December 2009

the Village News

Volume 43 Issue 4 Serving the people of Cabin John and beyond

Holiday Craft Show Scheduled for December 6

by Virginia Douglas

There will be a free Holiday Craft Show on Sunday, December 6, from 1 to 6 pm, at the Clara Barton Community Center. Sponsored by the Friends of the Clara Barton Community Center, the event will feature 49 artists and craftspeople from the Washington area, 14 of whom are participating for the first time this year. Some of the Cabin John area residents participating include Jamie Agins, Joanne Hirsch, Robin Lewis, Dominique Maggio, Kathleen Stevenson, Tim Weedlun, Judy Welles, Bob Witt, and Pamela Zilly.

Plan to come, admire, and shop! There will be all kinds of reasonably priced crafts for sale—jewelry, beads, Christmas items, wood crafts, paintings, prints, metalwork, ceramics, glass, oils, watercolors, fiber arts, photography, stationery, books … plus a silent auction. So stop in and enjoy meeting many of the most creative people in our community. Light refreshments will be available for a modest fee. For more information, call the Center at 301-229-0010. —



© Pamela Zilly

"Pitcher Plants" by Pamela Zilly is one of the many artworks on sale at the show.

Exercise Classes Offered At Clara Barton Center

by Judy Brookes

Save some money and work out at Clara Barton Community Center this year!

Wondering how to save some money this year? The following classes offered at your local Clara Barton Community Center are inexpensive, fun and will give you the exercise you have been looking for without expensive gyms and equipment! Exercise can improve your mood, keep excess pounds at bay, increase your stamina, reduce health risks, strengthen your heart and help you live longer. Come get started (or continue) on the road to good health!

DEFINITIONS LOW IMPACT AEROBICS (Class #267273): You can get your heart rate up and enjoy the best of low impact aerobics with a choreography-based, fun, easy and creative one-hour class taught by CJ resident, former Bannockburn/Pyle and current Whitman parent Judy Brookes (AFAA and CPR certified). The teaching level is beginner to intermediate. The class includes a warm-up, cardio portion, resistance and abdominal work and a long stretch with relaxation—all to dynamic and energizing music. Be prepared to enjoy yourself and work out at the same time! This class meets Monday and Friday mornings from 9:15-10:15 am; 1/4-3/19. $120.

DEFINITIONS STRENGTH TRAINING: Gain body strength, flexibility and endurance using free weights. This class includes 5 minutes of warm-up, 40 minutes of strength training, 5 minutes of abdominal work and a 10-minute cool down with stretching. Please bring a mat/towel and light hand weights to class. The teaching

(continued on page 10)

INSIDE

Neighborly News 2
Winning Kayaker 3
CJCA News 4
Gas House 6
Green Neighbors 8
2000 CJ Census Figures 12

Neighborly News

by Barbara Martin

On October 19, **Mary Morgal** was the celebrated guest as Fire Station 10 showed off their new engine, christened by Mary with champagne, then baptised with hoses from two other stations' engines. A plaque attached to the new engine reads: "Dedicated to Mary M. Morgal. For dedicated service, commitment to excellence, and selfless devotion, serving 50 years, 1960-2010, as president of the Ladies Auxiliary of Cabin John Park Volunteer Fire Department." Over the years, the ladies held fundraisers and got donations to buy the $550,000 Crimson Spartan pumper, known as Engine 710. Mary and her late husband Everett raised four children in their 76th Street home.

The Clara Barton Center is considering starting a **book club** in January and wants to hear from you. What book genres and authors interest you? What would be the best time and days for a book club to meet? The center could provide a room and refreshments with books chosen from the Montgomery County public library system. To give your feedback, call 301-229-0010.

Frank Prather died in October. Frank was born in 1933 in LockHouse #10. Frank, his wife Donna, and their seven children lived in Cabin John for many years before moving to Frederick. He was a member of the CJ Volunteer Fire Department, and served as their chief from 1967-72.

Do you read your monthly *Village News*? What do you like about it? What suggestions do you have? Those of us who put the paper together every month could use your feedback. Address comments to Mike Miller *milerjefferson@hotmail.com* or to Barbara Martin *bbeckmartin@verizon.net*.

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Community Calendar

NOV

26 .....CJCA Meeting
Clara Barton Center
7:30 pm (see p. 4)

27 .....Holiday Movie
Clara Barton Center
12 - 3 pm (see p. 4)

DEC

5.....Bazaar/Silent Auction
6301 River Road
9 am - 3:30 pm (see p. 10)

6.....Holiday Art and Crafts Show
Clara Baron Center
1 - 6 pm (see p. 1)

13 .....Holiday Party
Clara Barton Center
5 - 7 pm (see p. 5)

Cabin Johner Kayaker Wins Fall Feeder Classic Races

Up-and-coming Cabin John paddler, Cole Moore, won big in the Bethesda Center of Excellence (BCE) Fall Feeder Classic Slalom kayak race held on October 24 in Brookmont, MD. Cole took first place in three events—K1 Cadet, C1 Cadet, and the 2009 Scott Parsons Combined Trophy

The Fall Feeder Classic features many of the best kayakers in the country—many who live in this area. K1 means Kayak 1 person—you sit on your bottom and your paddle has a blade at each end. C1 means Canoe 1 person—the boat looks like a kayak, you sit on your knees and you paddle has one blade. Cadet means ages 13 and 14.

Scott Parsons is the best kayaker in the US and represented the USA at the Olympics in China. The Combined Trophy takes Scott's time—he was in the race—and handicaps everyone else's by age. Scott came in second.

The BCE provides year-round whitewater training sites facilities and coaching to racing slalom and wildwater athletes, including the United States



© Silvan Poberaj

Cole Moore during the K1 race.

Whitewater Canoe & Kayak Team. Greater Washington area athletes have been making the United States Whitewater Team since the 1960's.

Among the BCE training sites is the Feeder Canal, which is adjacent to the C&O Canal next to Lock 6 off the Clara Barton Parkway. The Feeder Canal allows the Potomac River to feed additional water into the C&O Canal as it continues into Georgetown. Athletes first started using the Feeder Canal for their daily gate training workouts while preparing for the 1972 Olympic Games. Today forty BCE athletes ages 14 to 60+ train on the Feeder Canal and compete in the National Championships



© Derick Moore

Winners of the 2009 Scott Parsons Combined Trophy in kayaking. From left-to-right: Scott Parsons (2nd place), Cole Moore (1st place), and Jure Poberaj (3rd place). Cole and Jule both live in CJ on 81st Street.

and U.S. Team Trials with an eye on the 2012 Olympic Games in London. BCE's World-Class whitewater athletes are World Champions, Olympic Medalists, and World Cup Medalists.

Cole is coached by Dana Chladek, two-time Olympic kayaking medalist for the USA. Visit *bce-racing.com* to learn more about kayaking with BCE. If you would like to view Cole's winning K1 race (from which the photo at left was taken), go to *http://vimeo.com/7268877*. —

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CJCA News

by Burr Gray

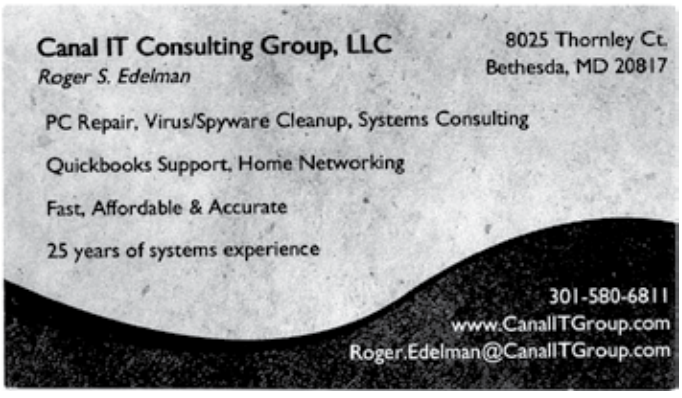
The next meeting of the CJCA will be Nov. 26, 7:30 pm at the Clara Barton Community Center.

Next CJCA Meeting Agenda—1) presentation of County official Craig Carson on efforts to remediate stormwater erosion to the Cabin John Creek and its tributaries, 2) presentation by Potomac Paddlesports founder Sonny Pitcher on proposal to make the Rockwood Manor (located up the hill from Old Angler's Inn and now serving as a conference facility) into an outdoor recreation center, 3) CJCA Holiday Party – Dec. 13th (5 – 7 pm) at Community Center.

Minutes for CJCA meeting of October 27, 2007—1) Although the turnout for this meeting did not reach a quorum, attendees learned a great deal about Friends of the Clara Barton Community Center (FCBCC) from Vice President Leslie Barden. FCBCC, a 501(c)(3) entity, publishes its activities in the *Village News*, nearby community newsletters, and local listserves, and sponsored the recent Halloween Party. Their focus is to serve the community and help the Community Center with programs, events, and needed items. Upcoming Clara Barton Center events include the Holiday Craft Show (Dec. 6, 1 - 6 pm), and Bingo Night in February.

FCBCC also sponsors exercise groups at the center, such as the instructor-led Senior Shape Class (free, Mon. and Wed. mornings); Silver Sneakers (free, Mon.-Fri., use exercise room and machines on your own, for 55 and up); and the Walking Club (free, Thurs. 10 am, 1-6 mile walks, planned routes at your own pace).

Ms. Barden also explained that improvements have been made at the center, partly as a result of input from FCBCC. The roof repair should be finished in December, and windows are being replaced. Additional meeting/classroom space has been obtained from an area formerly used by the YMCA. It includes storage space as well. FCBCC will be purchasing two rugs for the Senior Room and conference room, a table for the conference room, and window blinds for the senior room. Total cost is expected to be about $2000. The county will charge fees for clubs or groups using the Center after January 1, 2010.



2) After the Friends' presentation, discussion focused on new housing being built in Cabin John, particularly along Riverside Drive. Any Cabin John citizens interested in forming a subcommittee to review architectural and building plans and requests for variances, which are in the public domain, should let Burr Gray (*burrgray@aol.com*) know. The purpose of the committee would be to assess and comment on the proposed buildings' impact on a neighborhood and on the character of Cabin John.

FCBCC Halloween Haunted House—The third annual Halloween Haunted House took place Oct. 31 at the Community Center and saw over 250 people go through its scary doors and emerge with a new respect for the scary things in this world. Along with the graveyard and the scary tent site, we also had our resident witch (Melissa Bell) and her acolyte, Marina Pearce, to cackle and frighten, plus the famed Madam Leslie (a.k.a Leslie Barden) was back from Egypt for a second year to tell fortunes. Members of Boy Scout Troop 233, Bryan Connor and Evan Gurley, assisted with terrifying individual efforts, along with their frightening friend Xavier Maggio. Many thanks go to the following CJ residents who also helped with the effort: Hostesses Rachelle Cherol and Lori Rieckelman who handed out pizza to hungry youngsters; Dominique Maggio who managed the gifts for kids; Burr Gray (as Official Greeter in his standard Viking getup, but with a new huge toad on his shoulder this year); Virginia Douglas (who had a hairy rat on her shoulder); Community Center employees Frank Rans (a frightening individual) and Andrew Himelfarb, as well as Andrew's wife Barbara and daughter Emily, helped out as well with set up and other aspects.

Holiday Movie Viewing—There will be a matinee showing of the movie "The Polar Express" in the large social hall on November 27, the day after Thanksgiving, from 12 – 3 pm. Stressed out from holiday shopping? Come sit and relax and enjoy the movie. The Center will pull out the exercise mats on the big room for people to lie or sit on and show the movie on the large screen at one end. Pumpkin spice coffee, tea, and holiday themed refreshments will be provided by the Center. —

DECEMBER 13

Treats for Children!

musical program!

annual
Cabin John
Citizens
Association

Coffee and dessert!

entertainment!

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caroling!



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- Co-sponsored by the Cabin John Citizens Association and the Clara Barton Community Center.

Then and Now

by Judy Welles

The Gas House

We know a lot about the Cabin John Hotel, which included the grounds of what is now Cabin John Gardens, but we know little about what remains. Those who went on the Cabin John history walk with me earlier this month heard some of this new information.

Most of us know that the hotel at the foot of the Cabin John Bridge was a popular resort destination during the late 1800s and early 1900s. Gourmet food was served in elegant dining rooms to Washington's high society. The middle class enjoyed slot machines and drinks in the basement's rathskeller. An orchestrion, a mechanical player organ imported from Germany, could be heard quite a distance from the hotel.



© Judy Welles

The gas house today by the tennis courts.

The grounds were lavishly landscaped and there was even an amusement park with a "scenic railway" (roller coaster) and a Dentzel carousel. But by the late 1920s, clientele had declined with the onset of prohibition and the hotel closed. The uninsured hotel burned in 1931, and while arson was suspected, no one was ever charged.

All that remains is a brick gas house located near the tennis courts behind Clara Barton Community Center. I talked with Richard Cook about the gas house since his passion for many years has been researching information about the hotel and also, especially, Glen Echo Park. Cook grew up in Glen Echo, finding arrowheads, enjoying rides at Glen Echo Park, and collecting historical information about the area. A mechanical engineer by day, and history buff in every spare moment, Cook now lives in Derwood, MD. He also sings lead in the barbershop quartet known as the Glen Echoes.

The gas house was originally an ice house which stored the ice blocks used for refrigeration of fish and other foods for the restaurant. It was later converted to a gas house. The hotel was lit by gas, both inside and out, for many years before electricity came to Cabin John. The gas house produced acetylene gas, generated by a chemical reaction between calcium carbide and water. Richard researched the process many years back when he first became aware of the gas house at the hotel.

Calcium carbide was placed in a chamber and water was placed in a second chamber where it dripped onto the calcium carbide. A valve controlled the water flow and the gas generation. The gas was piped through iron pipes into the hotel to lamps mounted on walls and ceilings, each of which had a valve to control gas flow.

"The system is simple and nearly fool-proof. It is low pressure and relatively low-flow, so there is little chance of explosion," said Richard. But calcium carbonate breaks down into calcium hydroxide (caustic lime) which is toxic and must be carefully disposed. Cook surmises that there is probably an area somewhere near the gas house that was used for caustic lime dumping and where nothing grew for many years.

Although the hotel burned with everything in it, Richard has been collecting remnants of its china and hollowware from descendents of the owners, the Bobingers, and from pieces that appear in antique stores and on eBay. Before paper plates, people carried out meals from the hotel on real china and silver. One former Cabin John resident still has a platter from her grandmother. On display among artifacts at the Clara Barton House in Glen Echo is a sugar bowl and creamer of the hotel's china, apparently donated by a Cabin John resident in the 1950s or 60s.

Richard estimates that he has 50 historic photographs of the hotel and 13 pieces of hollowware and china. He generously shares some of his collection of photos for display in the panels at Clara Barton Community Center and at the Cabin John bridge. He also has other memorabilia such as tintypes, stereoviews, and promotional fliers. You can find more information about the hotel and the Cabin John-Glen Echo area, and even buy some of his interesting collection, on his new web site, at *www.glenecho-cabinjohn.com*.

If anyone is interested in signed copies of the Cabin John book for holiday gifts to friends or family, please let me know (*judywelles@verizon.net*).—



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Green Neighbors

by Jennifer Jordan, Tom Rojas, Michaela Palumbo, and Martha Donnelly

Thanksgiving traces its roots to a 1621 celebration when the Plymouth settlers held a harvest feast after a successful growing season. Although half of the pilgrims who arrived on the Mayflower had already died, many more would have, had it not been for the Native Americans teaching the pilgrims to harvest foods. This first Thanksgiving feast lasted three whole days providing enough food for 53 pilgrims and 90 Indians. In celebration of the upcoming holiday, Green Neighbors has chosen to share excerpts of a traditional Iroquois Thanksgiving address to pay homage to our fragile planet upon which we depend.

—Jen, Martha, Tom, Michaela



Traditional Iroquois Ohenton Kariwahtekwen

The People

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people.

The Earth Mother

We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our mother, we send greetings and thanks.

The Waters

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms-waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings and thanks to the spirit of Water.

The Fish

We turn our minds to the all the Fish life in the water. They were instructed to cleanse and purify the water. They also give themselves to us as food. We are grateful that we can still find pure water. So, we turn now to the Fish and send our greetings and thanks.

The Plants

Now we turn toward the vast fields of Plant life. As far as the eye can see, the Plants grow, working many wonders. They sustain many life forms. With our minds gathered together, we give thanks and look forward to seeing Plant life for many generations to come.

The Animals

We gather our minds together to send greetings and thanks to all the Animal life in the world. They have many things to teach us as people. We are honored by them when they give up their lives so we may use their bodies as food for our people. We see them near our homes and in the deep forests. We are glad they are still here and we hope that it will always be so.

The Four Winds

We are all thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help us to bring the change of seasons. From the four directions they come, bringing us messages and giving us strength. With one mind, we send our greetings and thanks to the Four Winds.

The Thunderers

Now we turn to the west where our grandfathers, the Thunder Beings, live. With lightning and thundering voices,



intellect
character
creativity

open houses



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Saturday, December 5th
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they bring with them the water that renews life. We are thankful that they keep those evil things made by Okwiseres underground. We bring our minds together as one to send greetings and thanks to our Grandfathers, the Thunderers.

The Sun

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun.

Grandmother Moon

We put our minds together to give thanks to our oldest Grandmother, the Moon, who lights the night-time sky. She is the leader of woman all over the world, and she governs the movement of the ocean tides. By her changing face we measure time, and it is the Moon who watches over the arrival of children here on Earth. With one mind, we send greetings and thanks to our Grandmother, the Moon.

The Stars

We give thanks to the Stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. With our minds gathered together as one, we send greetings and thanks to the Stars.

The Enlightened Teachers

We gather our minds to greet and thank the enlightened Teachers who have come to help throughout the ages. When we forget how to live in harmony, they remind us of the way we were instructed to live as people. With one mind, we send greetings and thanks to these caring teachers.

The Creator

Now we turn our thoughts to the creator, or Great Spirit, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator. —❧

If you have questions or comments or wish to be added to the Green Neighbors e-newsletter mailing list, please send an e-mail to GN.cabinjohn@gmail.com or call Jennifer Jordan at 301-351-2059.

Neighbor2Neighbor Group at Work

In the last few weeks, the Cabin John Neighbor2Neighbor group has been operating smoothly under the leadership of Volunteer Chair Judy Lund. In answer to requests, volunteers have made friendly visits, weeded gardens, pruned trees and bushes, put on a gutter attachment to direct rain from a basement, prepared and delivered meals, arranged referrals and estimates for bigger jobs, chauffered to medical appointments, helped with taxes and bill paying. These and other services are available to those who could use a hand. Please don't hesitate to let us know. Call Judy Lund at 301-263-2975. —❧

Subscription Rates Increase for 2010

The subscription rate for readers outside Cabin John has remained steady for over 20 years, during which time printing and mailing costs have doubled. Beginning in 2010, subscriptions and renewals will cost $10.



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EXERCISE
cont. from page 1

level is beginner to intermediate. This class is offered 1/5-3/18: Tuesday and Thursday—9:15-10:15 am (Class #267275; $132); and/or Tuesday and Thursday—6:30-7:30 pm (Class #267276; $132).

DEFINITIONS MAT PILATES: (Class #267274): A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Wednesday—8:30-9:15 am; 1/6-3/17; $99.

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River Road Unitarian Bazaar & Auction

The River Road Unitarian Universalist Congregation will be holding its bazaar and silent auction on Saturday, December 5. Described as a giant estate sale with garage sale prices, it's a great place to purchase toys, clothing, rugs, jewelry, art, kitchenware, computers, food, and more. Doors open 8 am and retail sales close at 3 pm. The silent auction is from 9 am to 3:30 pm. The church is located at 6301 River Road (at Whittier Blvd.), in Bethesda. For more details go to *www.rruuc.org/bazaar* or call 301-229-0400.

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6512 77th St	$949,000	3	2	1	3	1	1
7605 Arden Rd	$1,395,000	5	4	1	4	1	1
7711 MacArthur Blvd	$1,595,000	8	5	1	3	1	2
6508 75th St	$1,785,000	6	5	1	3	2	2
UNDER CONTRACT:							
21 Ericsson Rd	$295,000	2	1	0	1	0	0
11 Carver Rd	$395,000	2	1	0	1	0	1
7859 Archbold Terrace	$579,000	3	2	1	2	0	0
FOR RENT:							
7605 Arden Rd	$4,500	5	4	1	4	1	1



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As 2010 Census Nears, 2000 Statistics Provide Interesting Facts About Cabin John

by Andy Rice

Some time in February or March next year, every household in Cabin John—indeed, every household in the United States—will receive a form from the U.S. Bureau of the Census gathering data for the 2010 Census. Most will be asked to answer ten questions and mail back the form to the Bureau. If we don't respond we can expect to receive a reminder and, if we still haven't responded, a personal visit in May or June from a census enumerator.

A population census every ten years is required by the U.S.Constitution. The information that is gathered is vital, both politically and economically. It provides the basis for determining representation in the U.S. House of Representatives and other governmental bodies, while also furnishing the data that guides private business and public authorities in planning future developments—shopping centers, roads, schools, etc.

I had occasion recently to look at the information collected about Cabin John in the 2000 census. When the results of the 2010 census come out, it will be interesting to see how much our community has changed in the past ten years. In the meantime, reproduced on the table at right are some of the data from 2000. The first two columns show the figures for the 20818 zipcode, while the other column shows the figures for the whole United States. There are striking similarities but also striking differences.

The total number of people living in the 20818 zipcode on April 1, 2000, was 1,987. The chart shows how they broke down in various categories.

There are other breakdowns covering a wide range of items such as marital status, home language spoken, commuting time, and many more. You can check these out by going to *www.factfinder.census.gov*.



		20818 zipcode	U.S.
Male	978	49.2%	49.1%
Female	1,009	50.8%	50.9%
Median age (years)		42.6	35.3
Under 5 years	88	4.4%	6.8%
18 years and over	1,464	73.7%	74.3%
65 years and over	197	9.9%	12.4%
White	1,703	85.7%	75.1%
African American	64	3.2%	12.3%
Asian	169	8.5%	3.6%
Hispanic/Latino (of any race)	56	2.8%	12.5%
Average household size		2.65	2.59
Average family size		3.12	3.14
25 years and over	1,325		
High school graduate or higher	1,265	95.5%	80.4%
Bachelor's degree or higher	1,023	77.2%	24.4%
Median household 1999 income		$106,421	$41,994
Median family 1999 income		$140,133	$50,046
Owner-occupied, single-family homes	535		
Median value		$356,100	$119,600



December 2009 at
REDEEMER

"And the Word was made flesh, and dwelt among us . . ."

■ SUNDAY MORNING SCHEDULE

The Holy Eucharist	8:00 am
Adult Education Forum	9:15 am
Choral Eucharist	10:30 am
Church School & Nursery Care	10:30 am

■ ADVENT & CHRISTMAS

Sunday, December 6 – The Second Sunday of Advent	
A Service of Lessons & Carols	5:00 pm
Sunday, December 13 – The Third Sunday of Advent	
Christmas Pageant & Choral Eucharist	10:30 am
Thursday, December 24 – Christmas Eve	
Family Eucharist with Carols	5:00 pm
Festal Eucharist with Choral Prelude	10:00 pm

THE CHURCH OF THE REDEEMER

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To place an ad in the Village News classifieds, send us your ad and payment of $0.25 per word by the deadline. If you have questions, call Lorraine Minor at 301-229-3515 or e-mail at flminor@patriot.net

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The next deadline is 10 am, Wednesday, Jan. 13, for the issue mailing Jan. 23, 2010.

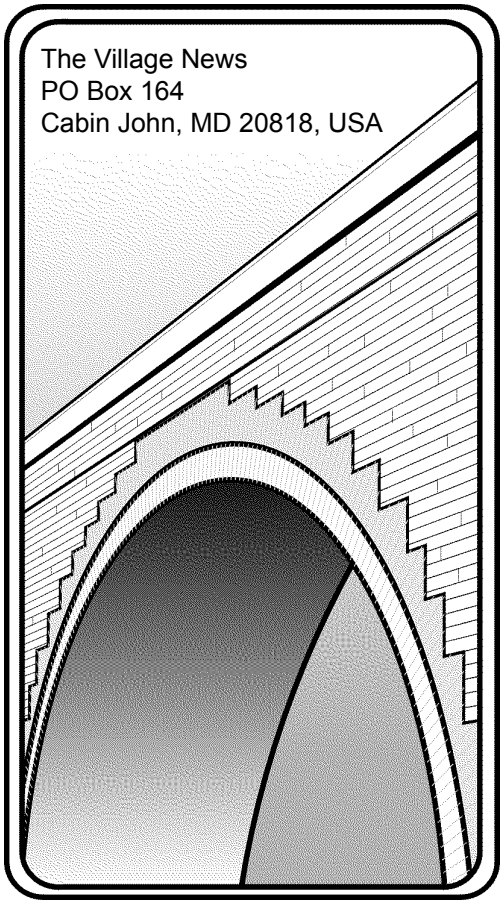
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