

THE VILLAGE NEWS

Volume 36 Issue 7

Serving the people of Cabin John and beyond

Apr 2003

NEIGHBORLY NEWS

Apr 2003

by Barbara Martin

Leo Westbrook McLellan Suber entered the world this month, weighing in at 9 lbs 8 oz. Leo is the son of **Lisa Nicholson** and **Jack Suber** of 79th Street.

Steve Gerhartz is a new neighbor on Riverside Drive. Steve, an auto dealer, moved here from Potomac in October.

Another newcomer is **Jerry Muys**, who moved to 78th Street from Potomac last August. Jerry is an attorney whose specialty is environmental law.

Many thanks from grateful neighbors to **Patrick Lee** and **Evan Mater** who plowed out their neighborhoods during our February snowstorm. Without their kindness, many of us would have been trapped for quite a while.

From Marfa, Texas, comes the news that former Cabin John resident **Billy Marginot** and his wife **Crawford** are the proud parents of three baby boys, **Charles**, **Henry**, and **Brooks**, born in December. Billy grew up in the Gardens, on Russell Road. The Texas Marginots were recently visited by Billy's mother **Nancy Hadley** (now of Rockville) and his sister **Joni** (now of Adelphi). His cousin **John Marginot** lives on 77th Street.

Reid Ravin reached the championship round, and took second place at the National Prep Wrestling Tournament. Reid has racked up an impressive record of wins in various mid-Atlantic tournaments, and is making history in his wrestling category. Reid is a student at Sidwell Friends. His parents are **Neil** and **Claudia Ravin** of 80th Place.

John and **Patsy Mathews** have moved from 75th Street to their new house on Russell Road in the Gardens. A new family will be moving into the Mathews' former home next month.

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Next CJCA Meeting -

**7:30 p.m. Tuesday Mar 25th, 2003
at the Clara Barton Community
Center:**

Agenda for next CJCA Meeting - (1) Martin Klauber - Montgomery County People's Counsel - presentation/answer questions on his role and land use planning/hearing/commenting process in MO County, and (2) Open Discussion & Dialogue on War in Iraq.

April 5 Potomac River/C&O Canal Cleanup at Lock 8 Lockhouse The Potomac Conservancy, in conjunction with the Alice Ferguson Foundation, will be cleaning up the Potomac River on April 5th (9:00 a.m. - 12:00 noon) at certain local sites. The Cabin John Citizens Association has traditionally taken on the task of cleaning the section between Cabin John and the Beltway, so we need some volunteers, including those with canoes and boats. Last year, we had about 20 Cabin John residents show up, some with canoes, some without. We hope to have a good turnout again. Some folk used their time to clean up areas along the Canal as well. There is always good hunting where the Beltway crosses over the River/Canal. If you are interested, meet at Lockhouse 10 at 9:00 a.m. on April 5 (a Saturday). Gloves & refreshments will be provided, but bring your own gloves if you have them. If you have any questions, you can contact Matt Berres, Director of Community Action at the Potomac Conservancy (703) 276-2777; riverrat@potomac.org for more information. Unless it is really raining hard, the

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Down the great currents
Let the boat swing;
There was never winter
But brought the spring.

- Edward Rowland Sill 1841-1887

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CJCA NEWS
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cleanup is likely to proceed.

Cabin John Creek Activities In April Just a heads up that the Friends of Cabin John Creek Watershed (FOCJCW) has several events planned in April to highlight our lovely Cabin John Creek. The quarterly water quality monitoring will take place on April 5 & 6th (9:30 - 11:30 a.m. at various locations along the Creek) - contact local CJ resident Roy Seidenstein (focjcw@earthlink.net) if you would like to get involved in the water sampling effort. The annual spring Creek Cleanup, in coordination with the Cabin John Citizens Assn., is scheduled for April 26th (9:30 - 12:00 noon). A notice of this event with the specific cleanup sites will be in the next Village News. (We need someone to be a Team Leader for the Creek section that runs parallel to Seven Locks Road between Cypress Grove Lane and where the Creek crosses Seven Locks Road.) More info on both matters is available on the FOCJCW website - www.cabinjohn.org/focjcw

Weed Warrior Training - Meet Saturday March 29 at 2:00 p.m. at the kids' playground next to the Cabin John Bridge (one lane bridge). Join those individuals who are being trained to spot the alien invasive weeds/vines that have become a large environmental nuisance. Your instructor will be Carol Bergmann of Maryland-National Capital Park & Planning Commission (M-NCPPC) (see www.mnccppc.org/Environment/weed_warriors/intro.shtm) Following the training from 2:00 - 3:00 p.m., and depending on approval by Montgomery County/Army Corps, we hope to apply our new knowledge along the MacArthur Bike Path by doing some invasive vine removal activity there. Please let Burr Gray (703-607-2740 (w), 301-320-2918 (h), burr.gray@alum.dartmouth.org) know if you plan to attend.

*Burr Gray
CJCA President*

NEIGHBORLY NEWS
cont. from page 1

New residents on Spring Road are **Lori Bean** and **Richard Rosenfeld**. Both are lawyers, Lori in private practice, Richard at the SEC. Lori and Richard moved to Cabin John from the Palisades in December. Lori grew up in Rockville.

Please send any news items to Barbara Martin (301-229-3482) or barbmartin@comcast.net. You are the town reporters, for news concerning present or past residents—births, deaths, marriages, new neighbors, special honors.

THE HOME ADVISER

By John Rabner

I remember the days when my parents would say, "Renting a house is just like throwing money away". Well, that may or may not be the case, but it is really clear to me that home ownership and spending big bucks go hand in hand.

So, my question and approach to all of this is this: Either I save my money for something I will probably hate spending it on, or I figure out what I really want and just go for it. Life is too short not to attain what I want, be it a restful vacation, an exciting adventure, or continued creation of my dream home.

This Spring, if you drive by my house, you will see the results of my 7-year dream of a two-car garage with office suite above. I lose sleep over it every night as I plan in my mind what it will look like! This obsession is what gets me going in the morning and causes me to work well in my business. And the bigger picture for me includes how I can better give back to my community, as I work in a real home office!

Now it's your turn. What are your dreams for your home? What are the things you need to do and the projects that you want so much that you lose sleep over? How will making your home more comfortable or better cared for ripple out into your life? (OK, I know I'm going a bit into the deep end here, but...)

Right now is the best time to put your ideas into motion! Warm weather is just around the corner and the opportunities to expand and upgrade your home have never been greater. Your approach around the decisions on planning, budgeting, and contractors will make all the difference. Resources on home improvements are available at the library, various web sites, and at the county seat in Rockville. Plan well and may all your home improvement dreams come true!

Contributed by local resident John Rabner, owner of 1st Choice Painting and Home Improvements. To ask questions and/or make contributions to this column, call 301-229-9100 or e-mail [jraber@comcast.net](mailto:jrabner@comcast.net). For a complete copy of the Home Advisor, go to www.go1stchoice.com

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Community Prayers for Peace

The Episcopal Church of the Redeemer, at the corner of MacArthur Boulevard and Dunrobbin Drive in Bannockburn, invites neighbors and friends of any and all faiths, or no faith tradition, to come together to pray for peace on Tuesday evenings, at 6:30 p.m., beginning on March 18. We will pray to the One who is holy by whatever name or names that One is known to any in the community, and hope that you will come and share prayers for peace that have meaning for you.

The church is open Monday through Friday, 9 a.m. - 6:30 p.m., for quiet reflection and meditation, and will remain open on Tuesdays until 8 p.m. To contact the rector, Susan Burns, call 301-229-3770; or email to rev.susanburns@erols.com

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Spring Has Sprung...

Come & join your friends at the
**ANNUAL CABIN JOHN
SPRING EGG HUNT!**

Monday, April 21st

11:00 a.m. - 1:00 p.m.

Clara Barton Ctr. Playground

(meet at gate to blacktop)

Egg Hunt starts at 11:00...

Fun & games provided afterwards
inside the Community Ctr. All-Purpose Room!

KIDS: Don't forget to bring a basket/bag.
PARENTS: We'll provide the eggs & goodies.

RSVP to Ruth Rabner by Friday 4/18
(301) 229-0019 or rrabner@hotmail.com

MARTIN KLAUBER PEOPLE'S COUNCIL

On August 3 1999, the County Council approved funding of the People's Counsel as a new office in the legislative branch of Montgomery County government. The two objectives of the People's Council are: (1) to "protect the public interest and promote a full and fair presentation of relevant issues in administrative proceedings in order to achieve balanced records upon which sound land use decisions can be made, and (2) to provide technical assistance to citizens and citizen organizations to encourage effective participation in, and increase public understanding of and confidence in, the County land use process.

To achieve the first objective the People's Counsel has the discretion to participate in the public hearings held by the Board of Appeals on variances or special exceptions, public hearings held by the Hearing Examiner of rezonings, special exceptions or development plans, and public hearings held by the Planning Board on subdivisions, site plans, or optional method of developments.

When the people's counsel participates as a party in any of the hearings, the People's Counsel may appeal to court any decision reached in the case.

During my interview by the Council of November 23, 1999, the first question I was asked was why I wanted to be the People's Counsel. I responded by saying that when I was a Hearing Examiner in the Office of Zoning and Administrative Hearings from 1979 to 1991, I saw the look on people's faces when they didn't know what to testify about in the public hearings. I said that being the People's Counsel would allow me to ensure that citizens would know exactly what to testify about in a land use public hearing.

On Dec. 7, 1999 the County Council appointed me to be the first People's Counsel of Montgomery County. Being named the first People's is one of the highest honor of my life. I will use all of my energy, resources and experience to successfully carry out the duties of this office. I look forward to providing a new resource to all of the citizens of our County.

Here's the experience I bring to this position. Since 1971 I have been involved in various legal and administrative facets of land use law. I began as Associate General counsel of the National Capital Planning Commission, the agency responsible for planning federal land uses in the Washington region. My work for the D.C. government included positions as Executive Secretary and Counsel of the Zoning Commission, member of

and counsel to the Board of Zoning Adjustment, and Special Assistant Corporation Counsel.

During my residence in Santiago, Chile, I was legal advisor to the Urban Development institute of the Catholic University and Legal Counsel to the Minister of Housing and Urban Affairs.

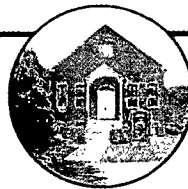
From 1979 through 1991 I was Hearing Examiner in the County's office of Zoning and Administrative Hearings. During these years I co-founded and chaired the Maryland Land Use Roundtable.

I look forward to appearing at your citizen's association meeting on March 25th.

As a private consultant I rewrote the Charles County Zoning Ordinance and developed the administrative procedures needed to implement zoning and planning. I have given lectures on zoning and planning to citizens associations and law students.

I look forward to appearing at your citizen's association meeting on March 25th: This will provide me with the opportunity to explain how the Office of the People's Counsel can be a new resource in Montgomery County.

Martin Klauber



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Sunday Services11:00 am

Wednesday Activities7:00 pm

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It's Time to Register for the Spring Session of Fitness Classes at Clara Barton!

We have a great line-up of fitness classes scheduled for the Spring Session at the Clara Barton Community Center. They are as follows:

Definitions Low Impact Aerobics (#83169) - Mondays 9:15 a.m.-10:15 a.m.

Get your heart rate up and enjoy the best of low impact aerobics while working out with your neighbors and friends! Join Judy Brookes' choreography-based, fun and creative one-hour class. Teaching level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time. Instructor is CPR certified and AFAA certified. This class runs from March 31 through June 23 and costs \$41 for the whole session. If you have questions about this class you can contact Judy Brookes at judy@brookes.com or 301.263.0388.

Definitions (#83121) -Tuesday/Thursday 9:15-10:15 a.m.// (#83167) Tuesday/Thursday 7-8 p.m.

Strength Training: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE & CPR certified. Perfect for beginners and intermediates. These classes run from April 1 through June 12 and cost \$82 for the whole session.

Definitions Conditioning (#83170) -Wednesdays 9:15-10:15 a.m.

Don't miss this athletic conditioning workout including agility drills, plyometrics, balance activities and resistance training. This class runs from April 2 through June 11 and costs \$41 for the whole session.

If you have any questions about these classes you can contact Cabin John resident, Juliet Rodman, at beyondfit123@aol.com or 301.229.2390.

An easy way to register for these classes is to go to the Clara Barton Community Center and pick up the Spring 2003 guide. The classes are listed in there and in the back is a registration form that you can fill out with the classes of your choosing. Just mail the form and your payment to the address listed.

You can also register for these classes by going to www.montgomerycountymd.gov. From there click on

"Departments" on the right under "How Do I...?". Then click on "Recreation" and then click on the "Spring 2003 Guide". Click on "Exercise and Fitness-Adult" and then search for the classes by using the class numbers listed above. If you have questions about the registration process you can call the Montgomery County Rec Department at 240-777-6840. We hope to see you at these fun and invigorating classes!

Judy Brookes

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**The next deadline is 10 AM
Wednesday Apr 9th for the
issue mailing Apr 17th.**

People who make the village news possible: Barbara and Reed Martin, Lorraine Minor, Heidi Brown Lewis.
Regular Contributors: Burr Gray, Andy Rice, Barbara Martin, John Rabner.
Ads - 301-229-3515. Neighborly News - 301-229-3482,
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FATS: The Good, The Bad & The Ugly		March 27 7:00-9:00 pm
<i>Are You Rusting Out?</i> ARE YOU RUSTING OUT?	YOUR IMMUNE SYSTEM	April 3 7:00-9:00 pm
FILL UP-NOT OUT	FIBER, CALORIES & MEAL PLANNING	April 10 7:00-9:00 pm
TAKE IT TO HEART	A NUTRITIONAL APPROACH TO HEART DISEASE, CHOLESTEROL & HYPERTENSION	April 17 7:00-9:00 pm

Each seminar allows ½ hour at the end for questions. Please arrive on time so we can keep to the schedule.

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<ol style="list-style-type: none"> 1. What are dietary fats/fatty acids? <ul style="list-style-type: none"> -Saturated fats -Unsaturated fats -Monos, polys, omega 3's & 6's -Trans-fats/hydrogenated fats 2. What the body does with dietary fats -Mechanical and metabolic functions 3. How much is enough? <ul style="list-style-type: none"> -Dietary changes -Supplements 	<ol style="list-style-type: none"> 1. What is your Immune System? 2. The "Free Radical" defined 3. Sources of, and events that create free radicals 4. Effects of the free radical on the human body 5. The antioxidant defined - and where to get them 6. Other things that affect immune function 	<ol style="list-style-type: none"> 1. The fiber story as presented in current medical journals 2. What is this stuff "FIBER" <ul style="list-style-type: none"> -Soluble & insoluble fiber 3. How much fiber? 4. Sources of fiber 5. How many calories are enough? 6. What to eat and when for optimal efficiency 7. What does this label really say? 8. Water: How much is enough? 	<ol style="list-style-type: none"> 1. Cardiovascular disease (CVD) defined 2. Scope & prevalence 3. Risk factors 4. Cholesterol myths 5. CVD prevention - Healthy CV restoration 6. High blood pressure
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Contact: Margaret Wheeler, Tel: 800-215-2038, Email: starnotes@comcast.net

Martha Holdridge, Tel: 301-229-2813, Email: martha@westwindfarm.biz

MARGARET WHEELER



Through her company, *An Ounce of Prevention, LLC*, Margaret Wheeler has been providing counseling in nutrition and lifestyle for almost 5 years. Previously, she worked as a registered nurse for 20 years in medical-surgical areas, intensive care and coronary care (critical care certified), well-child pediatrics, and as a urology nurse and urology ambulatory surgical nurse. Margaret most enjoys teaching people what they need to know to keep themselves healthy, convinced that the best protection against illness and disease is a content, well-nourished body!

With BS degrees in Biology and Nursing Science, Margaret is currently pursuing an advanced degree in Natural Health. She is a Certified Natural Health Professional (CNHP) and a member of the American Association of Nutritional Consultants (AANC). Her 25 years of diverse practical experience in the health profession allow her to bring an understanding of both traditional and alternative medical models to help her clients achieve an optimal state of wellness.