The Village News

SERVING THE PEOPLE OF CABIN JOHN | MAY 2018 | VOLUME 52 | ISSUE 5

PRIMARY ELECTION IS JUNE 26!

BY VASHTI VAN WYKE
Content Editor

The campaign yard signs are sprouting around CJ—it must be election season! The ballot will be jam-packed with candidates so now is the time to do your research. Primary Day is Tuesday, June 26, which is after school gets out and prime vacation time. So you may want to vote during the early voting period, from June 14 to June 21.

Our closest early voting site is the Potomac Comm. Rec. Center at 11315 Falls Rd., Potomac. Early voting works just like regular voting—just walk in, show ID, and vote.

- Voter Registration Deadline, ***Primary*** — June 5
- Early Voting — June 14 to June 21 10:00 am to 8:00 pm
- Primary Day — June 26 7:00 am to 8:00 pm

To register to vote or get voting information, visit the MoCo Board of Elections at *montgomerycountymd.gov/Elections*. VN



PHOTO: COURTESY OF SUSAN SHIPP

Another Great Creek Cleanup!

The 2018 CJ Creek Cleanup was not a washout thanks to the 18 intrepid volunteers who showed up despite the downpour. A dozen bags of trash as well as wire fencing, pipes, car parts and construction debris were hauled up from the creek area. Pictured here: Mark, Ashling, and Kieran Burns; Jon Putnam; Paul Orsinger; Michel Ellert-Beck; Tim Murphy; Jeff Shipp; Roy Seidenstein; Neil, Finn and Ryan Shaut; and Amy Elsbree.

INAUGURAL NEW NEIGHBOR POTLUCK DRAWS BIG CROWD

BY NANCY RUSSELL
CJCA VP for Community Service and Outreach



PHOTO: COURTESY OF SUSAN SHIPP

Some 160 residents gathered April 22 to share a tasty meal and lively conversation while welcoming new families to Cabin John. With nametags identifying each person's street of residence and colors differentiating new neighbors from more established CJers, attendees not only got a chance to welcome new residents to the community, they also met long-time neighbors for the first time and enjoyed visiting with old friends.

The weather cooperated for dining alfresco, while the children enjoyed the playground. In addition to the pasta dishes supplied by

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For more info, check us out: www.cabinjohn.org

The Village News

SERVING THE PEOPLE OF CABIN JOHN

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 11

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

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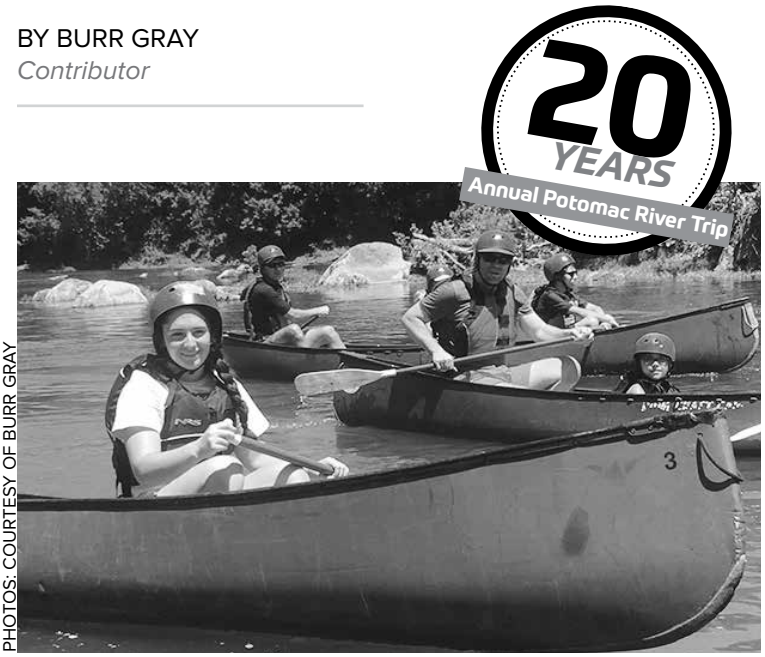
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NEXT CJCA MEETING: WED., MAY 30, 7:30 PM

20th Annual Potomac River Trip is Set!

BY BURR GRAY
Contributor



PHOTOS: COURTESY OF BURR GRAY

SAVE THE DATE: JULY 8, 2018

The twentieth annual CJ canoe and kayak trip is set for Sunday, July 8. Last year we had almost 60 people and 35 boats out on the water! We will start at Old Anglers Inn about 10:00 am and take out at Lockhouse 10 in CJ at 3:30 pm. Calleva will again lead the trip. Fees are $20/person, with a separate $40 fee to rent a vessel; the CJCA subsidizes the cost of the trip.

If you plan to attend, please email Burr Gray as soon as you know, but no later than June 30, at *burrgray@aol.com*. Please indicate: (1) the number of canoes or kayaks you will need to rent or will bring yourself, (2) number/names of people in your group, plus the ages of any kids, (3) level of expertise, and (4) a phone number and email address. This is a festive and fun event! Join us! VN



POTLUCK

CONTINUED FROM PAGE 1

the CJCA, the buffet tables were overflowing with a variety of side dishes and desserts brought by attendees. Some children played a bingo-like detective game encouraging them to identify special attributes of our neighbors, including folks with 20-plus years in CJ, knitters, pilots, and even scuba divers!

Thanks to the many volunteers who put on the event, including: Lee Arbetman, Irena and Peter Bojanova, Michel Ellert-Beck, Amy Elsbree, Dallas Harrison, Jessica Hawke, Elaine and Jerry Hornauer, Meredith McGuire, Bob Norris, Craig Russell, Isabelle Russell, Elliott Schoen, Jeff Shipp, Robin Sidel, Sherri Stahl, and Oona Stieglitz. VN



The Kumars of Seven Locks, who have lived here 13 years, met and dined with the Goodwins of Cabin Rd., Lina Green of Tomlinson Ave. and Elaine Hornauer of Persimmon Tree Rd., all who have lived here since the 1970s.



Elliott Schoen of Tomlinson Ave. chatted it up with newcomer Chris Bin of 75th Street.

PHOTOS: COURTESY OF SUSAN SHIPP



Dorian Laguardia White and Silvia Mancini, who moved to Seven Locks Rd. in 2017, enjoyed sharing a meal with Dallas Harrison, a long-time resident of 83rd Place.



THE BIRTH OF GREEN NEIGHBORS, PART 2





PHOTOS: COURTESY OF JEN JORDAN

Cabin John residents lending a hand to creek clean-up projects as part of the Plastics are Forever initiative in 2010.

BY JEN JORDAN
Regular Contributor

This is Part 2 of an article that ran in February in honor of the 10th anniversary of Green Neighbors (GN), a grassroots group in CJ and neighboring communities with the aspiration to create "local solutions to global environmental problems." GN was most active from 2008 to 2014. Part 1 told the story of the 2008 Metal Recycling Challenge between Carderock Springs and Cabin John and subsequent launch of Green Neighbors. In Part 2, readers will hear how GN evolved after the Challenge, with the hope that it might inspire residents to carry on in the Green Neighbors spirit.

After the Metal Recycling Challenge in 2008, many Cabin Johners had developed a new habit of recycling rather than throwing out valuable scrap metals. With the support of Councilmember Roger Berliner, the Bethesda Co-op, and the CJCA, GN pressed the county to do a weekly scrap metal pick-up at the Co-op loading dock, which they did from 2008 to 2010. To this day, many neighbors continue to recycle their scrap metals by scheduling a free curbside pickup through 311 or bringing materials to the Shady Grove Transfer Station. The county and Bethesda Green commended GN and our Challenge for "making the county greener through small, local initiatives. Both the county and Bethesda Green are looking to community projects such as this as models of local endeavors that can be duplicated in other neighborhoods."

BYOB/Plastics are Forever Initiative

Beginning with the Metal Recycling Challenge, GN maintained a regular column in *The Village News*, thanks to the support of the CJCA and the editor. GN held occasional wine and cheese gatherings at participants' homes to share ideas and knowledge, present workshops, and brainstorm how we could work together for the environment. The desire for an engaged community initiative emerged, with the intention to work together locally for positive change and let the effects ripple outward.

In 2010, driven by the hope to reduce the waste stream of our community—and to highlight the growing problem of continent-sized plastic 'garbage patches' accumulating in the oceans—Green Neighbors from Carderock Springs, Cabin John, and Brookmont organized another campaign called the BYOB/ Plastics are Forever Initiative (BYOB standing for "Bring Your Own Bag"). As part of the initiative, GN wrote *Village News* articles about the garbage patches, the effect on our food chain and marine life of styrofoam and microplastics from synthetic clothes, and the plastic bag and styrofoam bans that other cities had implemented. GN reached out to local government encouraging a bag tax, and visited local Cabin John businesses, educating them on the effects of plastics and styrofoam on the oceans and encouraging them to switch to paper products.

GN culminated the initiative with the production of 1000 machine-washable tote bags made in the USA of 100% recycled plastic bottles, each with educational flyers and dashboard stickers reminding drivers to bring their bags into the store. The Citizens Associations of both Carderock and Cabin John kindly sponsored the tote bag production along with two dozen local businesses whose names were noted on the bags. Many of you may still have your tote bags, as they have proven to be highly durable! Over 700 bags were distributed to community residents, and the sales of

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the remaining 300 bags at the Bethesda Co-op were so successful that GN was able to give back to each Citizens Association a 'Green Reward' of $200 a piece, recognizing their long-standing and generous support of sustainability projects.

GN held a Plastics are Forever educational fair and celebration, thanks to Anthony Wilder Design Build and many volunteers, at the old Cabin John firehouse with live music, food, and fun—along with displays educating residents about the garbage patch, the effect of plastics on marine life, and what residents can do to reduce plastics waste. GN organized creek clean-ups to highlight the effect of plastic trash on our waterways, including a clean-up of a river-wide log and trash jam at the Monocacy Aqueduct. Within 12 months of the Plastics are Forever campaign, DC passed a plastic bag tax. GN pushed Montgomery County to do the same, and by 2012 our county passed its own bag tax.

As a result of these efforts, GN was one of 19 finalists of 120 nominated organizations for Bethesda Green's 2010 Green Awards given to "organizations, communities, or individuals who display an unwavering commitment to living and promoting a more sustainable way of life." In 2013, Bethesda Green picked up the GN torch and formed their own monthly



Bethesda Green Neighbors group "to increase awareness about sustainability, strengthen connections with neighborhood leaders, and identify measurable action steps for communities."

By 2014, it was time for those most active in GN to hang up the hat, so to speak. Perhaps this recollection of Green Neighbors will spur residents to pick up the hat in their own creative ways! The spirit of Green Neighbors was born from our community's rich history and commitment to engagement and environmental stewardship, and that spirit remains alive and well in Cabin John. VN

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CJCA MEETING: 7:30 PM, May 30 | CLARA BARTON COMMUNITY CENTER

AIRPLANE NOISE UPDATE FOCUS OF APRIL 25 CJCA MEETING

BY AMY ELSBREE
CJCA Secretary

The April 25 meeting of the Cabin John Citizens Association focused on several issues of importance to the community: Beltway and neighborhood traffic, pipe stem developments, and aircraft noise.

In mid-April the Maryland Department of Transportation held public forums about their plans for a public-private partnership to widen the American Legion Bridge and build toll lanes on the Beltway and Interstate 270. Greg Pawlson, VP of Advocacy, reported that an environmental impact study is step one in the process and recommended that the CJCA weigh in on the study's scope. Meeting participants agreed and the CJCA sent a letter May 1 urging the state to study the noise, pollution, and possible neighborhood traffic effects for the CJ community.

CJCA leaders continue to focus on traffic safety concerns in the Tomlinson/Arden Road portion of the neighborhood. The results of a months-long petition effort yielded responses from 60 percent of the homes in the affected area. Of the 113 households that responded, 86 percent were in favor of "Do Not Enter" signs for the rush hours at the intersections of Seven Locks Road and Tomlinson Road; Tomlinson Road and Arden Road; and 76th Street and Arden Road. When the petition results were sent to the county in early April, the CJCA was informed that the traffic official it had been working with for years retired. Work is underway to re-establish a connection with the county.

In light of a proposal from a CJCA resident to build an additional house on his property on 81st St., the CJCA officially reaffirmed its longstanding opposition to "pipe stem" developments.

And, finally, representatives of the Montgomery County Quiet Skies Coalition made a presentation on the current efforts to reduce air traffic noise over our communities. They urged CJCA residents to continue to file noise complaints and make our concerns known to elected officials. Keeping public pressure on elected officials is key as it likely will take years for successful legislative or legal actions that would force the FAA to mitigate airplane noise.

Janelle Wright and Cabin John's Gretchen Gaston, leaders at the MoCo Quiet Skies Coalition, pointed out that their preferred solution is not to just move the air traffic over someone else's house. Instead the coalition suggests the FAA should: disperse flights; direct flights away from residential areas where possible; impose meaningful noise level restrictions; move more air traffic to Dulles; and establish flight curfews at DCA.

CJCA encourages residents to keep filing complaints at *https://viewpoint.bksv.com/dca3* and to join the coalition at *Mocoquietskies.org*.

Any CJCA residents interested in working on these advocacy issues can contact CJCA VP Greg Pawlson at *gpawlson@gmail.com*. VN

CJCA Officer Elections at May 30 Meeting

BY SUSAN SHIPP
CJCA President

At the May 30 meeting of the Cabin John Citizens Association, participants will be asked to vote on the following officer slate:

- ***President***, Susan Shipp of Tomlinson Avenue;
- ***Vice President of Activities,*** Irena Bojanova;
- ***Vice President for Advocacy,*** Greg Pawlson of Tomlinson Terrace;
- ***Vice President for Community Outreach and Service,*** Nancy Russell of 76th Street;
- ***Treasurer,*** Bob Walsh of 81st Street;
- ***Secretary***, vacant *(Interested? Please let us know.)*

After seven years as CJCA Secretary, Amy Elsbree is putting down her pen. The primary responsibility of the secretary is to take the minutes at CJCA meetings and provide occasional meeting stories for the newsletter. However, Amy has been key to many CJCA initiatives and took the lead on a number of special projects, such as helping with tributes to Burr Gray and Clare Amoruso. The CJCA thanks Amy for her tireless efforts on behalf of the community. VN



PHOTO: COURTESY OF SUSAN SHIPP

In addition to her role as secretary, Amy and her husband Michel Ellert-Beck can be found pitching in at most CJCA events – from the 4th of July Parade and the Crab Feast to the Turkey Trot and the recent creek cleanup. (Pictured above)

THE 2018 GRATEFUL SHRED

The Grateful Shred, Cabin John's annual shredding party, is slated for Saturday, June 2, from 9:00 am to noon. Bring your unwanted papers to the Clara Barton Community Center and a crew of helping hands will meet your car to help unload. The shredded paper will be baled and taken to a recycling facility.

The truck can process the following: paper clips, staples, rubber bands, folders, binder clips, hanging folders (including their metal strips), and labels. It CANNOT take newspapers, cardboard, heavy plastic, heavy metals, 3-ring binders, boxes, trash, floppy disks, CDs, or X-rays.

You'll be asked to donate $5.00 for each box of paper (or $3.00 for half box and $2.00 for a quarter box).

The Grateful Shred is sponsored by the Friends of Clara Barton Community Center (FCBCC) and any proceeds will support programs at the Center. For more information, call **240-777-4910** or visit *www.friendscbcc.org*. VN

Neighbor 2 Neighbor Welcomes New Coordinator

BY JUDITH BELL
N2N Coordinator

The latest good news from Neighbor 2 Neighbor is that we've welcomed a new coordinator. Alissa Fox has agreed to join Judith Bell, Bob Norris, and Nancy Russell in that capacity. So next time you call or email N2N (at **301-799-4550** or *4cjn2n@gmail.com*), Alissa may be the one to respond. Thank you Alissa!

Don't forget that there is a third way to contact Neighbor 2 Neighbor. You can fill in our online form on the CJCA website at cabinjohn.org. Select "Community Outreach," then "Neighbor 2 Neighbor." On the form, click on the appropriate box under "I'd appreciate help with this," and send. VN

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SAVED BY A ROSE TREE

BY ERIC DINERSTEIN
Contributing Writer

ILLUSTRATION BY TRUDY NICHOLSON
Contributing Artist

In spring, after the redbud, cherries, magnolias, and dogwoods have had their day, rhododendrons and, we have come to expect, azaleas will trumpet the end of the season's blossom parade. Here in Cabin John, front yards are awash in the gaudy candy colors of azaleas and the more serene white blossoms of the rhododendron bushes. Now for a rude awakening, gardeners: there is no such thing as an azalea, at least in the cold eye of the botanist. All of these flowering shrubs belong to the genus *Rhododendron*. In other words, all azaleas are technically Rhododendrons, among the more than 850 species in this genus. The scientific name of the genus translates to "rose tree." That moniker might seem a misnomer given the Rhododendron's growth form most gardeners know well. But, on the other side of the world, if you stepped into a wild Himalayan forest, you would be surrounded by Rhododendron trees.



Pinxter flower (Rhododendron periclymenoides)

Our most common version of the rose tree is a shrub, the large-leaved evergreen species known as *Rhododendron maximum*. In the wild, this beauty carpets large areas of the southern Appalachian Mountains. Its thick leaves resemble an evergreen southern magnolia or a holly tree. Perhaps the most elegant Rhododendron blossom on the planet, however, belongs to another native, an uncommon species known as the Pinxter flower or Pinxter azalea, found from Alabama to New Hampshire (and with the mouthful of a Latin name Rhododendron periclymenoides). Reaching a height of 9 feet, Pinxter azaleas put out long tubular flowers that can range from its namesake hue to a version with more reddish blush in the petals.



Spicebush Swallowtail butterfly

Many of the rhododendrons are pollinated by bees and butterflies, and the Pinxter bush is no exception. It engages with another lovely creature, the spicebush swallowtail, a butterfly that lays its eggs only on spicebush and sassafras in our local woods, but takes nectar from the Pinxter blossoms. When the swallowtail lands on the flower, the pollen grains, rather than transferring to the insect's head, dust the inner edges of the wings of the butterfly to be spread to the next plant. I have only seen this interaction in pictures, as depicted in the accompanying illustration, never in real life. It is something I long to see. It must be one of the most exquisite of all mutualisms shaped by evolution by natural selection: one of the most beautiful flowering plants in the world visited by one of the loveliest butterflies imaginable.

I mention this exquisite partnership because it is one that gardeners can recreate in their own yards as part of a broader movement to plant native species instead of exotics. Planting natives makes a lot of sense, not only for their natural beauty, but because they are part of what evolved here. In a time when celandine, garlic mustard, creeping Euonymus, various invasive honeysuckles, multiflora rose, Japanese barberry, Japanese spurge, and the like invade our wild Cabin John woods, planting a Pinxter bush in your front yard would make a personal statement to preserve wild nature. Why not go for it?

Preserving rhododendrons and native azaleas is something we should aspire to everywhere, as they are important parts of the ecosystems in which they occur. Most grow in the northern hemisphere and reach maximum diversity in the Himalayan region. The largest specimens reach almost 100 feet tall and 3 feet in diameter. But it is their diversity that is astounding—in some mid-elevation national reserves in Sikkim, India and in Bhutan, as many as 22 species of rhododendron coexist.

My favorite among them is Rhododendron hodgsonii. This tree is covered in a luminous purple bark that flakes off in long, jagged parchment-like pieces. When I stood in a grove of these colorful trunks listening to a serenade—the song of five species of wild cuckoos—I felt more at peace with the world than in almost any other place I have ever been.

Researching Pinxter flower, I learned something new from a Federal website page: a warning that all parts of Pinxter bush contain poisonous compounds, even the seductive flowers. That must be the explanation of how a Rhododendron once saved me from prolonged agony. When I was working in the 1970s as a survey biologist in the Peace Corps and stationed in the lowlands of Nepal, I was treated as an honored guest to a meal of fresh river fish and boiled rice, washed down with as much

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of the local rice liquor, called raksi, as I could swallow. The fish on the menu, like all big fish of Nepal's rivers, are members of the carp family and exceedingly bony. I made the mistake of swallowing a large hunk of fish without chewing properly and before I knew it I felt a sharp pain in my throat. I tried the Nepali technique of swallowing a large ball of rice to force the bone down the hatch, but no luck. I stayed for a day in that village by the Karnali River, wondering what to do. I had only arrived a few weeks ago at my post and it was the monsoon. The monsoon had turned the dirt tracks to mud and the nearest hospital was a 50-mile walk. Despondent, I sat in a makeshift straw-roofed platform, elevated above the ground, watching the mighty Karnali roll by.

Planting natives makes a lot of sense, not only for their natural beauty, but because they are part of what evolved here. In a time when celandine, garlic mustard, creeping Euonymus, various invasive honeysuckles, multiflora rose, Japanese barberry, Japanese spurge, and the like invade our wild Cabin John woods . . .

An old fisherman heard of my plight and approached carrying a small leather satchel. He told me in Nepali not to worry, that this happened to fishermen and their families all the time. Just take a few of these dried flower petals and suck on them and after a while, the fish bone would pass. Sure enough, within an hour, I could swallow again without pain.

Those magic petals, it turned out, were the dried petals of Lali Gurans, the national flower of Nepal, that comes from the tree, Rhododendron arboreum. Most rhododendrons have poisonous compounds in their leaves—it is why cattle and sheep cannot eat them. But for some species like the Pinxter azalea and the Lali Gurans, the petals contain the toxin, too. I ate enough petals to cause my mucus membranes to work overtime and my throat tissues to expel the foreign object. For me, this is yet another reason – beyond its beauty and its service as a nectar source for the spicebush swallowtail – to plant Pinxter azalea in the yard. The next time a loved one finds a fish bone stuck in their throat, I know what to do. VN



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MEET PLANTAIN





PHOTOS: COURTESY OF SARAH CAHILL

BY SARAH CAHILL
Contributing Writer

Recognize this gal? Meet plantago major. Nicknamed plantain, you can spot her everywhere!
As a child I would run my hand down the stem to see how many seeds I could pull off in one stroke. As an adult, I viewed them as a lawn nuisance. Now that I am wiser, I welcome her with open arms.

Plantain is one of nature's super healers but remains quite humble. No showy flowers for her, yet she is used around the world for her medicinal qualities and is a staple in the Native American healing bag. Her leaves promote amazing skin rejuvenation making her indispensable for skin abrasions, cuts, bites, and other skin conditions. All you have to do is look down……

The quickest way to use plantain is as a poultice (be sure the yard has no chemicals). You simply pick a leaf, put it in your

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6413 83rd Pl	$1,125,000	4	4	1	2,700
6532 79th St.	$1,300,000	4	4	2	3,258
8122 Caraway St.	$1,395,000	4	4	0	3,505
6614 81st St.	$1,599,000	5	4	2	3,412
UNDER CONTRACT:	**LIST PRICE**	**BR**	**FB**	**GAR**	**SQ. FT.**
12 Froude Circle	$625,000	2	1	0	1,156
6417 78th St.	$1,024,880	3	3	0	2,065
6530 78th St.	$1,129,000	4	3	0	2,232
7924 Longridge Ct.	$1,150,000	5	3	2	3,415
6509 81st St.	$1,499,000	5	3	0	3,883
6522 77th St.	$1,799,000	6	5	2	5,339
SOLD:					
8 Froude Circle	$456,000*	2	1	0	936
6409 Little Leigh Ct.	$1,204,000	5	4	2	3,112
1 McKay Circle	$502,000	2	1	0	766

**This sale price has been adjusted to account for a seller subsidy.*

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DEAR MRS. GOODNEIGHBOR



Do you have a nagging problem/issue/ conundrum concerning life in our community? Ask Mrs. GoodNeighbor! Send questions to vneditorial@gmail.com *and it will be passed along. All topics welcome although Mrs. GoodNeighbor feels compelled to tell you she cannot solve the problem of traffic on the one-lane bridge--so very sorry.*

Dear Mrs. GoodNeighbor,

Occasionally (two or three times a year) a door-to-door solicitor visits our neighborhood for some cause or the other. On principle I do not give via door-to-door solicitations; I don't want to encourage them to stop at my house each year. I am polite but firm in my refusal, no matter the cause. Here's what annoys me: the solicitors frequently say my next-door neighbor 'Tom' suggested they come my way! It doesn't matter what the cause is, Tom apparently always sends these folks to me! I am perfectly capable of telling solicitors no, but it annoys me that he points them to my door every time. I have a friendly relationship with Tom—but we are not friends. How can I tell him to please stop giving these unwanted visitors the wrong idea?

Sincerely, Fed Up

Dear Fed Up:

I share your dislike of the door-to-door solicitation method—honestly does anyone truly LIKE it? I once bought $200 worth of magazines from a door-to-door salesperson who touched my heart (and my wallet). Every month those surfing and knitting magazines arrived I felt the pain (I don't surf or knit, by the way).

First, kudos to you for handling those door-to-door warriors politely; they meet many uncivil responses throughout their long days. As Ms. GoodNeighbor's mother has been known to say, "Politeness costs you nothing." And it's cheaper than magazines.

But to your issue with neighbor Tom—you've written that you and he are friendly, a highly agreeable state of affairs for next-door neighbors to maintain. I suggest you view Tom's behavior through the most charitable lens. The solicitors are probably asking him who on his block might be welcoming to them, and he thinks of you. Tom probably thinks of you as someone who can handle these intrusions deftly (and maybe who likes magazines?)

[One side note: I don't think you should ignore the possibility that Tom is NOT directing solicitors your way but rather they are using that 'referral' as a sales pitch of sorts. It's a possibility to consider carefully before confronting Tom in annoyance.]

I see several options to address this issue in a manner that maintains your good neighbor status with Tom:

1. The next time you see Tom after another door-to-door encounter perhaps try this: "Hey Tom, did you get a visit from those solicitors for Cause X last week? Don't they drive you crazy? I never give to them; I wish they'd stop visiting me. How do you handle them?" It might be enlightening to hear his approach—and hopefully he'll get the hint.

2. You could put a small sign beside your doorbell/ on your door that reads "No solicitations please." That is likely to discourage almost all professional solicitors. And you could mention the addition of this sign to Tom the next time you meet

But consider—do you truly mean to discourage ALL solicitations? Do you regularly buy Girl Scout cookies from the third grader down the street or raffle tickets from the high school basketball player who cuts your grass? If you want those homegrown solicitations to continue you might want to give them a heads up to stop by anyway.

3. I presume you've tried this, but just in case: when someone knocks on your door that you don't recognize (especially with a clipboard in hand), don't answer it. Or politely say through the door "No thank you!"

It's your door, after all. You don't have to open it. Although I hope you always will for Tom—good neighbors are worth the interruption. VN

Clara Barton Community Center

for seniors

HAPPY FATHER'S DAY

JUNE 13 | Celebrate all fathers at a **Father's Day Lunch** | 12:00 PM

Serenaded by the **Barbershop Quartet**

Sign up by June 4

Brain Health Workshops

Wed., June 20 | Noon and 1:00 pm

- Science-based brain health assessment
- Your personal brain score report
- Tips on keeping your brain healthy

Administered by Cogniciti, a service promoting brain health solutions



Call the CBCC office to make an appointment.
Limit of *10 people* for each of the 2 workshops

MOVIE OF THE MONTH:
The Post | Mon. June 11, 12:00 Noon

7426 MacArthur Blvd., Cabin John | **240–777–4910**

OPEN: Mon. & Wed. 9 am–9 pm • Tue. & Thu. 9 am–8 pm • Fri. 9 am–3 pm
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BY JUDY BROOKES
Regular Contributor

***Jared Lapidus* of *Cabin Road* is a junior at Walt Whitman High School. A few months ago, three classmates and Jared competed in the Social Entrepreneurship Tournament for High School Students at the Bullis School. They won and received funding to create Vegicity, a non-profit that helps local residents grow produce in their yard and then collects and donates 30% of the veggies to the Stepping Stones Shelter in Rockville. To get a veggie kit ($27) and participate in this project, contact Jared at *jaredlapidus@yahoo.com*.**

MOTHER'S DAY BLOOD DRIVE REACHES GOAL

Thanks to the 34 people, including a number of mother-daughter combos, who came out to the May 13 CJ blood drive! We collected 31 pints of blood, one over our target. In honor of Mother's Day, Inova Blood Donor Services, which runs the CJ drives, gave each participant a gel spa mask.

Minnie's Island Cleanup/Trailwork

Join your neighbors Saturday, June 9 from 9:30 am to 12:30 pm, with lunch to follow, at Minnie's Island for a clean-up and trail work. The island is in the Potomac River, about 200 yards downstream from Lockhouse 8. Volunteers will help with canoe transport, trail maintenance, and trash pick-up. To join in, email Burr Gray at *burrgray@aol.com*. (Sponsored by the Potomac Conservancy, Isaac Walton League, Team River Runner, and CJ community members).

REMINDER: Let's Honor our CJ Graduates!



Next month, *The Village News* will once again run photos and news about our newest CJ high school and college graduates! Please send along a photo and short blurb about your graduate's adventures to Judy Brookes at *judy@brookes.com* by the end of May.



PHOTO: COURTESY OF THE RAJANI FAMILY

The Rajani family (Tanvi, Kavya, Aarav, and Sanjay Rajani, from left to right) of 79th Place acted locally on Earth Day by picking up loads of trash along MacArthur Blvd. from 80th Street to the bridge. They report collecting 7 bags of trash, including paper, plastic bottles, beer bottle caps, half a toothbrush, half a lacrosse ball, and many, many little plastic bags of dog poop. Thank you, neighbors, for beautifying our community!

CJ Student Raises Money for Child Cancer Research



PHOTO: COURTESY OF CHARLOTTE LEIGHTON

Lucy Filyaw of **Cypress Grove Lane** and a junior at Walt Whitman High, shaved her head April 13 for the St. Baldrick's Foundation, a non-profit organization that raises money for child cancer research. Filyaw started a page on the foundation's website so people could donate to the organization on her behalf. She has raised over $3,100 from donors ranging from strangers to her teachers. Lucy is the daughter of Charlotte Leighton.

Groups & Gatherings

The **Wednesday Morning Ladies Coffee Group** meets weekly at 10 am at The Market on the Boulevard. Drop in and meet fellow Cabin Johners!

The **Vintage Gentlemen's Coffee Group** meets at The Market at 10:15 am on the first Tuesday and the third Thursday of every month. The group enjoys spirited discussions as we ponder local issues, bemoan political offerings, and resolve international dilemmas. For more information, email Bob Norris at *lisabobjoseph@aol.com*

HAVE AN IDEA FOR A COMMUNITY CLUB OR GROUP? *Make it happen by posting information in Neighborly News to get the word out! Send information to Judy Brookes at judy@brookes.com.*

EARTH MEDICINE

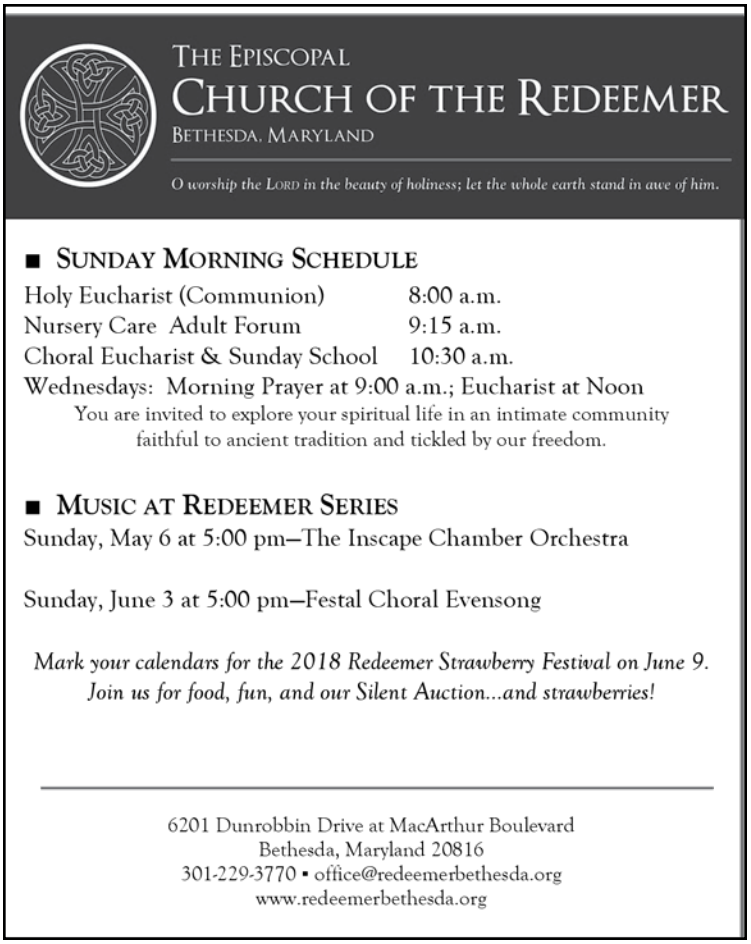
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mouth and chew it up well to get the juices flowing. Once chewed, make a ball and place the wet herb on the area that needs healing. Perfect remedy for summer bee stings, scrapes, skin eruptions etc. Kids love the natural healing. Every athletic field and community pool has plantain!

YOUNG PLANTS

If you have an itch or need a band aid while walking in the woods, use plantain. Her soothing leaves slow bleeding and can be the first response for spider or snake bites. You will find her amongst her friends, dandelion and clover.

Tomorrow look for her and wave. All you have to do is look down. . . VN



NEIGHBORHOOD SERVICES

MULTI-FAMILY YARD SALE, SATURDAY, JUNE 9, 9 AM - 1 PM (Cabin John) Multiple homes selling housewares, clothing, toys, handbags/accessories, home decor, and more. Location: MacArthur Park townhome community/ Wishbone Terrace; just off MacArthur Blvd, across from 77th St/Level Fitness in Cabin John (less than 1 mile from one-lane bridge, between Glen Echo & Potomac).

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. Licensed Family Day Care since 1991. References available. Call Siew. 301-320-4280.

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.

ELDER CARE HELP. Cabin John woman resident is looking for household work. Service includes: laundry, light cleaning, meal prep. grocery shopping. References available. Please contact Lynn at *dcwaterstore@gmail.com*

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.

SERENITY CIRCLE YOGA is blooming here in Cabin John! A sun filled home studio holding up to 10 students. Vinyasa, Yin and Gentle yoga. Meditation and medicinal plant classes, as well as Reiki sessions. Contact Sarah 301-580-4088 or *Sarah@SerenityCircleYoga.com*

TO PLACE AN AD *in the Village News classifieds contact Jordan Creed at VNbusinessmanager@gmail.com.*

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COMMUNITY CALENDAR



2018 SPRING CREEK CLEAN UP! *- Thanks to the 18 community-minded volunteers and these adorable kids who showed up to help keep our creek clear of trash!*

MAY

30
CJCA Meeting
Community Center
7:30 pm

JUNE

2
Grateful Shred
Community Center
9:00 am to noon

9
Minnie's Island Clean-Up
9:30 am to 12:30 pm
See page 14 for more info

JUNE cont.

26
Primary Election Day
7:00 am to 8:00 pm

JULY

2
Grateful Shred
Community Center
9 am to noon