September 2010

the Village News

Volume 44 Issue 1

Serving the people of Cabin John and beyond

# New Fall Community Event—Pistons & Pancakes

*by Burr Gray*

The Friends of Clara Barton Community Center (FCBCC) is organizing an auto show (includes both cars and motorcycles) and pancake breakfast on Sept. 26 from 9 am - noon at the community center. Admission to the event, dubbed "Pistons & Pancakes" is free, but we will be charging $3/person if you want some pancakes. Hey, take advantage of this tasty opportunity. We are looking for interesting cars and motorcycles to show. So please contact Bruce Wilmarth (301-229-8528 or *bwilmarth@washingtonfirstbank.com*) if you have a vehicle that you think would be fun to have in the show. There is no particular theme, just older cars/motorcycles or newer cars/motorcycles that are interesting for some reason. We'll have some modest awards to give out at the end. Cars/motorcycles will be parked on the side parking lot and on the blacktop in the back of the Center. The pancakes will be served in the large social hall until 11 am. So, come on down. If you have any other questions about the event, please contact Lori Rieckelman (*rieckell@aol.com*). —

***Rolling Down the River***



© Burr Gray

*Mike Liebman and his children were among this year's annual canoe trippers who made it through the rapids without capsizing. Story and more photos on pages 5 and 7.*

## INSIDE

Profile: Vera Dolezal ..... 3
CJCA News..... 4
Canoe Trip ..... 5
Creek Clean-Up..... 8
New Phone Directory ..... 9
Local Cancer Story ..... 10

# Crab/Chicken Feast Set for Sept.11

Mark your calendars for Cabin John's 41st Annual Crab & Chicken Feast, slated for Saturday, September 11th, from 2-6 p.m. at the Clara Barton Community Center, 7425 MacArthur Blvd. A local tradition since the late 1960s, the community feast allows the Cabin John community to celebrate its economic and social diversity in a relaxed manner. Features include delicious food and refreshments, live music, children's entertainment, and Cabin John memorabilia and t-shirts for sale. Tickets are available for $13 at the door, and $11 if bought in advance.

For info or to volunteer, email *cjcrabfeast@aol.com* or call 301-221-7827. For advance tickets, call 301-320-2685. —

# Neighborly News

*by Barbara Martin*

**Juliet Rodman**, an 18-year resident of Cabin John, has been awarded the 2010 Outstanding Dietitian of the Year Award by the District of Columbia Metropolitan American Dietetic Association.

Juliet has been helping Cabin John residents achieve their health goals since 1994, when she established a fitness program at the Clara Barton Recreation Center—a program that is still in operation. After working as a trainer and nutritionist at Level Fitness, Juliet partnered with Fiona Gathright to launch Wellness Corporate Solutions (WCS), a firm that designs health and wellness programs for companies nationwide.

Through WCS, Juliet is committed to giving back to the community. After offering low-cost biometric screenings and flu shots, WCS recently launched "Spring Into Shape," a walking challenge for Cabin John residents. The goal of the challenge was to increase fitness, encourage weight loss, and to broaden participants' understanding of what it means to live a healthy lifestyle. More than 50 participants received free pedometers, t-shirts, motivational emails, and an invitation to a weekly walk with a trainer. During the challenge, participants were encouraged to take advantage of the scenic walking trails along the C&O Canal.

Wellness Corporate Solutions is located at 7945 MacArthur Boulevard, Suite 214. Juliet and Fiona invite Cabin John residents to stop by their offices any time to get a free 10 week exercise tracking sheet as well as their current weight, BMI and body composition (body fat percentage).



© Jodi Bartow

*Some of the walking challenge participants, from left to right: Judy Brookes, Juliet Rodman, Jodi Bartow, Sylvia Pohl, Bruce London, Ariana Abedi, Liz Sobrino, Erin Budd, Leslie Baldwin, Sidney Harris, Debbie Fife, and Ann London*

If you have news of your family, present or past Cabin Johners, please call Barbara Martin at 301-229-3482 or email *bbeckmartin@verizon.net*




## Community Calendar

**SEPT**

11 ..... Cabin John Creek Clean-up
Carderock Springs Clubhouse
9 am - noon (see p. 8)

11 ..... 41st Crab & Chicken Feast
Clara Barton Center
2 - 6 pm (see p. 1)

26 ..... Pistons & Pancakes
Clara Barton Center
9 am - noon (see p. 1)

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

**OCT**

19-23 ..... Music Camp
Church of the Redeemer
weekdays 10 am - 2:30 pm

# Vera Dolezal—Longtime Resident and Music Teacher

*by Larry Massett*

Vera Hilgert Dolezal was born in Chicago, where her father had settled in the l920's after he left Czechoslovakia. "He was a Renaissance man," she recalls. "He spoke ten languages, played the violin, and was a military judge during World War I." When he became a U.S. citizen he launched a new career as a journalist, and started his own Czech magazine. Vera herself learned to read and write Czech by the age of four.

At age six she began piano and violin lessons. She was a quick study; at eleven she performed as a violin soloist with the Chicago Women's Symphony. She attended a suburban high school with an award-winning orchestra coached by members of the Chicago Symphony. They rehearsed for two periods each day and for three hours on Wednesday nights. "We played only original versions of overtures and symphonies," she says. "Watered-down easy arrangements were not acceptable." In her senior year she became the orchestra's concertmaster, and graduated as salutatorian of her class.

Vera won a four-year full tuition scholarship to the University of Illinois, where she majored in music education and music performance. She married a fellow student, oboist Donald Hefner, and when he was accepted by the Curtis Institute of Music they moved to Philadelphia. She continued her music studies and also worked as a fashion and photographic model, and as a product spokesperson at trade shows and conferences. Then came the Korean War. Donald was drafted, joined the U.S. Marine Band, and the couple found themselves in Washington D.C. He studied at Catholic University, where he eventually joined the faculty. She went



© Heidi Brown-Lewis

*Students Sonia Illarionova and Daisy Lewis with their teacher, Vera Dolezal.*

to American University and began teaching music, while still working at trade shows, producing fashion shows, and directing theater productions.

In l959 they moved to Cabin John. For $110 a month they rented the old Lynch Farmhouse, built in l887, near the corner of Persimmon Tree Road and Osage Lane (it was featured in the March 2010 issue of the *Village News*.) The house was eccentric by modern standards: there were no closets, and the washer and dryer were stationed in the kitchen, where a trap door led to a spooky dirt cellar. There was a dishwasher, though. "A portable dishwasher on wheels, "she says. "What luxury!" Of course the real luxury was the land surrounding the farmhouse—three acres, enough

*(continued on page 6)*

Digital Handyman, Inc.
Personal Computer Solutions
240.447.6535
www.dhandyman.com
support@dhandyman.com
Microsoft CERTIFIED Professional
CompTIA A+ Certified
On-site computer installation and repair
Virus removal
Maintenance
Security
Upgrades
Networks
Training

Beginner's Mind Yoga
Drop-Ins Welcome!
Free Introductory Class
Level I/II Classes
Saturday mornings 9:30-11:00 am
The Episcopal Church of the Redeemer ~ Parish Hall
6201 Dunrobbin Drive, Bethesda, MD 20816
301.263.9644
http://alice-despard.blogspot.com

# CJCA News

*by Burr Gray*

*The next meeting of the CJCA will be Sept. 28, 7:30 pm at the Clara Barton Community Center.*

**Next CJCA Meeting Agenda**—Scheduled topic is a presentation on homeowner purchasing of electricity at rates cheaper than typical Pepco rates.

**4th of July Parade and Festivities**—On a very warm and sunny July 4th, Cabin Johners once again turned out in droves to march in the annual parade and enjoy the refreshments and festivities.

This event was conceived a number of years ago by Peppi Bolger, who arranged for the doughnuts, lemonade and other refreshments this year, and who with her family, Tim, Danielle, and Maggie, provided balloons and other goodies to the kids and adults. Janet Dence, Bob Norris and his son Joseph, also helped with preparations, so many thanks to them. Bruce and Barb Wilmarth passed out the pinwheels and flags at the beginning of the parade. And the hats, don't forget the hats. Nothing quite like a plastic hat on a sweltering day. Plus the drums. And the official Cabin John marching band, which consists of one boom box and some John Philip Sousa CD's. It was all quite patriotic. And long—the line stretched for a considerable length of MacArthur Blvd. As is always the case, the masses were easily incited and rose to the occasion when the Declaration of Independence was read by CJCA President Burr Gray. Of course they'd been fed doughnuts and watermelon and were happy to be supportive. The right to "life, liberty and the pursuit of happiness." Very moving words indeed, plus that long litany of complaints against the King. Really gets people worked up.



© Burr Gray

*Maggie and Tim Bolger hand out balloons to the kids during the July 4th celebration.*

Innovative Landscapes for Outdoor Living

MARK WILLCHER & CO., INC.
landscape designers/contractors
*Crafting gardens since 1980*
301-320-2040
WASHINGTONIAN AWARD WINNER

## NEIGHBOR TO NEIGHBOR ACTIVITY

Although the heat of the summer has kept most folks indoors, the N2N crew is ready and able to help any neighbors who might need an assist. Please call Judy Lund, volunteer coordinator, at 301-263-2975, or Barbara Martin at 301-229-3482, with your requests.

From time to time we all receive mail that says "Please FAX this to us as soon as possible." But not everyone has FAX capability, and businesses in Cabin John really don't want to let the public use their FAX machines. Are there any people out there who would be willing (occasionally) to let a neighbor send or receive a FAX message on their equipment? If so, please let Judy Lund know. —

**Stories from the 2010 Annual CJ Canoe Trip—** "Canoes that don't tip are all alike; every canoe that does tip, tips in its own way." – Leo Tolstoy, famous Russian paddler.

It was quite a day out there on July 10th. The sky was blue, the sun warm, and people were going over at Stubblefield Falls like pancakes on a busy griddle. Let's recount briefly. We took a look at Yellow Falls and then showed great discretion by paddling back upstream just a short ways and going around it on the Carderock channel side. Because of rain the day before, Scott Creek, which is the creek that flows by our usual lunch spot, had a nice flow so that people sitting under it had a nice enveloping experience. Everyone had lunch, some cold watermelon, some of the dessert that all participants, past and present, know is confidential info. And so, with a relaxed and joyous attitude, we headed off to Stubblefield, which is always wavy but not rocky. This time around, the waves managed to put people off balance and probably about half of our hardy group ended up in the water. But, that actually has a nice feeling when you've been out for a while on a warm day, and you have excellent guides to spring into action as necessary. Cabin Johners showed how nice a day on the river can be when you are with a group that has a great attitude.

Making the epic trek were: Heidi Lewis and one of her children plus a participant from the Fresh Air program; Elaine Hornauer and Gill Cook plus Darren, Terri and three kids; Ken Speckler and most of his extended family (making up a significant portion of the entire CJ group); Jerry and Rita Isenberg; Sonya Starnes (showing great poise as a novice in a kayak); Praveen and Nalini Kumar (beginning canoeists who stayed upright at Stubblefield!); John King, Pat Fitzgerald and two of their friends; Walt and Ross Dence; Mike Liebman and two of his two kids (Mike stayed upright because, as he said, he knew photos were being taken); Reed Martin; Gene Wright; Ned Goddard; Phil Frank; Jackie Hoglund, her boyfriend, and two kids; and Burr Gray. Once again, we had very nice guides sent by Calleva, plus our own keeper of the faith, Byron Bradley, who, after being a participant on the first trip with his family, has been a guide on every one of the other expeditions these past 12 years. Byron was presented at the beginning of the trip with the CJ "Captain John's Run" T-shirt, plus the CJ bumper sticker, which, as Ken Speckler wryly noted, allows for free parking anywhere in Cabin John. —



© Burr Gray



© Burr Gray

*Top photo: Cabin Johners assemble for a group photo shoot. Middle photo: Jackie Hoglund and her crew demonstrate a water gun. Below: Friends of John King successfully negotiate the rapids.*



© Burr Gray

**DOLEZAL**
*cont. from page 3*

for a big vegetable garden, plus a lawn for the neighbor's goats to graze. Behind the property were more acres of woods with a trail leading by an old quarry weighing station. Today the woods are filled with the houses of South Carderock and other developments.

In those days there wasn't much shopping to be had in Cabin John. For the weekly groceries they drove to the District. There was a mom and pop grocery with an excellent butcher, however, next to the old streetcar track bed just before the Glen Echo Shopping Center. Highs (now the 7-11) had hand-dipped ice cream cones, and the Glen Echo Pharmacy had a real lunch counter presided over by Helen Point, who still works at the pharmacy. You could get a hamburger at Tuohey's and good chili at Trav's Inn (now the Irish Inn) if you didn't mind the occasional brawl, or the crack of gunfire now and then.



Vera graduated cum laude from American University and was elected to Phi Kappa Phi Honorary Scholastic Fraternity. She received a full tuition scholarship while working on her Master's Degree at American University and also taught public speaking. In l964 she and Donald Hefner separated, and later divorced. In l968 she married Emil Dolezal, who had escaped from Communist Czechoslovakia just three years earlier. He was a champion Greco-Roman heavyweight wrestler. His team had been scheduled to play a match in Vienna, Austria, but when he stepped off the bus, Emil walked away from the team, found an Austrian policeman, and asked for asylum. He was sent to a refugee camp, then allowed to enter the U.S.

After they married, Emil became a Master Plumber and the two of them started their own heating and plumbing business. They were still living in the old farmhouse when their daughter, Milana Dolezal, was born in l970. In l974 they moved to the house at the corner of Persimmon Tree Road and Caraway Street where Vera still lives. Their son, Emile Hilgert Dolezal, was born that same year. In addition to helping out with the plumbing business, Vera was busy giving music lessons and playing in the Cabin John String Quartet with violinist Louise Olson, violist Ellen Loeb and cellist Andy Rice. She was also music correspondent for the *Potomac Almanac*, reviewing the Washington Opera (now the National Opera) and interviewing local musicians.

In l979 tragedy struck the family. Emile Dolezal died at the age of thirty-eight. The children were four and eight. "It was devastating," Vera says. But she continued teaching, and writing for the *Almanac*, and founded the Potomac Musicians—a flute, violin, and cello trio. They played weddings, parties, embassy events, "and on one occasion," she recalls, " we played in the riverfront garden for the wedding of Ted Koppel's daughter at his historic house in southern Maryland. "

Her daughter Milana graduated from Walt Whitman High School and went on to the University of Maryland; then to Philadelphia's Thomas Jefferson Medical School and on to intern at USC. She continued at UCLA for her oncology and hematology training. Dr. Milana Dolezal and her husband Matthew Creighton Smith live in San Francisco with their daughter Alegra Hilgert Smith—Vera's first grandchild. Milana is an award-winning triathlete.

Her son Emile also graduated from Walt Whitman High School where he played football and made Varsity in 10th grade. He was also a star heavyweight wrestler. Emile went to Frostberg State on a football scholarship. He now works as production manager for Metropolitan Meat, Poultry and Seafood, whose trucks carry the lobster, chicken and cow logo. He lives in Hyattsville with his wife Roberta. He's an avid gardener , and having grown up so near the Potomac River, still loves to fish.

Vera still teaches piano, violin and viola in her studio. She's very proud of her pupils, who currently range from age 6 to 60 plus. " My youngest pupil started at age 5," she says, "and my oldest studied violin with me at age 86." The young students work hard balancing their schedules. Most are honor students who take AP classes in high school. They still manage to practice their music with soccer, ballet, tennis and other activities vying for their spare time. They go on to Yale, Harvard, Princeton, Northwestern, Stanford, and other excellent colleges. They become doctors, lawyers, engineers, scientists, and teachers, and many continue playing their instruments for recreation; some even play professionally.

"Living in Cabin John is an ongoing pleasure," Vera says. She finds the sense of community outstanding. "I am blessed with truly wonderful neighbors who have helped whenever I needed assistance. Cabin John is indeed a great place to live," she concludes. " I've lived here for over fifty years. I think I'll stay." —❧

## Official Group Portrait of the 2010 Cabin John Canoe Trip



© Burr Gray


Your Home Town Professionals

McCarthy SERVICES

Specializing in:
- Heating & Air Conditioning
- Electrical
- Plumbing



We Service All Makes and Brands of HVAC Equipment

Free Estimates

and Second Opinions on Replacement Equipment

800-571-HEAT
800-571-4328

800-4-PLUMBER
800-475-8623

800-COOL-NOW
800-266-5669

Sales & Service Commercial & Residential Customers

$50.00 OFF
Any Plumbing, Electrical, Heating or Air Conditioning Service Call
With this coupon. Not valid with any other offer.

Saturday Service at Regular Rates

24 Hour Emergency Service

## Green Neighbors

*by Tom Rojas*

# Cabin John Creek Clean-Up Set for September 11

The Green Neighbors team is busy with summer recess so there is no column this month, however we would like to remind you that there will be a Cabin John Creek clean-up scheduled for September 11 from 9 am til noon. We will meet at the Carderock Springs Clubhouse and will clean up the section of the creek behind the club. Call Tom Rojas for directions and details at 301-343-3989.

Also be sure to check our website, *GreenNeighbors.org*, which will be undergoing some remodeling in the fall for news of other upcoming events, like the vine clearing event scheduled for October.

The website also lists the various small metal items that are acceptable for the recycling bin at Bethesda Co-op.

We hope you are having a wonderful summer and will be back soon with more tips and suggestions on how to make our community a greener and cleaner place. —



© Peter Vogt




**Glen Echo Baptist Church**

*Serving Cabin John families since 1939*

*Dr. Ed Curtis, Th.D., Pastor*

**Bringing God's Truth to Life**

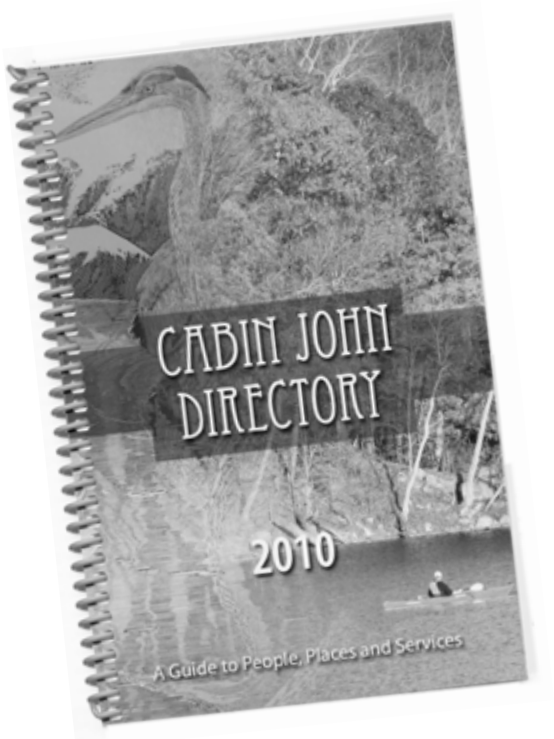
Sunday School . . . . . .9:30 am
Sunday Services . . . . . .11:00 am
Wednesday Activities . . . . .7:00 pm
Mid-Week Bible Study. . . . Vassar Circle


### *Sept. Senior Activities, Wednesdays at Clara Barton Center*

| | |
|---|---|
| 9/8—1 pm | Justin Dean, investment advisor discusses the changing market |
| 9/15—10-11:15 am | Blood Pressure Reading |
| 1pm | Yoga by Jo Alexander |
| 9/22—1 pm | Executive Director of The Pain Connection discusses Pain Management |
| 9/29—1 pm | Sarah Hoke with Arden Courts talks about Senior Living & Health Tips |


KEPLER FRAMING
Ritch Kepler, Certified
Professional Picture Framers Association
Full Service Picture Framing
All Major Credit Cards
Cabin John, MD
320-0248

# New Phone Directory Is Delivered To Cabin John Residents




***Changes to the 2010 Directory***

Page 47 - Beyer, Daniel & Jane Slevin change phone number to 301-229-4733
Page 62 - should be Epstein, David & Linda
Page 75 - Hsu, Dave and Cheryl Robertson change phone number to 301-229-5203
Page 96 - delete Palmer, Cynthia
Page 102 - Robertson, Cheryl & Dave Hsu change phone number to 301-229-5203
Page 110 - Siddiqui, Ghina change address to 7829 Archbold Terrace & phone to 301-325-8360
Page 119 - Webb, Muriel & Glenn change phone number to 301-229-5689
Page 120 - Add Wiarda Elise, 2 McKay Circle, 301-229-1395
Page 126 - 6514 78th ST - Webb phone number should be 229-5869
Page 127 - 7829 Archbold should be Siddiqui 301-3258360
Page 128 - 7501 Arden - Hsu/Robertson change phone number to 229-5203
Page 130 - change 2 McKay Circle to Wiarda 229-1395
Page 131 - 1 Thorne - Beyer/Clevin phone number should be 229-4733

If you see any other corrections or additions that need to be made to the directory, please send them to the *Village News* P.O. Box 164, Cabin John, MD 20818.

*by Burr Gray*

Cabin Johners now have a new phone directory that was mailed out to residents at the end of July. The last directory was created in 2004. The new phone book, shown above, is about 50% bigger than the old one. Among the new features are an expanded history section which includes all three of the original American Land Company subdivision maps from the early 1900s; "yearbook"-style photos of residents taken from the last five years from various *Village News* stories; a reverse directory allowing for easier neighbor contact; and an expanded "Yellow Pages" section of classified advertising.

The directory is the result of a lot of hard work by various volunteers. The following group, coordinated by Julia Rogers, confirmed names, addresses and phone numbers: Barbara and Reed Martin, Lorraine Minor, Larry Heflin, Kate McLaine, Angela Coppola, Jean Johnson, Burr Gray, Michelle Marks, Trisha Rogers, Peggy Johnson, Mary Heslin, Jackie Hoglund, Robby Lund, Susan Shipp, Andy Rice, Sheryl Israel, Juliet Rodman, Susan Mulroney, Patricia Ammerman, Mandy Mitchell, Rachelle Cherol, Elaine Hornauer and Michaela Palumbo.

Judy Welles helped with additions to the history section. Susan Roberts did an amazing job of contacting many of our generous local merchants for advertising with assistance from Bruce Wilmarth. Tim Weedlun did the layout and design and created the cover montage of artwork and photography by residents Trudy Nicholson and Susan Roberts.

If you wish to buy additional copies for $10, please send your request and check to the Cabin John Citizens Association, P.O. Box 31, Cabin John, MD 20818. Copies will be available for purchase at the Sept. 11 Crabfeast.



**Eleanor Balaban**
*MacArthur Blvd. Corridor Specialist*
Long & Foster Real Estate, Inc.
Main: 301-907-7600 Direct: 301-215-6875
www.EleanorBalaban.com

"Let's talk about real estate along MacArthur Blvd."

LONG & FOSTER® REAL ESTATE, INC.
EQUAL HOUSING OPPORTUNITY REALTOR®

# Breast Cancer: Up Close and Local

*by Renee Kotz*

As I sat in the radiation oncology waiting room flipping through Lance Armstrong's reference binder for cancer survivors, I was astonished to see how daunting a journey with cancer can be in the information age. Log on, and you can have a virtual friend with a similar diagnosis in Louisiana. Call an 800 number and someone who has "been there" can support you from New Mexico. Plow through testimonies of peers in your situation on a zillion websites. Read a blog, follow a twitter, facebook a friend—it's all there for the taking. It's as anonymous or personal as you want it to be.

Newly diagnosed with breast cancer and undergoing treatment, I didn't feel a connection to these sources because my strength has always come from my family. My husband and I are both D.C. area "transplants;" my mother and two sisters still reside in the Pacific N.W. I'm the one that flew the coop and never returned so the onus is largely on me to bring us back together. So every August, my family makes the annual pilgrimage home. While our trip to Seattle/Portland is always the highlight of our year, the physical distance (and cost of airfare) is the price I pay to pursue an international career in global health. Without family nearby, we've learned to rely on ourselves, be adopted by others during holidays, and sustain our lifeline through cyberspace.

So, when I discovered a lump late one Saturday night, the next best thing to having my sisters meet me at the emergency room was having my one of my best friends—who had been recently diagnosed with breast cancer herself—join me. She tried to convince me to drive to her house and have a glass of wine instead as "the ER isn't in the business of diagnosing breast cancer" but, in my panicked state, I would hear none of it. She lives equidistant to Sibley Hospital in the opposite direction (by American University) so she arrived within minutes of me. As she predicted, we were sent home that night and told to return on Monday morning for a mammogram. And, thus, the seemingly endless series of doctor appointments began. Like a sister, she accompanied me to every one of my critical appointments thereafter, infusing me with her inner strength. Sibley became our local watering hole of sorts. It's easy to forget that it's a relatively major hospital with renowned doctors because it's tucked in a quiet, bucolic neighborhood. In comparison to Johns Hopkins University Medical Center where I felt like I was navigating my way through the world's largest airport, Sibley was like the bar in *Cheers*, "where everybody knows your name" (especially after weeks of daily radiotherapy).

As I waited for the call with my biopsy results, another good friend of mine and I sat on the front steps of her newly renovated house in Edgemoor. She took my hand as the phone rang and the radiologist delivered the definitive diagnosis: early stage invasive ductal carcinoma. My surrogate sister was calming, compassionate, and her words were deliberate and helpful. In the medical profession herself, she was the perfect influence at that moment in my life. I couldn't have scripted a better scene for the beginning of my saga.

Upon hearing the diagnosis, our local friends went into overdrive. We had countless offers for childcare and our entrance became a revolving

Abeillé
& Associates

COLDWELL BANKER
RESIDENTIAL BROKERAGE

*Work with a Real Estate Team that not only knows your neighborhood, but lives there too!*

**www.abeillehomes.com**

**Barbara Abeillé**
(301) 996-6477

**Pam Schaeffer**
(301) 537-0397

**Amy Mermelstein**
(240) 372-3902

**Office**
(301) 718-0010



door for dozens of meals, edible and floral bouquets, care packages, visitors, and other mail. The Holton Arms community embraced us. My HR Director at work became my biggest advocate. I quickly discovered my "rock" in the neighborhood at the end of Woodrow Place. She rallied our church, Church of the Redeemer in Glen Echo, and it became my refuge. I went to healing services I've never knew existed; I was prayed for by a family of parishioners, many of whom I barely knew; and, I befriended a cancer survivor there who prepared me well.

I didn't need to go online to find cancer support systems; it was right in my backyard. A Sibley social worker arranged a "conversation group" of breast cancer patients in their 20's, 30's and 40's. Given an excellent prognosis and a relatively easy course of treatment, I hesitated to face a group that was likely to be traveling on a road much more difficult than mine. The sight of the first bald head as I entered the conference room made me uneasy—I was afraid to connect with her. But her radiant smile and personality instantly melted my apprehension and I could hardly wait to hear her story . . . and then the story of the beautiful girl with the long brunette wig beside her . . . and the woman beside her. The two hours flew and, in the end, I found myself scribbling down phone numbers and begging the social worker for a follow-up session.

Every now and then during those days filled with doctors appointments, test results and radiation beams, I needed a reprieve. I would drive to Potomac, and over a cup of tea, my BFF and I would talk—sometimes about cancer, but most of the time about everything else. We would have one- or two-bag sessions depending on the interval since our last visit. This was the genesis of our spontaneous and therapeutic "tea time" tradition. Navigating River Road was much easier than a flight to Portland or Seattle for a little girlfriend/sister therapy.

The discoveries one makes along the winding path from diagnosis to recovery—no matter how rough the journey—are like adding brush strokes to a portrait: your life becomes more decorated, appealing, complete, and meaningful, especially to those who are painting their canvas in the same shades of healing and hope. I discovered that I had a local support system that supplemented, not replaced, my family in the Pacific N.W. to an extent that I could not have fathomed prior to my diagnosis. Maybe it was not entirely Cabin John local, but it was definitely three-zip-codes-in-Montgomery-County local. Lance Armstrong says that before his diagnosis he used to live, but now he lives strong. For me, I used to live in a community called Cabin John, but now I live in a community I call home. —❧

Note: Renee's E-mail is *kotzrenee@gmail.com.*

## Summertime Block Party



© Lori Powell

*Some of the residents of Archbold Terrace (above) got together for a neighborhood party in July. They were entertained by a band made up of local talent, shown below from left to right: Dale and Nolan Rodman, Garrick Sheldon and Tom Hutchinson.*



© Lori Powell

Tim Weedlun
GRAPHIC DESIGN
6511 76th St
Cabin John, MD 20818
(301) 320-1164
tim_weedlun@msn.com
http://mysite.verizon.net/weedlun

## Community Health & Wellness

*by Doreen Moreira, M.D.*

# President's Cancer Panel Annual Report – Part 2

This month we go back to excerpts from the President's Cancer Panel Report—this time with the summary of "What Individuals Can Do".

Much remains to be learned about the effects of environmental exposures on cancer risk. Based on what is known, however, there is much that government and industry can do now to address environmental cancer risk. At the same time, individuals can take important steps in their own lives to reduce their exposure to environmental elements that increase risk for cancer and other diseases. And collectively, individual small actions can drastically reduce the number and levels of environmental contaminants. Our very own Green Neighbors program is an excellent example of a proactive voice in the community that is examining some of these issues:

### *Children:*

1. It is important to recognize that children are far more susceptible to damage from environmental carcinogens and endocrine-disrupting compounds than adults. To the extent possible, parents and child care providers should choose foods, house and garden products, play spaces, toys, medicines, and medical tests that will minimize children's exposure to toxins. Ideally, both mothers and fathers should avoid exposure to endocrine-disrupting chemicals and known or suspected carcinogens prior to a child's conception and throughout pregnancy and early life, when risk of damage is greatest.

### *Chemical Exposures:*

2. Individuals and families have many opportunities to reduce or eliminate chemical exposures. For example:

- Family exposure to numerous occupational chemicals can be reduced by removing shoes before entering the home and washing work clothes separately from the other family laundry.

- Filtering home tap or well water can decrease exposure to numerous known or suspected carcinogens and endocrine-disrupting chemicals. Unless the home water source is known to be contaminated, it is preferable to use filtered tap water instead of commercially bottled water.

- Storing and carrying water in stainless steel, glass, or BPA- and phthalate-free containers will reduce exposure to endocrine-disrupting and other chemicals that may leach into water from plastics. This action also will decrease the need for plastic bottles, the manufacture of which produces toxic by-products, and reduce the need to dispose of and recycle plastic bottles. Similarly, microwaving food and beverages in ceramic or glass instead of plastic containers will reduce exposure to endocrine-disrupting chemicals that may leach into food when containers are heated.

- Exposure to pesticides can be decreased by choosing, to the extent possible, food grown without pesticides or chemical fertilizers and washing conventionally grown produce to remove residues. Similarly, exposure to antibiotics, growth hormones, and toxic run-off from livestock feed lots can be minimized by eating free-range meat raised without these medications if it is available. Avoiding or

1st CHOICE...Serving Cabin John since 1991!
★ Interior & Exterior Painting
★ Replacement Windows & Doors
★ Siding, Trim & Gutter Covers
★ Carpentry & Repairs
301-229-9100
MHIC 39468 go1stchoice.com Insured

minimizing consumption of processed, charred, and well-done meats will reduce exposure to carcinogenic heterocyclic amines and polyaromatic hydrocarbons.

- Individuals can consult information sources such as the Household Products Database to help them make informed decisions about the products they buy and use.

- Properly disposing of pharmaceuticals, household chemicals, paints, and other materials will minimize drinking water and soil contamination. Individuals also can choose products made with non-toxic substances or environmentally safe chemicals. Similarly, reducing or ceasing landscaping pesticide and fertilizer use will help keep these chemicals from contaminating drinking water supplies.

- Turning off lights and electrical devices when not in use reduces exposure to petroleum combustion by-products because doing so reduces the need for electricity, much of which is generated using fossil fuels. Driving a fuel-efficient car, biking or walking when possible, or using public transportation also cuts the amount of toxic auto exhaust in the air.

- Individuals can reduce or eliminate exposure to secondhand tobacco smoke in the home, auto, and public places. Counseling and medications to help smokers quit is often covered by health insurance or available at little or no cost.

### *Radiation:*

3. It is advisable to periodically check home radon levels. Home buyers should conduct a radon test in any home they are considering purchasing.

4. To reduce exposure to radiation from medical sources, patients should discuss with their health care providers the need for medical tests or procedures that involve radiation exposure. Key considerations include personal history of radiation exposure, the expected benefit of the test, and alternative ways of obtaining the same information. In addition, to help limit cumulative medical radiation exposure, individuals can create a record of all imaging or nuclear medicine tests received and, if known, the estimated radiation dose for each test.

5. Adults and children can avoid overexposure to ultraviolet light by wearing protective clothing and sunscreens when outdoors and avoiding exposure when the sunlight is most intense.

### *Self-advocacy*

6. Each person can become an active voice in his or her community and Cabin Johners certainly are good examples for others. To a greater extent than many realize, individuals have the power to affect public policy by letting policymakers know that they strongly support environmental cancer research and measures that will reduce or remove from the environment toxins that are known or suspected carcinogens or endocrine-disrupting chemicals. Individuals also can influence industry by selecting non-toxic products and, where these do not exist, communicating with manufacturers and trade organizations about their desire for safer products. —❧

*Dr. Doreen Moreira maintains a Preventive and Complementary Medicine practice in Cabin John, MD and serves as the Medical Director of Wellness Corporate Solutions. Her website is DrDoreen.com.*





## Real Estate Activity in Cabin John June-Aug 2010

Courtesy of your neighbor and realtor Patricia Ammerman.

| ACTIVE: | List Price | BR | FB | HB | Lvl | Fpl | Gar |
|---|---|---|---|---|---|---|---|
| 7831 Archbold Ter | $539,000 | 3 | 2 | 1 | 3 | 0 | 0 |
| 7851 Archbold Ter | $599,000 | 3 | 3 | 1 | 3 | 0 | 0 |
| 6523 77th St | $704,900 | 3 | 2 | 1 | 3 | 0 | 0 |
| 7810 MacArthur Blvd | $725,000 | 4 | 2 | 1 | 3 | 1 | 0 |
| 6525 76th St | $1,999,000 | 6 | 4 | 0 | 3 | 1 | 3 |
| **UNDER CONTRACT:** | | | | | | | |
| 6409 83rd St | $695,000 | 5 | 2 | 1 | 2 | 1 | 0 |
| 6912 Seven Locks Rd | $1,425,000 | 6 | 4 | 2 | 3 | 3 | 2 |

| SOLD: | Listed at: | Sold for: |
|---|---|---|
| 7862 Archbold Ter | $495,000 | $485,000 |




ALPINE VETERINARY HOSPITAL

Full Service Animal Hospital

**Mon-Fri 7:30 am - 7:00 pm**

**Sat 8:00 am - 2:00 pm**

7732 MacArthur Boulevard
Cabin John, MD 20818

**301/229-2400**



TOP PRODUCER
LICENSED IN MD, DC & VA
FLUENT IN
ENGLISH AND SPANISH

**pammerman@longandfoster.com**

# PATRICIA AMMERMAN

AND ASSOCIATES

YOUR CABIN JOHN REALTOR

CELL 301-787-8989

OFFICE 301-229-4000 EXT 8306

*I have been living in Cabin John for 17 years and love our neighborhood*

*Please call me for all your Real Estate needs or concerns*

W.C. & A.N. MILLER REALTORS A Long & Foster Co.

LONG & FOSTER REAL ESTATE, INC.

Exclusive Affiliate of CHRISTIE'S GREAT ESTATES

# Neighborhood Services

CABIN JOHN DOG WALKING: Midday walks to keep your pets happy and healthy. 301-257-1076.

ADVANTAGE CONSTRUCTION SVC. Building and Remodeling. 20yrs of Satisfied Customers. 301-540-4214.

HOUSE IN CHAOS? I can help you downsize, declutter, and tame mail, bills and paperwork. Call Melanie at 301-263-9482. *www.cabinjohnorganizing.com*

FRIENDLY NEIGHBORHOOD CARPET MAN can help with your in home carpet needs with rooms, runners, repair, and replacement. Call Bruce for an estimate 301-263-2783.

GET THE STRESS OUT!! MASSAGE THERAPY. Receive a soothing Swedish/Deep Tissue Massage in your own home. Only $85.00/hr. Gift Certificates available. Call Dominique @ 301-263-2783.

MUSIC LESSONS VIOLIN, VIOLA AND PIANO STUDIO. All ages, all levels. Ensemble workshops. Vera Dolezal. 301-229-5685.

CHILD CARE. Licensed Family Day Care. 20 yrs. experience, references. Call Siew at 301-320-4280.

MANION & ASSOCIATES ARCHITECTS

RENOVATIONS-ADDITIONS-NEW HOMES

7307 MacArthur Blvd. Suite 216
Bethesda, MD 20816
Phone: 301.229.7000
Fax: 301.229.7171

Contact: Thomas Manion, AIA





www.manionandassociates.com

*Hughes Landscaping*

*16111 Morrow Road, Poolesville MD 20837*
*(301) 330-4949* (O) / 301-977-4949 (F)

*Landscaping Professionals*
*Dedicated to Exceptional Quality*

*Residential & Commercial - Mowing & Maintenance*

*Landscaping - Design & Installation*
*Walks, Patios, Built-In Grills – Flagstone, Brick, Block/Stone*
*Retaining Walls – Stacked Stone, Flagstone, Block, Timber*
*Tree & Shrub Care – MD Licensed Tree Expert*



Serving Montgomery Co. Homeowners Since 1983

*Come Visit Our Web Site – www.hugheslandscaping.com*

*Or E-mail to info@hugheslandscaping.com*

September 2010 at
REDEEMER

■ SUNDAY MORNING SCHEDULE

| | |
|---|---|
| The Holy Eucharist | 8:00 a.m. |
| Adult Education Forum | 9:15 a.m. |
| Nursery Care | 10:15 a.m. |
| Choral Eucharist | 10:30 a.m. |
| Church School | 10:30 a.m. |

■ HOMECOMING SUNDAY: SEPTEMBER 12

*We invite you to join us as we begin a new year in the program life of the parish community! Events include:*

| | |
|---|---|
| Church School Open House & Breakfast | 9:15 a.m. |
| Family Eucharist | 10:30 a.m. |
| Ice Cream Social | 12 noon |

**The Episcopal Church of the Redeemer**
6201 Dunrobbin Drive • Bethesda, MD 20816
301.229.3770 • office.redeemer@verizon.net
www.redeemerbethesda.org

The Village News
PO Box 164
Cabin John, MD 20818, USA
Address Service Requested

PRSRT STD
US Postage Paid
Cabin John, MD
Permit 4210

**www.cabinjohn.org**

# Classifieds

**HANDYMAN:** living right here in your neighborhood. 22 years experience. Electrical, Carpentry, Drywall, Tiling, Painting, Roofs, Gutters, Decks, Power Washing, Plumbing, Bathroom & Kitchen Renovations. Big and small jobs welcome. "Hemy" 301-229-1450.

**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.

**FULL SERVICE PET CARE.** Your pet deserves some fun: don't board your pet; that's boring! Responsible, caring Cabin John resident offering daily walks, bathing, overnight stays at my home or yours - fenced-in yard means lots of playtime. I'll pick-up and return your pet if you desire. Your pet will thank you.! Many neighborhood references available. Lisa Charles 301-320-6161

**DEFINE YOURSELF** - Pilates, strength, balance and fitness training. 25 one hour classes start on 9/7/2010 from 9:15 to 10:15am on Tuesdays and Thursdays. Classes held at Concord St. Andrews United Methodist Church. SPACE LIMITED. For a full schedule and class details contact *CarolynEvans728@gmail.com*

**I HAVE ITEMS TO SELL ON EBAY** and need to find a local experienced ebay seller. Please call Reed Martin at 301-229-3482

**SEEKING TO HOUSE SIT OR RENT** for September and October. Please call Carolyn 301-257-1076

*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*

THE VILLAGE NEWS is published monthly except in July and December and is sent free to all 800+ homes in Cabin John. Others may subscribe for $10 per year. Send news, ads, letters, and subscriptions to: The Village News PO Box 164 Cabin John, MD 20818 [or *milerjefferson@hotmail.com*]

***The next deadline is 10 am, Wednesday, Sept. 15, for the issue mailing Sept. 25, 2010.***

Volunteers who make the *Village News* possible: Mike Miller and Tim Weedlun– editors, Lorraine Minor– business manager.

Regular Contributors:
Burr Gray, Judy Welles, Barbara Martin.

Ads: 301-229-3515 or *flminor@patriot.net* or mail to *Village News* at above address

Neighborly News: 301-229-3482 or *bbeckmartin@verizon.net*

Features/News: 301-320-1164 or *milerjefferson@hotmail.com*