

The Viewpoint

Vol. 1, No. 3

The Official Source for Vistas and Woodcliffe Park Community News

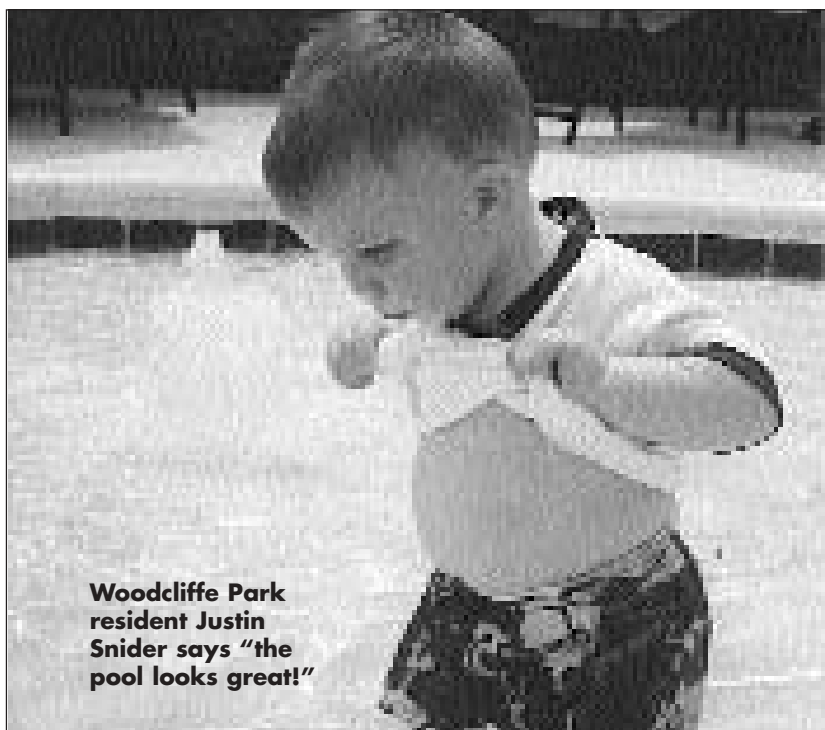
Fall 2003

Communities Celebrate Successful Pool Season

By Andrea Escher

It seems like only yesterday the residents of the Vistas and Woodcliffe Park communities were eagerly awaiting the grand opening of the community pool and clubhouse. Basking in the summer sun, splashing in the pool and socializing with friends and neighbors. But today as you drive past Kings Crossing Boulevard, you see an empty pool deck and pools, signs signifying the official end to the 2003 summer season.

Residents had their last opportunity to enjoy the pool during the Labor Day weekend. As the holiday came to an end, the pool management team prepared for the closing. But don't worry Memorial Day will be here before you know it!



Woodcliffe Park resident Justin Snider says "the pool looks great!"

Photo: Angela Snider

Residents were thrilled they were able to use the pool during the entire summer. There was some concern that that facility would not open in time, however, thanks to the dedication of the community developer, the pool opened as scheduled. Not only did the pool open on time but thanks to the initiative of many community volunteers and parents, the communities enjoyed not only their inaugural season at the pool, but also the debut of the Woodcliffe Wahoos swim team.

We would like to thank the pool management team, CMI Management and members of both communities for their hard work and patience as together we enjoyed the start of many super summers to come at the pool. We'll see you next year!

WHAT'S NEWS?

Men's Day Out

It's a day for the guys in the community to drink beer, watch the big game and more, see page 2.

Vistas Assessment Fee Increase?

Will the HOA fees be increasing for the New Year? Check out page 3 for more details.

Storm Water Scoop

Read the latest updates on the storm water management ponds in Woodcliffe, page 3.



Ghosts & Goblins

Find out what the Vistas and Woodcliffe Park have planned for Halloween, page 4.

Pool Party Photos

Check out scenes from the June pool party on page 5.

A Shady Grove ER in Germantown?

Find out the latest news on the new emergency room heading to Germantown, page 7.

Vistas Community Election Draws Near

Residents to Cast Votes for Board Members

By Andrea Escher

It will be a historical event for the Vistas as residents will cast their ballots to elect two resident homeowners to the community Board of Directors.

Currently the Board of Directors is comprised of members of the community developer, Arcola Development. This will be the first step towards full resident control of the Board.

Community Manager Linda Wildman reports election materials as well as a "Call for Candidates" packet will be hitting mailboxes within the next few weeks.

Residents of the Vistas who are interested in running for one of the two open seats on the Board of Directors should keep

watch.

The Annual Meeting will take place on Wednesday, November 12th at 6:30 p.m. at the Clubhouse on Kings Crossing Boulevard. So be sure to mark your calendars!

All residents are encouraged to attend the meeting to find out the latest news and development within the community. The community election will be held during the meeting, however if you are not able to attend, please be sure to mail your proxy ballots to CMI by the posted deadline.

This is your opportunity to get involved within your community. Sign up to be a candidate, attend the meeting, most of all, get out and VOTE!

Developer Hosts Community Event at the Pool

Residents Live it Up at the BBQ Bash

By Andrea Escher

Food, fun and a BBQ at the pool! It was a great day and way to celebrate the grand opening of the community pool. Thanks to the generosity of the Vistas community developer, Arcola Development, the residents of the Vistas and Woodcliffe Park neighborhoods enjoyed a beautiful sunny Saturday in June with a party at the pool.

According to Community Manager Linda Wildman, Arcola Development wanted a way to introduce the communities to their new facilities while also saying, thank you for choosing to move to such a wonderful community. The developer hosted the event on June 28th, which included catered BBQ and food, a DJ, clown and more. Hundreds of residents turned out for the event, which Wildman says, proved to be a smashing success. Everyone was having a great time, so many neighbors were raving about the food, the music and how they can't wait for more community events, says Wildman.

The Viewpoint, CMI and Arcola Development would like to thank everyone who attended the party. We appreciate your support and hope to see you all at the many more community events planned for the future.

Turn to page 5 to see more photos of the pool bash action!



Photo: Michele Schoonmaker

These teens enjoyed a quick picture with Bubbles the Clown at the bash.

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Germantown, Maryland 20874

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Men's Day Out

Come watch all the NFL Games of the Day with your neighbors @ The Vistas...

Featured Game
Washington vs. Carolina

Place: Glory Days
18050 Mateney Road
(off of Great Seneca & Richter Farm)

Date and Time:
Sunday, November 16th @ 12 noon

RSVP to:
Don Waldron @ 301-515-4848
or email to dwaldron@comcast.net
by 10-31-03

This event is sponsored and partially subsidized by the
"The Vistas @ Woodcliffe Park HOA and Social Committee"



Have Fun and Be Safe!

Halloween Safety Tips for Adults & Kids

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- * Walk, slither, and sneak on sidewalks, not in the street.
- * Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- * Cross the street only at corners.
- * Don't hide or cross the street between parked cars.
- * Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- * Plan your route and share it with your family. If possible, have an adult go with you.
- * Carry a flashlight to light your way.
- * Keep away from open fires and candles. (Costumes can be extremely flammable.)
- * Visit homes that have the porch light on.
- * Accept your treats at the door and never go into a stranger's house.
- * Use face paint rather than masks or things that will cover your eyes.
- * Be cautious of animals and strangers.
- * Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

Tips provided by the American Red Cross



From the Editor

Vistas & Woodcliffe Park Share Community Newspaper



As you may have noticed there is something a bit different about this issue of The Viewpoint. CMI Management, The Vistas Community Association and Woodcliffe Park Community Association have agreed to share the community newspaper. From this issue on, The Viewpoint will feature community news, events, meetings, and more for the residents of both the Vistas Community and Woodcliffe Park Community.

Special sections of The Viewpoint will be geared specifically for each community. Vistas in Brief will feature news & information specifically geared for the Vistas. Cliffe's Notes will feature information specifically geared for Woodcliffe Park residents. While the communities share many similarities in terms of the pool, clubhouse and management company, there are some

differences such as maintenance, community information and social events.

We hope that residents of both communities continue to share their news, events, happenings and more. The Viewpoint is produced and mailed on a quarterly basis; the next issue will be published for the Winter 2003. The Viewpoint will now reach over 1,000 homes in the communities. If you are a resident looking to advertise your business, submit a classified or announce a birth of a child, the expansion of The Viewpoint is a great opportunity to get your name out in the community.

To the Vistas residents, we hope you enjoy reading this 3rd volume of The Viewpoint and to the newest readers in Woodcliffe Park; we welcome you and hope you look forward to receiving many more issues in the future. Happy reading!

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The Viewpoint® is the quarterly means of communicating information of interest to residents of The Vistas and Woodcliffe Park residents. The paper is published by the Vistas and Woodcliffe Community Associations, which is responsible for the form, content, and policies of the newspaper. The newspaper addresses items of legitimate interest to the citizens of The Vistas and Woodcliffe Park. It does not espouse any political belief or endorse any product or service. Articles and letters submitted for publication must be signed and may not be libelous. Articles and letters may be edited for length and content. CMI, the Vistas and Woodcliffe Park Community Associations do not endorse the products or services advertised therein, nor are they responsible for any claims made by advertisers.

Deadline:

The deadline for the Winter Viewpoint is December 1st.

Vistas in Brief

Assessment Fees Remain Unchanged

Good news for Vistas homeowners, Community Manager Linda Wildman reports the 2004 Budget will not call for an increase in the monthly assessment fees. Residents were concerned with the opening of the pool/Clubhouse their fees would be increased significantly. Please be sure to pay your assessments in a timely manner! This will help to avoid late fees on your account.



Rent the Clubhouse... Soon!

Many residents have been wondering if the community Clubhouse will be available for rent. The Clubhouse will be the perfect location for neighbors to host private parties & functions. Community Manager Linda Wildman says by the first of the New Year residents should be allowed to reserve the facility. Rules and regulations are being finalized by the Pool and Clubhouse at Woodcliffe Board of Directors. Once the information and a grand opening date are announced, residents will be mailed copies of the rental reservation policy.

Pet Pointers

As the weather gets cooler, pet owners are still out and about in the community with their dogs. Just a reminder to all the Montgomery County Division of Animal Services requires that all pet owners keep their dogs and cats on leashes and under the owner's control. All dogs and cats over the age of 4 months must have the rabies vaccination as well as be licensed within the County. Vistas owners MUST clean up after their pet's solid waste. Neighbors are getting tired of smelling and stepping into the little piles of surprises in the grassy areas. Remember that violating any of the above mention County animal laws might result in the issuance of fines by an Animal Control Officer. If you would like to report a pet offense or violator, please contact the Animal Services Division at 240-773-5960.

Storm Door Developments



If you are thinking about adding a storm door to your home, please be sure to submit an Architectural Change Application prior to installation. Many new homeowners are beginning exterior modifications to their homes, adding fences, decks and storm doors while not seeking the proper approval. If you are planning to begin a project, contact Community Manager Linda Wildman today to obtain the application. Once the application is completed and returned, there is generally a 3-6 week turn around time for approval. Applicants will be notified in writing regarding the status of their application. To eliminate the possibility of a delay, please be sure to include designs, sketches, photographs, color samples, etc. This will help the

community manager gain a better idea of the modifications you intend to make to your home. To obtain an application or if you have specific questions, call Linda Wildman at 301-916-7100 x 101 or via email at Lwildman@comsource72.com.

Lawn Maintenance

Residents are reminded the swales in front of their yards must be mowed and maintained by the homeowner. Landscaping maintenance from Omni Landscaping is on common area properties only. Please keep your yard looking neat and well maintained. Cut the grass, weed your flowerbeds, trim the hedges and mow the swales!! Thanks for your cooperation.

Development Update

The Vistas is down to just 7 lots for sale! Mid-Atlantic Homes is the only builder remaining in the community with homesites. Over the summer Craftmark and Ryan Homes sold out of their remaining single-family sites. Mid-Atlantic expects to sell out of the seven before the holidays.

Furniture On Order

The furniture for the Clubhouse has been ordered and Community Manager Linda Wildman reports it should be delivered by Christmas.

Vistas Babysitters

The following is a list of Vistas teens who are available for babysitting within the community. If you would like to add your name to the list, please contact the Vistas Viewpoint at vistasviewpoint@aol.com or call 240-832-0905.

Millie Chang	301-948-5458	Age: 15
Jennifer Lader	301-528-0050	Age: 17
Rachel Lader	301-528-0050	Age: 12
Jessica Minogue	301-916-8116	Age 16
Samantha Schoonmaker	301-540-2204	Age 12 1/2
Ian Sisson	301-540-6706	Age 14

Woodcliffe's Notes

The Scoop on the Storm Water Management Ponds

There are quite a few storm water management ponds within the community. Residents have been asking for some time who is responsible for the ponds? What time of maintenance will they require once the developer is gone? Steve Wilson of the Montgomery County Department of the Environment (DEP) Storm Water Pond Management Division gave The Viewpoint an exclusive update on the storm water management ponds within the community and what residents should expect.

Wilson says the holding ponds are supposed to be 'dry' ponds. This means after 72 hours, standing water within these ponds have either evaporated or run off through the filter system. These holding ponds operate with sand filtration systems –so they naturally are designed to be dry—with sediment from the parking lots, etc to deposit at the bottom and the water to run through and out from there, cleaner than when entering. However, these ponds are still under 'sediment control' via Department of Permitting Services (DPS) and the developer, Artery. "What this means is that the ponds are essentially not operational yet because of the construction," says Wilson.

It is the understanding of Wilson that this would be changing soon. The developer's engineer will certify and sign off on the ponds to be operational, and DPS gives the final sign off. Once this happens, DEP will take over the inspecting and structural maintenance, but not before. Wilson says the community developer should know what the exact timetable as to when the sign off will take place.

Wilson says there are a few additional items in regards to the ponds that homeowners should be aware of:

1. The lower holding pond on Dark Star Way will need to be watched closely as it was receiving continual water flowing through it, some of it as a result from the larger holding pond above it. The overflow from the above pond should be rectified once it becomes operational. However, if there is still water continually flowing through the lower one it will have to be looked at.



2. Since all the ponds are 'dry' ponds, once they are put into operation the HOA & CMI Management will need to do regular maintenance on them. Mr. Wilson says that regular maintenance means raking out the sediment that accumulates, which should be done about 6-8 times per year. Wilson could not stress enough that the CMI Management needs to budget for this each year or the ponds will not work.

Wilson says the County will do structural maintenance every several years (for sand replacement, etc), however, they will not be responsible for regular maintenance work that should already be performed by the community.

Woodcliffe & Vistas Share The Viewpoint

Welcome to your Woodcliffe community's new joint newspaper! Woodcliffe Park and The Vistas will now be sharing The Viewpoint on a quarterly basis! We hope you enjoy all the great information and keep it handy as a reference. The summer was a success in our neighborhood. The Pool at Woodcliffe had a great first summer; with a very successful Woodcliffe Wahoos swim team season (over 100 swimmers) and a grand opening BBQ. In addition, Woodcliffe Park held a 4th of July celebration on the Endora Circle island, which included free patriotic toy giveaways, free ice cream and a fire truck demonstration given by the Germantown Fire Station. We hope to have more of these events during the year.

By now you should have received your Community Guidelines handbook. If you did not receive it, please call CMI at (301) 916-7100. Our next Woodcliffe Park HOA meeting will be in the clubhouse (adjacent to the pool) on Wednesday, November 5th at 6:30pm. Please mark your calendar! This will be an important meeting. We will be discussing current issues in the neighborhood as well as some events coming in the fall. If you have any questions for the HOA meeting or in general, please submit them on our website: www.woodcliffepark.net under "ask a question" (or you may always call CMI if you don't have web access). If we receive questions before the HOA meeting, we can research and prepare answers ahead of time.

Currently, we have the following committees serving Woodcliffe Park neighborhood:

- Architecture Review Committee
- Grounds Committee
- Newsletter Committee
- Directory Committee
- Pool and Clubhouse at Woodcliffe Committee (joint committee with The Vistas)

We will be forming the social committee during September. If you are interested in being part of this, please send in your info via the webpage under "ask a question." Information about upcoming events will be posted on the website and sent out via flyers in your mailbox/door. CMI and your elected board members are here to help you. We hope to see you in November.

Grounds Committee

The Woodcliffe Park Grounds Committee has been working with CMI to develop a plan for maintenance of and improvements to the appearance of the community. Maintenance items that we are working on include finalizing the new landscaping design for the entrance to the community, identifying which street trees need replacing or pruning, planning for repairs to the white vinyl fencing that surrounds the neighborhood, and inquiring about actions that we can take to improve the aesthetics of the storm water ponds. The maintenance activities are necessary items to preserve the aesthetic quality of our community.

Improvement items discussed include buying additional trees and bushes at a discount from state programs, building and installing bird houses, planning for community planting or clean up days, and providing landscape-orientated social events (such as establishing a garden club, hosting a garden walking tour, or displaying a photo contest of the beautiful areas of the community) so all homeowners can be involved in enjoying and improving our community. Funding for many activities is limited at this time, so priorities are for maintenance activities over any improvement projects; we would request funds for improvements as the budget allows or plan for volunteer activities only. Additional ideas, suggestions, or volunteers are always welcome and can be posted through the website to the attention of the Grounds Committee.



Jeffrey Escher
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Social Scene

Mark Your Calendars! Vistas and Woodcliffe Park 1st Annual Halloween Parade and Party

Date: October 26th
Time: 2:30 pm
Place: Clubhouse parking lot

Flyers were placed in every neighbors mailboxes. If you did not receive a flyer, and are interested in attending, please call Traci Neville at 301-515-4025 to obtain a sign-up form.

There will be a craft, some goodies, and a parade. At the end of the parade, prizes will be awarded for best costumes.

This is a HOA sponsored event. There is no fee to attend. Sign-ups are required prior to event in order to insure that enough supplies are ordered.



Vistas Night at The Frederick Keys

By Janel Adams

Our First Annual Vistas' Night at the Frederick Keys was a smashing success! Initially the weather was uncooperative, however, we lucked out and by game time we had sunny skies and warm weather. The community spirit was clearly visible at the pre-game picnic and even more so during the game. The fireworks display was a

great cap off to an outstanding night. Despite the fact that the Keys were not victorious we had our own victory as Joel Weinberg, of Autumn Gold Road caught a foul ball and presented it to his children Jenna and Michael. Joel, the Keys really could have used your help that night! Let's spread the word about our enjoyable time and hopefully next year we will see you all there!

Way to Go Wahoos!

What a season for the Woodcliffe Wahoos! Congratulations to all of the swim team swimmers, coaches and parents. We couldn't have done it without you. Thanks for a great season at the pool, we'll see you next year!



Woodcliffe Park Celebrates the 4th of July

On July 4th, the residents of Woodcliffe Park enjoyed the holiday with a special community celebration. The event took place on Endora Circle where the children participated in a bike parade. Bikes, scooters, trikes and

strollers were decorated in their red, white and blue festive best for the parade. Each and every child received prizes for participating in the parade. The HOA handed out free ice cream to everyone. This was a sweet treat for

all especially since it was such a sweltering day! The Montgomery County Fire Department paid a special visit and let the children have a grand tour of the HUGE truck and equipment. The children also got the chance to try on some of the fire equipment and items. Everyone had a great time and we look forward to doing it again next year. Thanks to everyone who participated!



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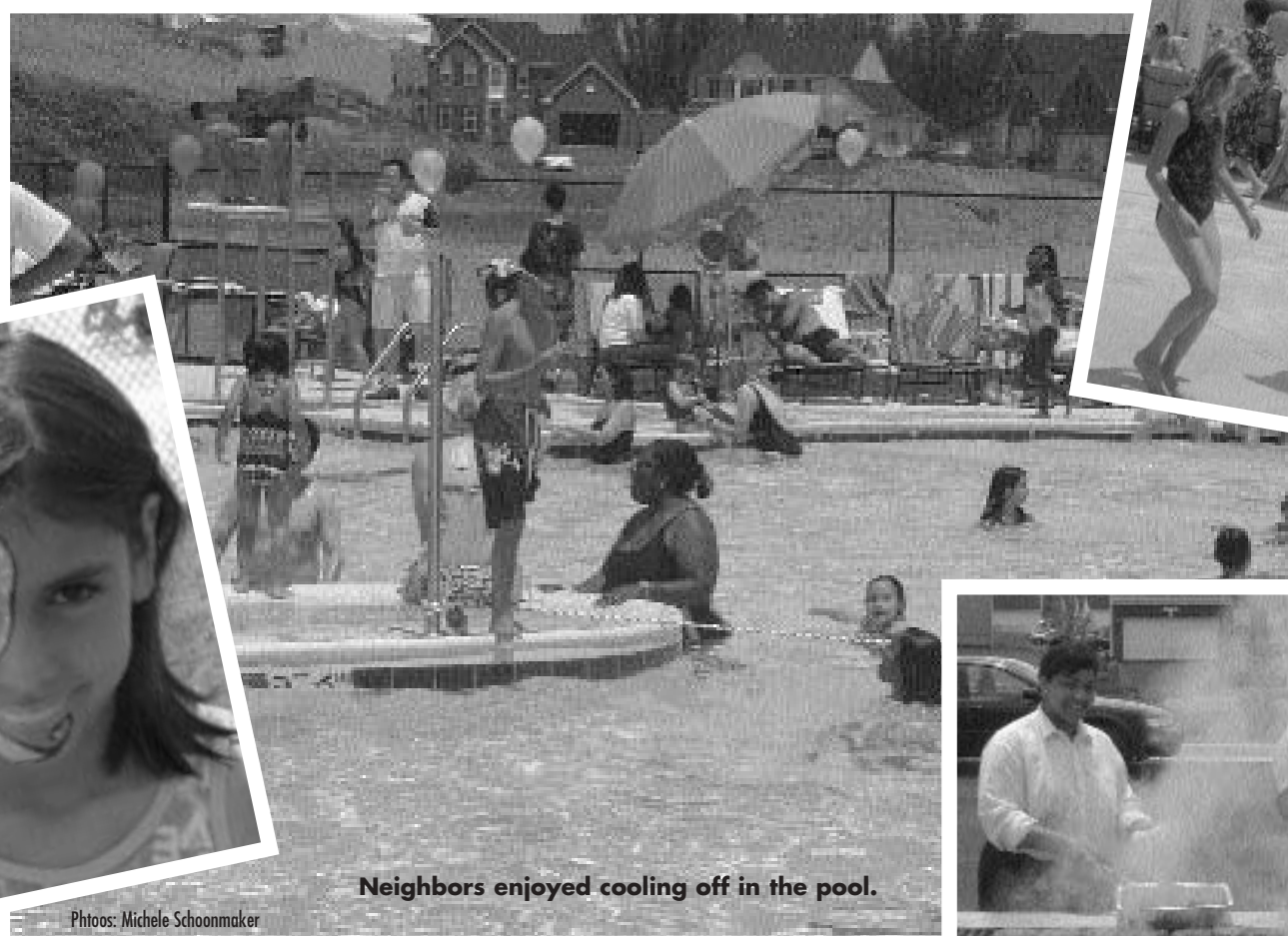
Kingsview Village Center
Clopper Road & Great Seneca Highway
www.thelittlegym.com

Pool Bash Action!

Face painting proved to be a huge hit!



Photos: Michele Schoonmaker



Neighbors enjoyed cooling off in the pool.



Let's dance! The kids enjoyed grooving to the day's tunes.



Hungry anyone? The catered BBQ was delicious.

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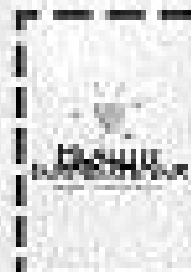
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Assignment Education

Buses, Bells and Books Community Youth Head Back to School

By Andrea Escher

On August 26th over 300 children waited anxiously at the bus stops in the community for the start of the 2003/2004 school year. After a long summer of lazy days, fun at the pool and forgetting about

school, the yellow buses began circling the community as early as 7:15 a.m. signifying the official end of summer and the start of another year of school. We wish all parents, teachers and children a successful and safe school year. Best of luck!

Matsunaga Elementary School News

By Claudia Saddler

PTA Information

Have you joined the PTA? Interested in learning more about the PTA?

The PTA is a nonprofit, volunteer organization that unites the home, school, and community on behalf of the children. Membership is \$7 which is distributed at the local, state and national levels to create programs for our children such as Cultural Arts, foreign language (FLES), FUNFEST, sports programs, Safety Patrols, teacher classroom enhancements, mini-grants, reading incentives, and much more.

PTA General Membership meetings will be held the FIRST TUESDAY OF

EVERY OTHER MONTH starting with the first meeting on October 7th.

Please support your school and your kids!

Contact Traci Neville at etknev@earthlink.net for membership information.

Contact Marianne Pong at mmpong@comcast.net if you can volunteer your time on a committee.

Mark Your Calendar!

Tuesday 10/7
1st PTA General Membership meeting,
7:00pm (budget approval @ 6:45pm)

10/10, 10/13-10/16
Scholastic Book Fair

Tuesday 10/14
Ice Cream Social

Friday 10/24
Bingo Night

Tuesday 12/2
2nd PTA General Membership meeting,
7:00pm

More information to follow.

Interesting Information!

Matsunaga opened in September 2001. The school was built to accommodate prior overcrowding at neighboring schools and to address much of the anticipated growth of the area. The school was originally built in two phases, the

planned development was completed; the second phase comprised of six additional classrooms, to be completed at a later time when the housing developments were completed and overcrowding became a problem. What was not anticipated was that the developments would be completed ahead of schedule.

2002-2003 School Year:

* Enrollment expectation was 691 students; actual enrollment was 840 students.

* Seven portable classrooms were needed to accommodate the overflow. The portables housed the fourth and fifth grades.

2003-2004 School Year:

* Enrollment projection is 754 students, with 975 students expected. Presently enrollment is already at 1000+ students.

* Six more portable classrooms have been added to accommodate the overcapacity. Three third grade classes and all fourth and fifth grades are being taught in portables.

* Thirteen portables exist. The maximum capacity the school can accommodate is sixteen.

Matsunaga has a serious overcrowding issue! The County's plans did not anticipate this type of crowding until 2007, when the new elementary school was going to open and relieve the problem. The plans are for the new elementary school to open in 2006.

Current Information!

Revised Grading and Reporting Policy Postponed.

The implementation of the revised policy on how grades are determined and reported in MCPS has been temporarily postponed, following recognition by the Board of Education and superintendent that the policy needed a longer phase-in process to allow more opportunities for training, communication and practice. Further details are available on the MCPS website at <http://www.mcps.k12.md.us> under News, refer to "Implementation halted for revised grading policy."



Discovery Sports Center Presents...

PRE-KICKS!

Pre Kicks is our brand new soccer program for 4 & 5 year olds! Classes run 6 weeks and will be a fun and exciting way to make new friends and introduce the youngsters to the sport!



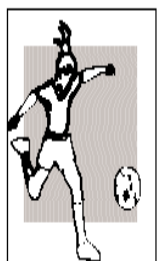
For: Boys & Girls Ages 4&5

When: Weekdays and Weekends

Price: \$40.00 per 6 week session

Time: TBD

Contact: Dean or Stephanie for more information 301-528-1480



Discovery Sports Center
18031 Central Park Circle
Boys, MD 20841
Phone: 301-528-1480
Fax: 301-540-4276
www.discoverysportscenter.org



GERMANTOWN, MARYLAND

Around Town

Fall Offerings at the SoccerPlex

The start of the fall season was kicked off on September 6, with outdoor soccer leagues and the return of the Mid-Atlantic Interior Design Show. The show drew about 1,500-2,000 attendees per day and over 130 home furnishing and interior design exhibitors participated. The show will return next May.

During the fall, the SoccerPlex will host the Washington Area Girls Soccer (WAGS) Tournament, cancelled last year, on Columbus Day weekend and the Bethesda Thanksgiving tournament the two weekends before Thanksgiving. Fall soccer leagues will play their games through November 9.

In addition, the Discovery Sports Center will hold its "School's Out Play's In" day camp on October 6. (The September 19 camp was cancelled due to Hurricane Isabel). The camp offers a full day of fun activities for kids 6-13 who are off from school. The cost is \$35 and before and after care is available. The camp will run on all days when schools are closed.

We have received many requests from the community for a soccer tots program, so starting October 13 the Discovery Sports Center will offer its Discovery Pre-Kicks Soccer Program. Designed to give four and five year olds the opportunity to learn introductory soccer skills while having fun and playing with other kids, the program will run six weeks with weekday and weekend sessions available. (See our ad).

If you are interested in college soccer, the SoccerPlex will host two matches on October 22: the College of Notre Dame vs Salisbury University at 4:00 p.m. and Loyola College vs American University at 7:00 p.m.

Mark your calendars to participate in the Fannie Mae Help the Homeless Community Mini-Walk on Saturday, November 1 at 8:00 a.m. at the SoccerPlex. The Mini-Walk is being sponsored by the Germantown Alliance and Maryland SoccerPlex. Proceeds from registration (\$15 for those under 24; and \$25 if you are 25 or older) will benefit the Upper Montgomery Assistance Network (UMAN), which provides emergency financial assistance, education and referral services to people in our community who are at risk of homelessness. High school students can receive student service learning hours for their participation. This is a great opportunity for all of us to help those in need in our community.

Finally, the Discovery Sports Center will hold three more special events this fall: the Mid-Eastern Regional Association Conference of the National Association of

Watch and Clock Collectors on October 17 and 18; the Church of the Redeemer will hold its annual Harvest Festival on October 31, and on November 2 the Culkin School of Traditional Irish Dance will hold a Feis.

For more information on any of the programs or events at the SoccerPlex or Discovery Sports Center, please call 301-528-1480 or check our website, www.mdsoccerplex.org.

HEALTHY INSPIRATIONS Opens in Kingsview Shopping Center

HEALTHY INSPIRATIONS has recently opened its doors in the Kingsview Village Shopping Center. While open a few months, the phenomenon has already started taking off and quite a few residents of the community have been trying to find out just what HEALTHY INSPIRATIONS is all about.

HEALTHY INSPIRATIONS say they not just a weight loss program, but a lifestyle enhancement program that guarantees you can lose up to 2-3 pounds per week. The program has four distinct components including nutritional guidance and counseling, exercise, relaxation therapy, and Synergie treatments.

The HEALTHY INSPIRATIONS Components include:

The nutritional component is the cornerstone of our weight loss program. After all, the proper intake of food (amounts and types), can be the most crucial element for successful weight reduction.

The exercise component makes the most of a comprehensive circuit of exercises, as well as your time. With each exercise station lasting less than a minute, you can have a total body workout in 29 minutes.

The relaxation component of the HEALTHY INSPIRATIONS program involves Tranquility Therapy. A weekly visit to the Tranquility chair massages away the stress of daily life while soothing your body and mind.

The Aesthetic component consists of Synergie(tm) and Synergie(tm) Microdermabrasion. Synergie(tm), much like synergy itself, brings out the best in the other components for optimal results. Synergie(tm) is an aesthetic massage device that reduces the appearance of cellulite resulting in losing inches while tightening and toning your skin. Synergie(tm) Microdermabrasion uses state-of-the-art equipment to perform a safe, gentle, exfoliation of the skin that helps reduce wrinkles, stretch marks and scar tissue while taking years off your appearance.

Together, these components make the HEALTHY INSPIRATIONS Program -- a winning way to lose weight and feel great! If you are interested in more information on HEALTHY INSPIRATIONS, contact Jackie at the Kingsview Village Center, 18319 Leaman Farm Road or call 240-686-0777.

Shady Grove Adventist Hospital Plans Emergency Department in Germantown

Population growth and skyrocketing emergency department visits have prompted Shady Grove Adventist Hospital to apply for regulatory approval from the State of Maryland to develop a satellite emergency department in Germantown to serve residents in upper Montgomery County.

The proposed emergency facility will provide upcounty residents with easy

access to state-of-the-art medical care. The fully staffed emergency department will operate 24 hours a day, seven days a week, and will provide a wide range of emergency medical services.

The emergency department will be part of the Shady Grove Adventist Medical

SHADY GROVE
continued on page 8

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—Washington Consumer Checkbook, Spring 2003

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Real Estate Update

Seamless Real Estate Transactions

By Jeff Escher, Long & Foster Realtors

Buying and Selling?

Are you thinking of buying a new home, but can't decide if you should buy or sell first? Welcome to the classic real estate paradox. If you sell first, can you find a new home quickly? If you buy first, will you end up with two mortgage payments?

In this market, contingent contracts just are not an option. Most sellers are not even considering accepting home-sale contingencies, placing the burden on the buyer to sell first. To help alleviate the problem of needing to find a house quickly, many sellers are making the acceptance of any offer contingent on their finding a new house.

With careful planning and evaluation of your specific situation, your realtor can help make the process of selling your home and buying a new one seamless.

Stage Props

"Staging" a house to make it look like a model home is 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 aver-

age of 30.9 days... and the staged homes sold for an average of 6.3% more than the list price, with non-staged selling for an average of 1.6% over list." So, noting 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 don't 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. For example, instead of a real bed, just throw an air mattress on some boxes and cover it with a bedspread.

Online Buyers

The 2003 National Association of Realtors(r) 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 Realtor.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. HomeGain came in a distant third.

nearing completion.

The emergency department at Shady Grove Adventist Hospital is one of the busiest in Maryland and the entire Washington, D.C. metropolitan region with some 85,000 visits projected for this year, compared to 69,931 at the end of 2000.

By constructing an emergency depart-

Viewpoint Community Listings

06/15/03 thru 09/25/03

FOR SALE

Address	List Price	Model	Builder
18500 Thundercloud Road	\$799,000	Hyde Park	NVR Inc
18600 Harvest Scene Court	\$729,900	Hyde Park	NV Homes
14305 Bubbling Spring Road	\$638,000		
14210 Kings Crossing Blvd	\$468,888	Melville	Ryan

UNDER CONTRACT

Address	List Price	Model	Builder
18300 Bright Plume Terr	\$619,900	Dover	MidAtlantic
18700 Broken Oak Road	\$528,888	Victoria	Ryan

SOLD

Address	List Price	Sold Price	Model
18301 Thundercloud Road	\$559,000	\$556,000	
14322 Gate Dancer Lane	\$367,000	\$355,000	
18402 Carved Stone Court	\$509,339	\$509,339	
14309 Brass Wheel Road	\$549,900	\$549,900	Southill
14324 Kings Crossing Blvd	\$460,000	\$460,000	Austin
18613 Thundercloud Road	\$775,000	\$770,000	
18421 Crestmount Road	\$579,000	\$579,000	Overton III

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 Realtors.

SHADY GROVE

continued from page 7

Center, a 97,000-square-foot medical services facility to be located on Route 118 in Germantown near the intersection with Middlebrook Road. In addition to the emergency department, this medical center also will include a physician office building that is currently being constructed and is

ment in Germantown, Shady Grove Adventist Hospital is responding to the needs of a rapidly growing upcounty population. The project also addresses the deteriorating traffic and drive-time conditions along the I-270 corridor by placing an emergency medical facility in the heart of the upcounty community.

Shady Grove Adventist Hospital must obtain regulatory approval from the State of Maryland to open this vital emergency department. Letters of support from residents are an important factor in gaining this approval. The hospital is collecting letters of support and will file them with state

regulators. If you would like to show your support for this crucial community project, please send a letter to:

Ms. Deborah A. Yancer

President

Shady Grove Adventist Hospital

9901 Medical Center Drive

Rockville, MD 20850

For more information on the Shady Grove Adventist Medical Center project, and to view a sample letter of support, please visit <http://www.adventisthealthcare.com/SGAMC/>

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