be free from the symptoms that initially brought you to our office. To some, "being well" means functioning at your best beyond the resolution of their symptoms.

We have found that it is not uncommon for people to present themselves to our office after having spent weeks, often months or years, in pain while doctoring with drugs and other types of palliative therapies.

When this approach proved to be ineffective, they sought chiropractic care as a last resort, usually on the recommendation of a friend.

In summary, no one can tell exactly how long it will take to get well. It depends on your condition, it depends on your follow-through with chiropractic adjustments, and finally it depends on determination to attain optimum health.

For a FREE copy of our newsletter or more information about chiropractic health care please 240.361.2225. Dr. Paris is the director of Advanced Spine & Wellness Center in King Farm.
Meet Big Boy and Honey Bear, pets of the month for August. Making their home on Gatestone Street with mom and dad Todd & Anna Smith and Veronica Maali. These two loveable cats were recently adopted in March from the Montgomery County Humane Society.

They are both 8 years old and are wonderful cats. They are very affectionate and both love to play and eat. Honey Bear loves to sit on laps and his pillow by the front door and chase string and Big Boy loves to rub his face on beards and sit on the back of the couch and catch “mice”.

To have your pet featured in future issues of the Leader’s Pet of the Month segment, contact Andrea Escher at leader@lakelands.org or call 240-832-0905.

Mission Statement
My associates and I are strongly committed in providing you with the most advanced dental techniques and pain-free treatments in a friendly and comfortable environment.

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A Parent’s Guide to Minor Wound Care

I hope everyone has been enjoying the summer and all the outdoor activities it provides. When kids are active outside there is an increased opportunity for minor wounds; cuts (or lacerations), burns, scrapes (or abrasions), and punctures. Even a minor break in the skin represents an opportunity for bacteria to invade and take hold, causing an infection. Most minor wounds can be taken care of at home, and most infections prevented, if you follow a few simple steps.

There are certain wounds for which you should contact your primary care doctor. These include, but are not limited to: a hypodermic needle stick; bites (animal or human), any injury that involves contact with another’s mouth or teeth; scratches from pets (especially cats); scratches or bites from any wild animal; a cut greater than 1 inch long on a hand or foot; a cut more than 2 inches long anywhere else on the body; any burn larger than a half-dollar in diameter, or a burn with a blackened area; any wound that looks “deep” to you; any wound in which you can still see foreign material even after cleansing; or any wound that continues to bleed despite the application of direct pressure.

The first step after a wound has occurred is cleansing. Good cleansing starts with washing your own hands thoroughly before treating the wound.

If there is any visible dirt, sand, or gravel you can flush with clean, lukewarm water to try to remove the debris.
If the wound is dirty; a mild liquid soap may be gently applied and rinsed well. Do not use harsh detergents or chemicals (such as bleaches) to disinfect the wound. They will only irritate it further.
After cleansing, allow the wound and surrounding area to dry naturally. An over-the-counter antibiotic ointment, such as Neosporin, should then be applied to prevent infection.

The final step, of course, is to put on a bandage to keep the wound clean, and promote healing.

Minor wounds should be kept bandaged for about 7 days. Bandages do not have to be removed unless they become wet or excessively dirty. Bandages that come off should be replaced after another application of topical antibiotic.

It is not necessary to cleanse a wound each time the bandage is replaced because the human body has a very efficient natural detergent system that does an excellent job of cleaning a minor wound heals.

As a wound is healing you should contact your doctor if any of the following occur: increased pain in the wound or the area around it; redness, warmth, swelling or numbness in the area around the wound; fever; pus draining from the wound or the development of a blackened area at the center of the wound.

We will never be able to prevent our kids from suffering injuries, but we can do the best possible job to prevent complications and promote healing.

And don’t forget the most important treatment: a hug and a kiss!
Many believe that the best offense is a good defense. With this thought in mind, the best way to keep our pets out of harms way is to use “self defense” techniques. We are not talking about karate for your dog; instead we are referring to ways to keep your pets safe and under your control. The most-proactive way to keep you pet safe is to make sure they are well trained. Obedience classes should be started as early as puppyhood. Advanced or refresher classes are also a good idea for your adult dog.

Once your pet is well trained you should follow these tips:

**Always walk your dog on a leash!**

As our neighborhood has become busier and the streets more heavily congested it is imperative that all dogs be walked on a leash. When a dog is on a leash it is more difficult for them to run into the street, harder for them to get away from you, and easier for you to control your pet when others are near. You cannot control the traffic, but you can control your pet. An all too common sight is a pet being hit by a car. According to a spokesperson at the City of Gaithersburg’s Animal Control Office, it is illegal for a pet to be walked off a leash when not on the owner’s property. While it can be tempting to walk a well trained dog off a leash for just a block or two it can be very dangerous. If another dog is also off a leash and not as amiable as your pet an altercation may ensue.

**Be sure your pet has proper I.D.!!**

Just in case your pet does get away from you, be sure they have proper identification on them. Keep a collar and I.D. tag on your pet at all times. At a minimum, the tag should include your phone number. Ideally, your pet should be wearing a rabies tag as well. If your dog does have a rabies tag it will assist anyone who finds your dog in locating you via your veterinarian. In addition to temporary identification, like tags, permanent identification is available from your veterinarian. Microchipping is considered to be the best type of permanent identification available. A small microchip is inserted under the skin in between the shoulder blades. The chip is imprinted with a unique identification number that can be read with a scanner. All animals picked up by the Montgomery County Humane Society are scanned for a microchip. Many veterinarians also have this capability.

**Have your pet spayed or neutered!**

Another way to keep your pet from roaming, particularly in search of a mate, is to have your pet spayed or neutered. Spaying and neutering will reduce your pet’s desire to stray.

**Supervise playdates!**

Many of us are using the county’s dog parks to allow our pets to get exercise off the leash. Care should be taken when allowing your pets to play. Since they are in a fenced in area some of us may get a false sense of security. Before you let your dog off leash be sure to look around and make sure that there are no dogs that are playing particularly aggressively. If you dog is known to be aggressive around certain types of dogs then you may want to be selective about the times you utilize the park. If you take these issues into consideration your pet can have fun and be safe at the same time.

**Keep important numbers at hand!**

Unfortunately, even with your best efforts to keep your pet safe and sound, sometimes they still get away. If your pet is lost there are several things that you can do. First, call the Montgomery County Humane Society (240-773-5900) as well as Gaithersburg Animal Control (301-258-6343) to alert them of your lost pet. Keep these numbers posted in your home for easy retrieval. Notifying local veterinarians can also be helpful as a Good Samaritan may bring an injured or healthy pet that they find to a veterinarian. Posting signs and telling friends and neighbors to look out for your pet can be helpful as well.

Try to keep in mind ways to keep your pet safe at all times. They are important parts of our families and keeping them safe is of the utmost importance.

Dr. David Handel is a Veterinarian and owner of the Kentlands Veterinary Hospital on Booth Street in Kentlands.
TEACHING KIDS AND ADULTS TO PLAY CHESS.
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For Sale:
20 Gallon Fish Tank: Complete with all accessories ($40) - $75 for everything. Call Michael (240-372-3068) or respond via e-mail at meward@earthlink.net.
Living Room Furniture: Couch, loveseat, end tables, Penn House Cherry. Lamps too. Call 301-977-8350 to see.
Dog Cage for Sale: Small in size, $25 contact jmills549@comcast.net.
Patio Set for Sale: Rectangular table, umbrella, 4 standards and 2 wicker chairs. Set is green. Denizering patio need to sell! Please contact at 301-330-8247.
For Sale: Lowery Holiday Symphonic organ with rolltop and bench. Great Condition! Hate to sell but have no room. Orig cost over $5K, asking $1K OBO. We live in the Lakelands. To see or play it (you’ll sound like a full symphony), call Melinda at 301-987-0915 or 202-205-6598.
Jr. Range Microwave: $250, Potscruber dishwasher - $150, Oven - $250, Coffee Maker - $150, Deep-the-range microwave - $250. Good condition! Hate to sell but have no room. Orig cost over $5K, asking $1K OBO. We live in the Lakelands. To see or play it (you’ll sound like a full symphony), call Melinda at 301-987-0915 or 202-205-6598.
Nearly new, 2-year old kitchen appliances for sale! All GE, white, very clean. Will sell as package for $500, Gas range- $450, Contact: dcw81100@aol.com.
FOR SALE: Standard and 2 swivel chairs. Set is green. Downsizing and need to sell! Please contact at 301-330-8247.
Dog Cage for Sale: Small in size, $25 contact jmills549@comcast.net.
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It was the perfect day for a pool party! Thanks to the organization and coordination of the Lakelands Social Committee, the community enjoyed a day of food, music and fun in celebration of the 4th of July. Hundreds of residents crowded the pool throughout the day lunching on cold cuts, sodas, snacks and more. Kids and adults enjoyed cooling off from the 90-degree heat with a dip in the pool. Neighbors headed home in the late afternoon where the grills were fired up and the block parties began. Towards dusk residents piled in their cars with blankets and set out to watch the City of Gaithersburg fireworks display at the local fairgrounds. All in all it was a great day and a fabulous 4th.