Your Voice Needed on Beltway Expansion Plan

BY SUSAN SHIPP
CJCA President

The state is moving aggressively forward with its plans to expand the Beltway and I-270. Now that it has identified toll road alternatives for detailed study, it is asking the public to provide comments no later than June 14 that could help influence its environmental impact assessment.

Cabin John residents have wide-ranging concerns about the state’s massive highway expansion plans. Your individual concerns are based on compelling personal reasons. Whatever your concerns about this project, now is the time to voice them.

At the May 29 Cabin John Citizens Association meeting, Carol Rubin with the Maryland-National Capital Park and Planning Commission will speak about project concerns she has including potential parkland and wildlife loss, increased noise and storm-water run-off, questions about impacts to arterial roads and how access ramps will be built as well as special

CONTINUED ON PAGE 8

MANY WAYS TO JOIN IN THE FUN ON CABIN JOHN DAY

BY SUSAN SHIPP
CJCA President

It’s time to celebrate our community and the 100th anniversary of the Cabin John Citizens Association! Please join your neighbors June 1 for a day of festivities that culminates in a free party from 4 pm to 7 pm at the community center.

Start the day the Cabin John way by supporting a very worthwhile effort while enjoying the outdoors. The 2nd annual Wheel-a-Thon for Muscular Dystrophy, sponsored by the Bannockburn Elementary School PTA, will be held in Cabin John starting at the community Center at 9 am. Participate in the short ride, come out and cheer the riders on and sign up to donate! (Details on pg. 15 in the Neighborly News section.)

CABIN JOHN DAY
SATURDAY, JUNE 1 | DAY OF FESTIVITIES

Want to celebrate with some more exercise and pay tribute to our namesake creek? Join CJ resident and avid birder Jon Putnam, who also is on the board of the Friends of the Cabin John Creek, and his family on a Cabin John Stream Valley Trail hike that starts at Bradley Blvd. (south side parking area) at 2:00 pm and ends at Cabin John Local Park around 4:00 pm in time for the other festivities. This hike is approximately 3.8 miles long.

CONTINUED ON PAGE 9

The Village News

The Village News is published monthly except in July and December and is sent free to all 700+ homes in Cabin John. Others may subscribe for $10 per year. Send news, ads, letters, and subscriptions to: The Village News, PO Box 31, Cabin John, MD 20818. Limited copies of The Village News are available at the Clara Barton Community Center. All back issues are also available online at cabinjohn.org. Total circulation: 800

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Next Deadline: 12:00 pm, Mon., June 3

Please send comments about The Village News to VNeditorial@gmail.com. Story ideas and volunteer writers are always welcome.

Cabin John
Citizens Association

www.cabinjohn.org

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NEXT CJCA MEETING: WED., MAY 29 7:30 PM

Feeling Lucky?
BUY A DUCKY TO SUPPORT CJ CREEK

BY BURR GRAY
President, FoCJC

Please join Friends of Cabin John Creek Saturday June 22 alongside the creek to celebrate the start of summer and help raise money for a good cause! Along with good food and cool drinks, there will be the Rubber Ducky Regatta, the highlight of last year’s Summer Solstice Celebration.

Everyone had such a great time that we’ve decided to do it again this year, but bigger and better. The fun starts at 3 pm when we’ll meet at the creek-side picnic below the playground next to the one-lane bridge. Hang out and enjoy some refreshments, take a short hike along the creek trail, or get a quick lesson in identifying the native plants and animals that are part of a healthy watershed. At 4 pm, the duckies will be released up river and race their way down the creek.

Participants can adopt a numbered ducky for a $10 donation to support FoCJC Watershed Stewardship events and programs. Or you can root for three duckies for a $25 donation.

Cool prizes will go to owners of the first and last duckies to cross the finish line. The number of duckies is limited. To make sure you get your duckies, advance RSVPs/donations are requested. Duck owners need not be present to win, but you’ll miss all the fun! To RSVP, adopt your duck(s) or get more information, go to www.cabinjohn creek.org.

LISAN MARTIN THERAPY

Lisan Martin, MSW, a psychotherapist with over 25 years of experience, provides counseling to individuals, couples, and families. A Cabin John resident, Lisan sees clients at her offices in Cabin John and Tenleytown, DC.

www.lisamartintherapy.com
202.537.6614

7707 MacArthur Boulevard, Cabin John, MD 20818
4000 Albemarle St, NW, Washington, DC 20016
Some 45 kids collected roughly 600 treat-filled eggs in record time April 14 at the 21st annual Cabin John Spring Egg Hunt. The happy chaos lasted no more than 20 minutes. But with wonderfully warm weather, most families stayed longer to enjoy the playground.

Thanks to Irena Bojanova for spearheading this effort with an assist from Nancy Russell and Robin Sidel. Thanks also to the following Cabin John students who earned SSL hours filling the eggs for the hunt: Makenzie Daily and Jackie Kimmel of 78th Street, Sydney Ishida of Cypress Grove and Mateo Meier of 76th Street.

Cabin John Spring Egg Hunt Tradition Continues
Looking down, the crow spied a skink.
It swooped from its branch in a blink.
The bird grabbed the skink’s tail
Forcing the lizard to bail
And leave the crow a wriggling link.

There is much to be admired about
a fellow vertebrate as elegant as the
blue-tailed skink. Or as crafty. In the
Looks Department, this species, also known
as the red-headed lizard, is slim and sleek,
up to eight inches long, and sports flashy
racing stripes on its body, five to be exact,
that fade with age. If the brightly colored
juveniles with their vivid blue tails survive to
adulthood, they lose the blue pigmentation
in the tail and their distinct stripes in favor
of a uniform dull-brown coloration and a
distinct red head.

Skinks are most visible when it is sunny, and
this time of year, a favorite locus for skink-
spotting is along the towpath by the little
footbridge at Lock 8. Skinks are ectotherms,
so they need the sun’s energy to warm up
their bodies. And when they are warm, they
hunt arthropods—spiders, insects—and even
larger prey like newborn mice, frogs, and
small lizards.

But what makes skinks so unusual is
neither their coloration nor their feeding
patterns, but a clever adaption that is
called in scientific parlance “anti-predator
behavior”—or what we might call simply
“how to avoid being the menu.” Skinks have
a wide range of neighbors that would like
to eat them, from fellow reptilians, such as
snakes, to birds such as crows and hawks,
and mammals that include everything from
moles, shrews, opossums, skunks, raccoons,
and, if allowed outside, house cats. But first
these hunters have to catch one.

Skinks—at least a warmed-up skink—are
incredibly quick and can dart away at
the first sign of danger. But if
captured by teeth, talons, or paws,
they have another card to play:
skinks can disconnect the links,
or vertebrae in their tails, and
leave behind the entire length
or just a segment. The predator,
now distracted, can eat or play
with the twitching tail, while
the skink runs for cover to hide,
live another day, and over time
regenerate what was left behind.
And perhaps surprisingly, if the
encounter with the predator is not
too much of a mismatch, skinks
can bite.

So why the blue tail found in the
juvenile? One theory might be
that the bright color is used to
draw the attack of a predator away
from the vital organs and focus
instead on a dispensable tail. But
its mammalian predators are
color-blind, so . . . More theory is
needed.

There are just over 1500 species
of skinks in the world, with only
15 species in North America and
the vast majority in Africa, South
and East Asia, and Australia. The
most interesting group of skinks
in the world, in my view, live on the island
of New Caledonia, in the Coral Sea due east
of Brisbane, and on the nearby archipelago
of the Solomon Islands. The long, narrow
island of New Caledonia, also known as
Grand Terre, broke off from Australia about
60 million years ago and, as the Earth’s
tectonic plates shifted, ended up too isolated
from the mainland for vertebrates to make
their way over to it. There were no terrestrial
mammals on Grand Terre at the time of
separation so, in the absence of large mammalian predators, the lizards took over the various feeding niches. Over 70 species of geckos (mostly) and skinks have evolved in solitude with few hunters, except each other. So among these endemic geckos and skinks are found the world’s largest versions. The giant gecko in the endemic genus *Rhacodactylus* is the heavyweight at about half a pound and measuring 17 inches including the tail. It is essentially the T. rex of the island, eating other vertebrates. Running away from the giant gecko are more than two dozen species of skinks, including one of the world’s longest skink species.

The largest skink in terms of body weight and length is the Solomon Islands skink from the nearby archipelago. It averages 23 inches in length and weighs almost two pounds. Interestingly, the skinks in the Solomons are entirely herbivorous and live up in the canopy of strangler fig trees, ingesting the leaves of the plants that grow as epiphytes on their branches.

The Solomons skink has the benefit of hiding in the dense foliage of the tall trees. But if you are our local five-striped version that lives on the ground, better to keep a wary eye out and thinking fast—if you are quite attached to keeping that stunning blue tail.
Supporting a Local Neighborhood Jewel: Glen Echo Pharmacy

BY GABRIELLE HERDERSCHEE-HUNTER
Cabin John Resident
&
MIKE ZANGWILL AND SUSAN WEXLER
Bannockburn Neighbors

The Glen Echo Pharmacy (GEP), located at the corner of MacArthur Blvd. and Goldsboro Rd., has served our local communities for over 50 years. It is one of the few independent pharmacies remaining in Bethesda. GEP was bought by the Sinker family in 1994. Ron Sinker and his wife, Nanete, are the current owners and Ron is the manager. Ron and his staff make an effort to get to know their customers. Many of Ron’s customers recognize his face and cheerful voice on the phone. Now our local independent pharmacy needs your support to survive.

Independent pharmacies are closing due to unfair reimbursement practices by the Pharmacy Benefit Managers (PBMs). PBMs are the middlemen between the consumer and the insurance company. They control the rates at which pharmacies are reimbursed for the drugs they sell. PBMs have a virtual monopoly and are unfairly targeting the independent pharmacies with below cost reimbursements. For example, if Ron buys a drug for $15 but is only reimbursed $5 by the PBM he loses $10. Ron must take the loss to keep customers. If this situation continues he will have to close the doors. In 2018 Ron noted a sharp drop in his PBM reimbursements. Laws need to be passed to end this by demanding higher transparency or regulatory oversight.

Until new legislation is passed to regulate the PBMs in Maryland and protect the independents here is what you need to know. GEP has no restrictions on different forms of insurance. Customers with CVS/Caremark insurance programs can easily get their

CONTINUED ON NEXT PAGE
prescriptions refilled at GEP. Your CVS/Caremark card works at GEP. You pay the same copay at GEP as you would at the chain store for your drugs. GEP prices are as competitive as the chain stores. In an emergency they will deliver anything for only $5 within our nearby zip codes.

GEP now offers the smartphone app, Pocket RX, for managing prescription refills. Customers may also text GEP a photo of prescriptions or Rx labels with refill information. This service does not include new prescriptions or refills for controlled medicines. GEP will special order many items that are not currently in stock. GEP also provides on-site compounding of simple syrups and topical creams.

The Sinkers asked us to communicate their gratitude and appreciation that so many locals have expressed strong support for GEP. They are eager to continue serving our local communities and to adapt their business to changing community needs. Please feel welcome to contact them with suggestions. They would be happy to diversify their offerings and are more than willing to make special orders.

Hopefully, through our collective support, we can help Glen Echo Pharmacy survive and flourish for another 50 years or more! VN

Eleanor Balaban
MacArthur Blvd. Corridor Specialist
Long & Foster Real Estate, Inc.
Main: 301.907.7600 | Direct: 301.215.6875

“Let’s talk about real estate along MacArthur Blvd.”
CJCA NEWS

CJCA MEETING: 7:30 PM, WED. MAY 29 | CLARA BARTON COMMUNITY CENTER

CJCA OFFICER ELECTIONS – IF NOT YOU, WHO?

The election of the 2019 - 2020 CJCA officers will take place at the May 29 citizens association meeting. Most of the officers will be returning for another year, but we are in need of a secretary and also hope to expand our ranks to ensure that all the CJCA’s good work continues into the next 100 years. Please consider doing your part by serving a one-year term as a CJCA officer.

Specifically, we are looking to fill the following positions:

**CJCA SECRETARY**
The primary responsibility of the secretary is to take the minutes at the eight CJCA meetings held each year. (There are no meetings June, July, August and December.)

**VICE PRESIDENT OF COMMUNICATIONS**
In addition to managing the membership of the CJCA listserv, this person will work with the CJCA president and an outside group to develop a new online and print directory.

**CO-VICE PRESIDENT OF COMMUNITY OUTREACH**
This position Oversees the Block Coordinator Program, including the new neighbor welcome bags, and the New Neighbors Potluck. Nancy Russell has agreed to continue as VP of Community Outreach. However, she would like someone to share this role as she will be spending less time in Cabin John this coming year.

**VICE PRESIDENT OF COMMUNITY SERVICE**
This person will help coordinate existing and new community service projects, including three blood drives, the creek cleanup and the Holiday Giving Tree.

**CO-VICE PRESIDENT OF ADVOCACY**
A second vice president of advocacy will help ensure that the CJCA stays on top of issues such as the beltway expansion, cut-through traffic, proposed property subdivisions, airplane noise and pedestrian safety.

**CO-VICE PRESIDENT OF ACTIVITIES**
A second vice president of activities will help coordinate and be a resource to the volunteers that organize Team Trivia Night, the Spring Egg Hunt, the 4th of July Parade, the Turkey Trot and the Holiday Party.

**CJCA PRESIDENT FOR 2020 AND BEYOND**
With the May officer elections, Susan Shipp will be in her last year as CJCA president. Should you have even the slightest interest in heading this wonderful and vibrant community group, please reach out to Susan so that can tell you more about the role.

Regardless of whether you make it to the May 29 meeting, the CJCA encourages concerned Cabin Johners (hopefully all of you!) to provide feedback on the beltway expansion project before the public comment period closes June 14. Details on how to submit your comments are available on the CJCA website, www.cabinjohn.org.

BELTWAY PLANS/MAY MTG
CONTINUED FROM PAGE 1

considerations for the American Legion Bridge. Rubin, a M-NCPPC attorney who serves as the Montgomery County special project manager assigned to this project and her Prince George’s County counterpart, Debra Borden, wrote an April 29 memo to the commission that was highly critical of many aspects of the state’s plans.

The CJCA also hopes to have a National Park Service representative share their perspective on the project, especially as it might impact the Potomac River and the C&O Canal. In addition, the CJCA will handout a talking points document that concisely captures many of the issues voiced by Cabin John residents over the past year. The document will also detail how to submit a complaint. The meeting will start at 7:30 pm in the community center’s meeting room.

MHIC 39468 Insured
For those hikers that want to hike the portion of Cabin John Creek that is in Cabin John, they can join up with Jon and the others at the first trail head in Cabin John, which is at Seven Locks Rd. across from Cypress Grove Rd. around 3:00 pm and walk the 1.75 miles to the CJ Local Park by the community center. If you have any questions about the walk, feel free to email Jon at wputnam10@hotmail.com.

Whether you choose to arrive via the creek, on foot or by car, make sure you mark your calendars to join your neighbors for our free party from 4 pm to 7 pm at the community center. A highlight of the event is sure to be the pop-up museum of CJ artifacts. We hope the display will include: Indian arrowheads, old documents, china, silver and a park bench from the Cabin John Hotel, which operated from 1870 to 1900, stereoviews of the Cabin John bridge and more.

At the party, cosponsored by the CJCA and the Clara Barton Community Center, children may enjoy the moon bounce and obstacle course inflatables as well as other kids activities. There will be a pirate-themed scavenger hunt starting at 4:45 pm that will end at the pop-up museum by 5 pm, in time for a brief kid-centric talk by local CJ historian Judy Welles.

At 5:30 pm, adults will have the opportunity to listen to Judy share stories about the building of the Union Arch bridge, the old hotel and other interesting Cabin John history. Adults and kids alike are sure to enjoy the live music by The Hazards, a five-piece band playing bluegrass “the way it used to be.” Food trucks, including Strokers BBQ and Ben & Jerry’s, will give attendees some dining options. Beverages, including beer and wine, also will be for sale.

In Search of C.J. Artifacts: The “pop-up” museum needs Cabin John artifacts. If you have any CJ memorabilia, please consider sharing it to help us tell the Cabin John story. To ensure that any loaned items are well cared for the museum will be set-up inside the community center and will always be staffed. Contact Burr Gray at burrgray@aol.com and he’ll arrange display space.

We need volunteers for the museum as well as for setup, cleanup and throughout the event. Please consider volunteering for an hour to help ensure a successful Cabin John Day! Contact Susan Shipp at jsjshipp3@verizon.net to find out how you can pitch in.

David Wallace

A highly skilled negotiator, David has been representing Washingtonians in law and real estate for over 20 years. Take advantage of his experience to get your best price when buying or selling a home.

David lives in Cabin John with his wife, three kids and labradoodle. When not spending time with his family, David enjoys playing tennis at Palisades, pick-up basketball at the park and hiking the Billy Goat Trail.

Ask me about our cash back program up to $20,000

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Realtor® and Lawyer
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wallace.esq@gmail.com
Annual CJ Potomac Paddle To Be Held June 16

BY BURR GRAY
President, FoFCJC

It’s time to make time to join your CJ neighbors for an outing on Potomac River! The 21st Annual CJ Potomac River Canoe & Kayak Trip is set for Sunday June 16. The paddle, overseen by Calleva guides, starts at 10 am at Old Anglers Inn.

For roughly four to five hours participants will enjoy a leisurely paddle, bird watching, and lunch either on the Virginia side by Scott’s Run creek, which has a lovely waterfall, or on the Maryland side on a nice sandbar. The trip ends around 3 pm at Lockhouse 10 in Cabin John.

Novices are welcome as there will be canoe and kayak paddling instruction provided at the river’s edge prior to the group’s launch. Expect to get wet in some fashion during this trip as typically at least one canoe tips at some point. A perennial highlight of the trip is the run through Stubblefield Falls whitewater, which is wavy and bouncy, but not rocky.

Generally, the trip is limited to Cabin John residents and friends. Fees are $20 a person, with a third person in a canoe allowed to ride free. You can bring your own canoe or kayak or rent one for $40. These fees, along with a subsidy from the Cabin John Citizens Association, pay for the Calleva guides, instructions and a mystery dessert! Participants will need to bring their own lunch, beverages and sunscreen.

Early RSVPs are important to ensure an adequate number of guides, canoes and kayaks. Send an e-mail to Burr Gray (burrgray@aol.com) as soon as you decide you will be coming and definitely no later than June 9. Please indicate the following in your e-mail:

- Number of canoes or kayaks you will need for your party AND whether you will be renting equipment or bringing your own.
- The names of all the people in your group, the ages of any kids AND the level of expertise of each person.
- The email address you want to use to receive communications AND a phone number where you can be reached the morning of the trip.

IMPORTANT: Make sure you get confirmation from Burr that he received your e-mail, otherwise there might not be room for you on the trip. Trip details will be emailed to participants once the list of Cabin John adventurers is finalized.

Giving back is always in style.

Realtor® | Whitewater Kayaker | Donates a kayak to Team River Runner for every transaction

Team River Runner is a local non-profit which uses kayaking on Potomac River to challenge and rehabilitate wounded and disabled veterans from NIH. The year round program provides healing, community, purpose, and new challenges through adventure and adaptive paddle sports. So, for every client who buys or sells a home with Eric, he will donate a kayak to this campaign in the clients’ name.

Eric W. Brooks
Realtor® MD/VA/DC
240.532.2001
eric@wydlerbrothers.com

Eric offers same day showings on any active properties in Cabin John

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Seven Cabin John Homes on June 8 House Tour Fundraiser

BY DEBBIE MUELLER
Director of Development
Glen Echo Park Partnership

Cabin John is filled with an eclectic mix of housing styles, from Sears Kit cottages to modern designs. The Glen Echo Park Partnership will help Cabin John celebrate the 100th anniversary of the citizens association by featuring seven CJ homes in its sixth annual House Tour Fundraiser to be held Saturday, June 8 from noon to 4 pm. The self-guided tour will take place rain or shine.

Tickets may be ordered online for a tax-deductible donation of $50 for the general public and $40 for Glen Echo Park Partnership members. Proceeds from the event will support the arts and education programs at Glen Echo Park. For tickets and to learn more about the event, visit: glenechopark.org/housetour.

HIGHLIGHTS OF SOME OF THE HOMES

A 1926/27 Sears “Honor Bilt” kit home called “The Hathaway” that has been lovingly restored by the current owners and includes a 2005 addition designed as if it had been a catalog option in the 1920s as well as a 2017 modernized kitchen.

A contemporary home that has won several awards both locally and nationally, including the DC Custom Home of the Year Award. This home features a beautiful, open concept main floor with a large kitchen island as well as accordion glass doors that open onto the inviting patio and pool area.

On the day of the event, ticket holders must check in at the neon sign at Glen Echo Park to pick up their entry wristband. They also will be given shoe covers, a map and the addresses of the tour houses. Light refreshments, provided by Honest Tea and Praline Bakery, will be served. Shuttle buses will run continually from Glen Echo Park to Cabin John, stopping at all of the homes on the tour to drop off and pick up participants.

If CJ residents want to purchase tickets in-person and/or pick-up their wristband and other materials in advance, they can go by the Partnership office on Friday, June 7, from 10 am to 6 pm. The office is located on second floor of the Arcade Building, above the Popcorn Gallery. Then they can walk the House Tour on Saturday or catch the shuttle from their neighborhood.

A home in the Cabin John Gardens community that pays homage to the mid-century modern design movement with clean lines, natural materials, and a neutral palette with orange accents in every room.

A contemporary home with a “treehouse” feel with four floors, a roof top deck and an amazing wine cellar.

The partnership appreciates the generous support of our event sponsors, including Manion Architects; OPaL, LLC; Realtor Mickie Simpson, TTR Sotheby’s International Realty; and Awards Limousine Service, Inc. If you have any questions or if you wish to volunteer, please contact Debbie Mueller at 301.634.2230 or dmueller@glenechopark.org.
Residents Welcome Potluck for New Neighbors

Newcomers and veteran Cabin Johners alike are pleased to see the New Neighbors Potluck become an annual tradition. The April 26 event was so well attended and ran so smoothly that some new CJ residents were surprised to hear it was only the second year the potluck has been held.

More than 100 residents joined in this year’s dinner and tables were filled with folks meeting new neighbors and enjoying old friends. Striking up a conversation with a stranger was made much easier with everyone wearing name tags that included the street they live on and colors differentiating new families from more established residents.

Thanks to Nancy Russell for doing the advance planning, Meredith McGuire and Debra Budiani-Saberi for entertaining the kids, Laura Miller and Jessica Hawke for staffing the check-in table and Irena and Peter Bojanovi for providing the music and picking up the pizza. In addition, thanks go out to Marcy Harrison, Elaine and Jerry Hornauer, Karen Melchar, Elliot Schoen, Nancy Shaw, Jeff Shipp and everyone else who helped to with the setup and cleanup.

78th Street newcomers Allie & Ben Reschovsky joined 78th St. residents; David and Erica Schott, Ali Saberi (another new neighbor) and Jan Smith for dinner.

PHOTOS COURTESY OF SUSAN SHIPP

Joe and Melissa Tone, who just moved into a home on Persimmon Tree, dined with Jen Eigenbrode and Pete Morey, new residents on 76th St. and Karen Melchar a two decade resident of Arden Rd.

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REAL ESTATE ACTIVITY
IN CABIN JOHN

Courtesy of your neighbor and realtor
PATRICIA AMMERMAN

APR - MAY 2019

ACTIVE:

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<th>GAR</th>
<th>Sq. Ft.</th>
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</thead>
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<tr>
<td>6510 Seven Locks Rd.</td>
<td>$519,000</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>704</td>
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<td>7 McKay Circle</td>
<td>$684,500</td>
<td>5</td>
<td>3</td>
<td>0</td>
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<tr>
<td>6475 Wishbone Ter</td>
<td>$795,000</td>
<td>3</td>
<td>3/1</td>
<td>2</td>
<td>2,782</td>
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<tr>
<td>6521 75th St.</td>
<td>$819,000</td>
<td>3</td>
<td>3</td>
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<tr>
<td>8018 Riverside Dr.</td>
<td>$1,425,000</td>
<td>4</td>
<td>3</td>
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<td>4,460</td>
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<td>8025 Riverside Av.</td>
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<td>4/1</td>
<td>1</td>
<td>3,418</td>
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SOLD:

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<tr>
<th>Property Description</th>
<th>List Price</th>
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<th>Sq. Ft.</th>
</tr>
</thead>
<tbody>
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<td>27 Carver Rd.</td>
<td>$599,000</td>
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<td>2</td>
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<tr>
<td>6607 Persimmon Tree</td>
<td>$944,657</td>
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<td>2</td>
<td>3,772</td>
</tr>
</tbody>
</table>

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May 2019 | The Village News 13
**NEIGHBORLY NEWS**

**BY JUDY BROOKES**  
Regular Contributor

Help us spread the Neighborly News! Send along your news and announcements about Cabin John residents and clubs to Judy Brookes at judy@brookes.com.

**PALISADES POOL OPEN TO ALL CJ RESIDENTS...AT LEAST SOME OF THE TIME!**

For a few hours each week, you do not have to be a member of Palisades Pool to enjoy its lovely facility. Cabin John residents are admitted free of charge to the Palisades Pool on Tuesdays and Thursdays from 11:00 am to 1:00 pm.

The Cabin John Free Swim arrangement is part of the 1967 agreement between the Cabin John community and the founders of the Palisades Pool to gain neighborhood approval of the zoning variance that permitted the pool to be constructed. The pool is celebrating its 50th anniversary this year!

Cabin Johners need to sign in at the pool and provide some proof of residency such as being listed in the CJ Community Directory, an ID with address, or mail received at a Cabin John address. Children ages 7 and under must be accompanied by a supervising adult. Children age 8-14 who will be left by themselves at the pool will be asked to satisfy the swim test by swimming one length of the pool and treading water for one minute.

Palisades pool opens on weekends starting May 10. After Memorial Day, the pool is open weekdays from 3 pm to 9 pm while Montgomery County Public Schools are in session. Regular summer hours are 11 am to 9 pm seven days a week.

---

**BES PTA Wheel-a-Thon for Muscular Dystrophy Comes to Cabin John June 1**

Jen Jordan of Arden Rd. invites Cabin Johners to the 2nd annual Wheel-a-Thon for Muscular Dystrophy on June 1 at 9 am in Cabin John! All are invited for fun and exercise while raising funds for muscular dystrophy research. There will be prizes for every finisher, refreshments, and a raffle.

The Wheel-a-Thon, sponsored by the Bannockburn Elementary School PTA, is a 1/2 mile loop through Cabin John, starting and ending at the Clara Barton Community Center. To ensure there are enough prizes, please RSVP with the number of kids participating to BESwheelathon@gmail.com. Adult and teen route monitors also are needed! SSL hours are available.

The Wheel-a-Thon is a partnership with Team Cure CMD, part of the Million Dollar Bike Ride, the University of Pennsylvania's annual rare disease fundraiser. Every dollar raised for Team Cure CMD supports Collagen VI Congenital Muscular Dystrophy (CMD) research. U Penn matches all donations. This touches close to home, as BES 4th grader and Cabin John resident Lily Brown lives with Collagen VI CMD. Please visit Lily's Fundraising Page, https://tinyurl.com/Wheel-a-thon-For-Lily, to make a tax deductible donation.

Last year's inaugural Wheel-a-Thon raised $10,000 for Team CureCMD! With U Penn's matching grant, $20,000 was applied toward two research projects.

You do not need to donate to participate in the Wheel-a-Thon. All human-powered devices are welcome - scooters, bikes, strollers, wheelchairs, or your own legs. Get creative and come out to support this worthwhile event!

---

**Congratulations!**

Alex Rosen, former graduate of Walt Whitman High School and Honors graduate of Oberlin College, will receive his Masters degree in Information Management from the University of Maryland on May 24. He currently is working in Washington, D.C. as a Data Analytics Analyst for Accenture Federal Services.

His parents, Ilene and David Rosen, who live on 77th Street, are extremely proud of his accomplishment and especially appreciative that while working he completed and paid for his Masters degree on his own. Hats off to you, Alex!
NEIGHBORHOOD SERVICES

BALANCE, STRENGTH and FLEXIBILITY are just a few things that we work on in our fun-filled exercise class. Come join us on Tuesdays and Thursdays OUR NEW STARTING TIME IS 9AM! For more information contact Carolyn at CarolynEvans728@gmail.com.

CABIN JOHN DOG WALKING
Midday walks to keep your pets happy and healthy. Many happy Cabin John and Carderock pet owners and their pets will happily give their recommendations. Call Carolyn 240-204-2953.

CHILD CARE.

COMPUTER SERVICES.
DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons and evenings. Telephone and e-mail support is also available. To schedule an appointment or learn more about our services email support@dc-pc.com or call Jim at 202-841-0873.

PET CARE. YOUR PET WILL THANK YOU! Daily walks, play dates at my home with new friends, overnight stays at my home or yours - fenced-in yard means lots of playtime. I will pick-up and return your pet for play dates! Many neighborhood references. http://www.licksandleashes.net/ Lauren Nicholas cell 808-286-6556.

To place AN AD in the Village News classifieds contact Nalini Kumar at VNbusinessmanager@gmail.com.
COMMUNITY CALENDAR

**MAY**

**29**
CJCA Meeting
Election of CJCA officers
Beltway Expansion Strategy
7:30 pm
Community Center

**JUNE**

**1**
Wheel-a-Thon for Muscular Dystrophy
9:00 to 10:00 am
Community Center Parking Lot

Cabin John Valley Trail Hike
Two Options:
- 2 pm (3.9 miles)
- 3 pm (1.75 miles)
See details Pg. 1

**1**
Cabin John Day
4:00 to 7:00 pm
Community Center

**June, cont.**

**8**
Cabin John House Tour
Noon to 4 pm
Sponsored by Glen Echo Park Partnership

**16**
CJ Potomac Canoe Trip
See details on pg. 10.

**22**
Rubber Ducky Regatta
CJ Creek
(below one-lane bridge park)
3 pm

**JULY**

**4**
CJ Parade and Festivities
Start: 11 am
Bike Decorating: 10:30 am

Inside this Issue...

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- **Local Nature:** Think Like a Skink 4
- Support Glen Echo Pharmacy 6
- CJ/Glen Echo House Tour 11
- Photos from New Neighbors Potluck 12