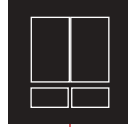


Hi

S U M M E R 2 0 0 3

Neighbor!



NEWS AND INFORMATION FOR NEIGHBORS & FRIENDS
OF THE ROCK CREEK WOODS COMMUNITY

NewsBriefs

A New Sprout!

Congratulations are in order for *Susan Mathiascheck* and *John Brodtkin* who have a new son, *Oscar*.



He was born February 11 at Sibley Hospital weighing 7 lbs. 15 oz. When asked about how they chose his name, Oscar's father said they haven't yet agreed on whether he was named after Oscar Wilde, Oscar the Grouch, or King Oscar Sardines. Baby Oscar was not available for comment.

Cordie Walks for Breast Cancer!

Our tireless neighbor, *Cordie Goldstein*, completed the 26-mile Avon Walk for Breast Cancer during the weekend of April 26th. You may have seen her training in the neighborhood for the months prior to the event. Cordie managed to raise \$4700 for cancer research — with many donations coming from neighbors. Congratulations Cordie, we are grateful for your efforts!

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We'd like to take a few moments to bid farewell to three gentlemen who have been fixtures in the neighborhood for a number of years. They will be missed.

Calvin Foltz (3938 Rickover) was a quiet unassuming man often seen in his front yard garden in the years following his retirement from NIH. He enjoyed talking about plants and shared his seedlings with neighbors. In the earliest years of the neighborhood he was active in the arrangements for planting the cherry trees which today are a signature of the neighborhood. He also contributed red maples to Nancy's Garden and along the black path.

Fondly Saying Our Goodbyes

Remembrances

Cal was, in fact, a distinguished research chemist at NIH whose work with Klaus Schwarz, published in 1957, established that selenium is an essential dietary trace element for animals. At that time selenium's role as a highly toxic and carcinogenic agent

was better understood than its role in selenium deficiency syndromes. Interest in the role of selenium in human micronutrition and the economic importance of deficiency diseases in farm animals have prompted much subsequent research. Recent news of anti-tumor activity, antioxidant properties and free-radical capture has kept the public's interest in selenium alive.

Following the selenium research, he studied other problems, usually related to protein chemistry. The final ten-year period was devoted to attempts to elucidate the mechanism of cancer metastasis.

His wife **Eleanor**, a fellow chemist, says what he really needed was a 48 hour day! He was an avid cyclist and helped start an NIH bicycle group that sought improved paths to the campus. He was active in scouting activities when his son Martin and daughter Jane were young, coaching soccer and softball and organizing field trips for the boys and their families.

— *Catherine Roberts*

Herbert A. Hudson (4005 Rickover) and his wife, **Chloie**, had just returned from their yearly trip to Florida and had plans to go to Las Vegas and Hawaii when Herb suffered a heart attack and was pronounced dead at home on December 1, 2002. Herb's passing leaves his wife of 55 years Chloie, and 4 children: Charlie in Dallas TX, Pam in Baltimore, MD, Larry

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Holiday Fun and Festivities

The *Annual Labor Day Picnic* will be held Monday, September 1 at the corner of Spruell and Ingersol. The main attraction will be a Potluck Dinner from 6-8 p.m. Please come out and join the fun. It's a great way to get to know your neighbors. Bring your own main course to grill (grills, charcoal and ice are provided). Also, bring a side dish for eight, your own drinks, plates, silverware and cups. A \$5 donation is requested. Contact Heather or Neal Cox at 301.942.9695 if you'd like to help.



Black Path Update!

The *Black Path* is looking better and better each year due to the annual Spring clean up and some wonderful contributions of plants by people in the neighborhood. We are especially grateful to *May Nakamura* for her contributions of wild flower plants and her energy in working with me in planting them. *Lois* and *Linda Mullen* have contributed several cleome (spider flowers) which have just been planted. Anyone else who might be thinning their gardens and would like to contribute to the area is most welcome to do so. We are especially interested in black-eyed susans if anyone has an overabundance of these that they would like to contribute. Also, if anyone gets the urge to weed some of the flower beds that have been planted both at the *Black Path* or at *Nancy's Garden*, please feel free to do so! Any questions, comments or contributions, call Cordie Goldstein at 301-949-0565.

Poison Ivy

As with a lot of other foliage due to the rain this Spring, poison ivy seems to be running rampant in areas throughout the neighborhood. It is recognizable by the three leaves which grow from an individual thin stem that is connected to a visible or underground vine. Early growth is shiny and sometimes has a red, tint, and in the more mature plant, the three green leaves have slightly jagged edges. The other plant with which it might be confused is the beautiful Jack-in-Pulpit that also has three leaves, a thicker stem and deeper green color.

Getting rid of it is the tough part, and if you are anti-chemicals, it is best to pull it out. One, of course, would have to be completely covered with light clothing which would have to be washed after completing the job, and one would also have to wash themselves immediately with luke warm water after dealing with this nasty

plant. A recommended week killer for poison ivy and poison oak is Ortho Brush-B-Gon. It comes in a ready-to-use solution or in concentrate. This treatment does get rid of it, but it is important to check the treated area in the Spring of the following year for new growth. It always seems to come back in the same place, and after a few years of treatment should be gone. Also, it is good to pull it out or treat it as soon as possible, for the mature plant does get white berries on it which can be carried elsewhere by birds.

We have tried to get a handle on it along the *Black Path* and in *Nancy's Garden*, but the woods behind these areas are hard to treat because they are so large. It is advised that dogs be kept on a leash so that they don't run into these wooded areas. Cats seem to take care of themselves! Any questions or additional advice, call Cordie Goldstein at 301-949-0565.

For more info. see: <http://poisonivy.aesir.com>
<http://www.poison-ivy.org>

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in Denver CO, and Danny in Tarboro NC. Herb also had 10 grandchildren, and 4 great grand children.

Herb was an undercover agent for the CIA during his years working for the federal government. His job took him and his family traveling overseas on several occasions — but they always kept the Rickover house as home base. After taking an early retirement, he spent his time selling mutual funds and life insurance.

Herb spent the last years of his life

pursuing his love for composing poetry. He had hopes of being published and even having some of his poetry set to music one day.

Chloie is currently living with her daughter in the Baltimore area and truly misses her home in Silver Spring and all of her long time friends.

— Pam Hudson

We hope to have a profile of another long-time resident, Ralph Reeser, in our next issue.