



## PRESIDENT'S COLUMN

Greetings, Neighbors of Stonegate, Naples, Stratford Woods, Bonifant Village and Old Salem Village,

I want to wish everybody a safe and happy holiday season.

Our Halloween party was a great success with over 45 kids attending. In addition, eight teenagers helped at the party and earned Student Service Learning hours. I would like to thank Katherine Perikles 8th grader from White Oak Middle School who planned and organized a great Halloween Party.

Our Next meeting will be on **Wednesday December 11, 2013 at Stonegate Elementary School at 7:30 p.m.** Our meeting will be for extended committee reports including zoning, landscaping, membership, security, and adult activities. Immediately following the committee reports, we will enjoy our first SCA Holiday Party.

*Kelly Washington*

### **SCA to Vote on Changing Bylaws at December Meeting** by Catherine Stanton

The SCA will propose a change to the SCA bylaws at the meeting on Wednesday, December 11th. The change will move the SCA's membership year from October-September to the calendar year, January-December. If the proposed change is accepted, all memberships for the 2013-2014 year will be extended through December, 2014 instead of ending September 31, 2014. All current SCA members are welcome to vote on this proposal.

### **Putting a Face on Homelessness in Montgomery County**

*Results released for county's largest homeless outreach survey*

Montgomery County was one of roughly 200 communities to participate in a nationwide 100,000 Homes Campaign.

"The goal is to create 100,000 homes for vulnerable and chronically homeless people," according to Susie Sinclair Smith, Executive Director of the Montgomery County Coalition for the Homeless.

As part of the campaign, teams of volunteers scoured all parts of the county between 4 and 6 a.m. Nov. 4-6 to survey homeless people. There were 369 completed surveys, Smith said. Of the surveys, 160 of the people who responded could be considered "medically vulnerable."

On average, those surveyed had been homeless for 4.3 years and were 46 years old. According to the results, 288 suffered from a mental disorder or substance dependency. The vast majority – 270 – were male. County health officials said they

want to use the information from the surveys to help them figure out how to best help the homeless.

On Nov. 1, the county opened its winter overflow shelters, which has 393 beds, according to Uma S. Ahluwalia, director of Health & Human Services. Last week, Gaithersburg hosted a Homeless Resource Day that served 319 homeless people, county officials said.

Montgomery County Executive Isiah Leggett said the county has maintained 8,000 affordable housing units and spent \$300 million toward affordable housing funding over past few years.

"That's just a drop in the bucket when you realize the nature and the intensity of the problem," Leggett said. "We have to do much more."

Councilman George Leventhal, who is on the campaign's executive committee, said he planned to introduce a \$700,000 supplemental appropriation for the council's current budget to house 15 homeless people.

**SCA Meeting Wednesday, December 11, 2013 • 7:30 P.M.**  
**Stonegate Elementary School**  
**Gift Card Drawing! See Membership Form**

The SCAN, The Stonegate Citizens Association Newsletter, is published several times a year by the Stonegate Citizens Association, and is distributed to the citizens of the Greater Stonegate communities.

Board of Trustees of the Stonegate Citizens Association

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President	Kelly Washington	384-1251	verkel@verizon.net
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\*(appointed by the President)

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Committee Chairpeople

Adult Activities	Jack Sherman	384-8071	jsherman00@aol.com
Directory	Volunteer Needed		
Education	Elizabeth Joseloff	384-4234	joseloeg@yahoo.com
Landscaping	Paula Cirincione	384-2018	cirincione@verizon.net
Legislative & Zoning	Jim Rosenfield	879-2549	rosenfield.stonegate@gmail.com
Membership	Catherine Stanton	384-3389	Catherine_stanton@yahoo.com
Newsletter	David Plihal	384-9078	dplihal@nw.org
Safety and Security	Volunteer Needed		
Welcome	Manju Kaku		mbkaku@yahoo.com

Officers serve from election in June until the election of their successors, the following June. Trustees serve from election in June for a period of three years. Committee Chairpeople are appointed by the President and approved by the Board of Trustees.

Citizens' Memberships are valid from October 1st through the following September. Membership dues are \$20 per household, per year.

**Attention Advertisers!**

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Full Page	7 1/2 in. w. by 10 in. h. (75.00 sq. in.)	\$110.00
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Business Card	3 1/2 in. w. by 2 in. h. ( 7.00 sq. in.)	\$25.00

Sizes: Full Page & Business Card, as stated. For others, size may be different, as long as it's the same number of square inches.

Members of the Stonegate Citizens Association receive a 10% discount. (You must be a resident of Greater Stonegate to become a member.) These prices are for camera ready copy, that is, black copy on a bright white background. A laser printer will readily produce this type of output. If you need the SCAN to help you prepare your advertisement, there is no additional charge for simple typesetting and line work. Additional charges may apply for halftones and other special work. Prices are subject to change without notice. Contact David Plihal at 301-384-9078.

The following people  
contributed to this issue  
of the SCAN.

Catherine Stanton



Kelly Washington

**FARM REPORT**

My wish is that everyone has an enjoyable and fulfilling holiday season with friends, family or a combination of both. All in all, we are fortunate to live in a place where neighbors are neighborly. And that includes the list-serv. Get happy this season but not too happy, if you know what I mean.

*the old farmer.*

The SCAN is  
distributed to nearly  
1,400 homes in the  
communities of Greater  
Stonegate (Stonegate,  
Bonifant Village,  
Naples,  
Old Salem Village,  
& Stratford Woods).

## **8 Reasons Police Might Pull You Over for Suspected DUI in Maryland**

A DUI is such a serious offense that courts around the country have signed on to “truth in sentencing” policies, which seek to ensure the maximum sentence is served and parole is kept at a minimum. As of this writing, the State of Maryland has not adopted a “truth in sentencing” policy, but nonetheless, the consequences of drunk driving in Maryland can be substantial.

Local law enforcement make over one million DUI arrests every year and drunk driving is estimated to squander over one hundred billion dollars in revenue annually. DUI arrests are highest for males and people in the 21-25 year-old age range. Bearing that information in mind, here are tipoffs local law enforcement use to spot drunk drivers.

For the officer to pull you over in the first place, most jurisdictions require the officer to reasonably show that criminal activity was taking place before the pullover took place. The most common reason for a pullover vis-a-vis an eventual DUI offense is speeding. In the State of Maryland, police officers need only have suspicion of intoxication to pull you over.

The officer must show probable cause before stopping you and legally making an investigation. Sometimes the reason for the

pullover is seemingly unrelated to the eventual DUI charge—expired tags or a defective brake light could avalanche into a field sobriety test.

The National Highway Traffic Safety Administration lists the following visual identifiers that law enforcement around the country use to detect impaired driving:

- Turning with an overly wide radius
- Weaving
- Driving on an improper roadway
- Slow speed
- Swerving
- Stopping without a cause
- Following too closely
- Almost striking or striking an object

It is important to note that any driving behavior that smacks of impaired ability (and could be used as probable cause later) could increase the chances of a DUI stop. A vehicular deficiency, such as a busted brake light or out-of-date license plate tag, could also be enough to pull you over.

These seemingly trivial traffic violations could lead to the officer approaching your vehicle and demanding a field sobriety test. Make sure you understand the risk factors before getting behind the wheel.

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#### **Turmeric and Health- Who Knew?**

Maybe you use turmeric to make a curry once in a blue moon or need it to add a natural yellow coloring to a sauce or condiment. But this spice, which is actually a plant, is full of antioxidants, anti-inflammatories and there is evidence that there may be many health benefits to consuming turmeric. Part of the ginger family and considered a natural botanical compound, the roots are traditionally boiled, dried and ground into a powder. It has been used in India for 4,000 years and is a major part of Ayurvedic medicine, which originated in India.

The anti-inflammatory and antioxidant properties in turmeric are mainly attributed to its most active component, Curcumin. An antioxidant helps to fight against free radicals in the body, which can damage DNA, cell membranes and even cause cells to die. Many diseases and illnesses may be positively affected by the Curcumin found in turmeric, such as:

1) **Heart Disease:** Curcumin helps stops platelets from clumping together and forming blood clots. Early studies have suggested that turmeric may prevent plaque buildup that can cause heart attacks or stroke.

2) **Brain Health:** A recent study suggests that Curcumin contains a brain boosting chemical that could help slow the pro-

gressions of Alzheimer's by helping hippocampal brain cells grow. Research indicates that turmeric has been shown to prevent amyloid plaque formation in animals.

3) **Cancer:** It has been suggested by early research that Curcumin may help prevent or treat several types of cancers, including prostate, breast, skin and colon cancer.

4) **Osteoarthritis:** Researchers believe that the anti-inflammatory properties in turmeric can help people with the pain and disability of arthritis.

#### Calming Turmeric Tea (veganized)

1 cup almond milk or coconut milk or combination of both

1/2 tsp turmeric

1 tsp cinnamon

1/2 tsp agave (to taste)

1/2 tsp ginger (either powdered or fresh)

1. In a coffee mug or tea cup, combine the turmeric, cinnamon, agave and ginger 2. Drizzle a teaspoon of the warmed almond or coconut milk into the mug with spices and mix until the liquid is smooth with no lumps. 4. Add the remaining milk and mix well.



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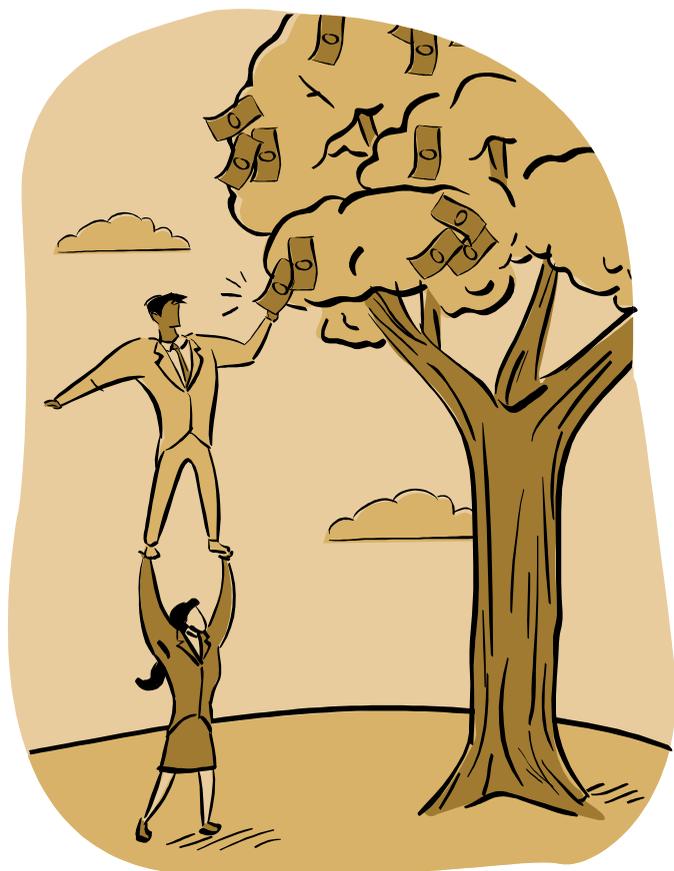
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**You Knew Your  
Membership in  
the SCA Bought  
You a Better  
Neighborhood...**

**Now it Can Buy You Groceries, Too!  
(Or a new toaster, or diapers, or pet food...)**

Help the Stonegate Citizens Association (SCA) kick off the new 2013-2014 membership year. Come to the October 2nd meeting, renew your membership with a check or cash and you'll be in a drawing for one of two \$50 gift cards for Target given away at the end of the meeting. **You must be present to win.** The meeting will be held at Stonegate Elementary School in the All Purpose Room and begins at 7:30 p.m. Membership forms will be available before and during the meeting. At the end of the meeting two names will be drawn from the list of 2013-2014 members in attendance.

[www.StonegateCitizensAssociation.org](http://www.StonegateCitizensAssociation.org)

# Stonegate Citizens Association

## 2012-2013 Membership Registration Form



The mission and purpose of the Stonegate Citizens Association is "to serve the general welfare and community interests" of the residents in this area. We are an all-volunteer organization. To be a member of the SCA, you must reside in Stonegate, Naples Manor, Stratford Woods, Bonifant Village, or Old Salem Village.

Your dues support the maintenance and landscaping of the entrances into our community, the production of the SCAN (the community newsletter) and the neighborhood Directory as well as the neighborhood web site, and social activities for youth and adults of our community.

**Join online at [StonegateCitizensAssociation.org](http://StonegateCitizensAssociation.org) and pay online with Paypal or a credit card.** Or remit your \$20 annual dues, along with this form, to:

**Cathy Stanton, SCA Membership Chairperson**  
**14740 Carona Drive, Silver Spring MD 20905**  
 (301) 384-3389      email: [cathcrine\\_stanton@yahoo.com](mailto:cathcrine_stanton@yahoo.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

**Yes, I would like to receive the SCAN electronically at the above email address. I understand I will NOT receive a paper copy via the U.S. Postal Service.**

**Committees: Please check the following committee(s) you or a household member would like to join.**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Safety & Security *     | <input type="checkbox"/> Membership       | <input type="checkbox"/> Education                    |
| <input type="checkbox"/> Landscaping             | <input type="checkbox"/> Welcome *        | <input type="checkbox"/> Legislation & Zoning         |
| <input type="checkbox"/> Directory Publication * | <input type="checkbox"/> Adult Activities | <input type="checkbox"/> Publications (SCAN Ad Sales) |

\* These committees need a chairperson.

**Activities: Please check the following activities in which you or a household member wish to participate.**

- |  |  |                                    |
|--|--|------------------------------------|
| <input type="checkbox"/> Youth Halloween Party | <input type="checkbox"/> 4 <sup>th</sup> of July Family Picnic | <input type="checkbox"/> Book Club |
|--|--|------------------------------------|

**Suggestions or ideas for other activities you would like to work on:**

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**Stonegate Elementary School**  
**SCA Meeting on Wednesday,**  
**December 11, 2013 at 7:30**



Stonegate Citizens Association  
David Pihal, Editor  
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