The Village News

SERVING THE PEOPLE OF CABIN JOHN AND BEYOND

October 2025 | VOLUME 59 | ISSUE 09

LEVEL FITNESS TO CLOSE AFTER 21 YEARS IN CABIN JOHN

by Sarah Craven

A longtime anchor in the Cabin John community will soon be saying goodbye. Level Fitness, which has served local residents for more than two decades, announced that it will close its doors on **November 30, 2025**.

The decision to close Level Fitness was not made by the gym itself. The property is under contract for sale to OPaL Design Build, which currently plans to redevelop the site into residential luxury homes and townhomes. As a result, the landlord has informed Level Fitness that its lease will be terminated. Many of Level's 430 members, along with 70 additional passholders, were disappointed by the news and had hoped the landlord would provide more notice before requiring the gym to close.

Despite the difficult news, the Level staff is committed to maintaining operations at full strength until the final day. "Our goal over the next few months is to continue providing the same level of care, service, and support our members have always known," the owners said in a message to the Level community. They also pledged to keep all staff fully employed through November.

See LEVEL on pg. 3

REP. JAMIE RASKIN COMMENDS CRAB FEAST & FOUNDERS



We were pleased to welcome Congressman **Jamie Raskin** to the Sept. 13 Chicken and Crab Feast. Rep. Raskin had conversations with many Cabin Johners and also honored the event's 55th anniversary with a commendation presented to **Pandora White and family** for their founding role in our beloved tradition.

L to R: Pete, Pandora (seated) , Sheila, and Austin White, U.S. Rep. Jamie Raskin

ANDREW FRIEDSON TO ADDRESS ZONING CONCERNS TUESDAY, NOVEMBER 4, 7:00PM @ THE CBNRC

Andrew Friedson, our representative on the Montgomery County Council, will speak to the community regarding zoning and building concerns related to recent zoning changes. See the CJCA News column on page 3 for virtual attendance options.

See CJCA News on pg. 3

LOCAL HISTORY: KEEPING CABIN JOHN BEAUTIFUL

by Rachel Donnan



While walking my dog, I often stop to smell the roses–quite literally. Thanks to the hard work of the MacArthur Boulevard Beautification Committee, Cabin John's main street boasts lush verges of flowers, plants and grasses. Roses, peonies, butterfly bush, allium, daisies, liriope, lilies, salvia, and ornamental grasses burst with color and texture, buzzing with bees and butterflies. Some stretch along the sidewalk for nearly a block, some are smaller manicured corner gardens with stones or wooden landscape edging and pebble pots. The Cabin John Citizens Association sponsored the committee in 2019 to celebrate its 100th Anniversary.

See BEAUTY on pg. 9

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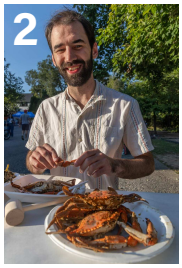
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CABIN JOHN CELEBRATES 55TH ANNUAL CHICKEN AND CRAB FEAST

by Pete Cousté



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Nearly 500 Cabin John family, friends, and neighbors joined together to celebrate the 55th anniversary of the Cabin John Chicken and Crab Feast on Saturday, September 13 with picture-perfect weather, great food, lively music, kids' games, and lots of fun. Attendees consumed 16 bushels of crabs, 270 pounds of chicken, and oodles of corn on the cob, cinnamon carrots, green beans, potato salad, cole slaw, collard greens, and baked beans.

We also heard from some elected officials that stopped by to take part in the biggest CJCA event of the year, including US Representative **Jamie Raskin**, District 1 County Councilmember **Andrew Friedson**, and all three of our Maryland Delegates for District 16–**Marc A. Korman**, **Sarah Wolek**, and **Teresa Woorman**.

An all-volunteer run event of this magnitude is a rare feat. As event coordinator, I was fortunate to serve with more than 130 volunteers that stepped up to help plan, promote, sell, set up, prep, cook, serve and clean up after nearly 500 meals and 600 drinks. They made the magic happen.

See FEAST on pg. 5



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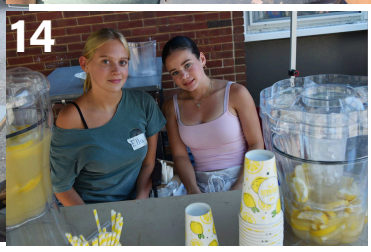
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Captions and credits page 5





CJCA News

by Scott Lewis

A number of important updates on the CJCA meetings for the next two months.

Unfortunately, our planned speaker for the October meeting - **Harley Balzer** (a long time Cabin John resident) - has had to reschedule, hopefully for November. He will lead a discussion on his recently published book 'Failure: Russia Under Putin'. Watch for updates in November's Village News and via the CJCA listserv.

We have two upcoming meetings:

- **October CJCA Meeting - Wednesday, October 22nd, 7:30 @ the CBNRC.** We will discuss a number of CJCA related topics and events plus review the CJCA budget. https://us06web.zoom.us/j/6942294360?pwd=n25MwfwZvgvwb63WlKoO7G0JZbCaqz.1&omn=84122658587. Meeting ID: 694 229 4360. Passcode: 672906
- **Andrew Friedson - Tuesday, November 4th at 7:00PM @ the CBNRC** Andrew Friedson is Montgomery County Councilmember for District 1 - which includes Cabin John. He will discuss and clarify zoning issues related to the Level Fitness lot and other commercial properties. https://us06web.zoom.us/j/6942294360?pwd=n25MwfwZvgvwb63WlKoO7G0JZbCaqz.1&omn=84122658587. Meeting ID: 694 229 4360. Passcode: 672906 *~vn*

LEVEL *Continued from pg. 1*

Since opening its doors 21 years ago, Level Fitness has become more than just a place to work out. Members often note that Level has been as much about community as about fitness, a place where people support one another. Member **Amy Elsbree** regrets the closure, "Over the years I worked with a trainer, joined fitness classes, and used the exercise equipment on my own. Whatever workout phase I was in, Level had what I needed. A bonus was that I saw familiar faces from the CJ community in the classes and around the gym, making it feel like home." In announcing the closing, the owners of Level Fitness expressed deep gratitude to the members who sustained them through the years: "We could not have thrived without your loyalty, energy, and encouragement."

The building itself has a much longer history as a community gathering spot. According to Cabin John historian **Judy Welles**, as far back as the 1930s, it housed a post office before later becoming a beauty shop and gift store, where women gathered for haircuts, crafts, gifts, and even antiques. In later decades, it was home to an outdoor adventure store and a wild bird shop. For almost 100 years, the site has been a commercial establishment that has added to the unique character of Cabin John. The commercial history of the site carries forward to Level's present business. Converting the entire property to residential use will require a change of its current commercial designation by Montgomery County.

Level Fitness invites community members to continue visiting in the months ahead and to share memories—both of the gym itself and of the building's unique role in Cabin John's commercial history—as the closing date approaches. *~vn*

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FEAST *Continued from pg. 2*

Please join in to offer special thanks to every one of those who helped make the day possible, especially the leaders and crew chiefs who planned and led teams at each station and tent.

Crew chiefs included:

- **Kathleen Wood Leverenz**, Ticket & Merchandise Sales Crew
- **Karen Melchar**, Friday Vegetable Preparation Crew
- **Burr Gray**, Site Set Up Crew
- **Kathleen Black**, Kitchen Crew
- **Dan Mustico**, Chicken Grilling Crew
- **Michelle and Chris Cousté**, Crab Cooking Crew
- **Robin Sidel** and **Leslie Meyers**, Food Serving Line Crew
- **Jackie Hoglund**, Soda, Beer & Wine Sales Crew
- **Jeff Rothman**, Lemonade Sales Crew
- **Heidi Lewis,** Volunteer & SSL Coordination, Table Bussing Crew
- **Scott Lewis**, Music Coordination & Clean Up Crew

Many people were pleased to see our baked goods dessert table return to the event this year. Thanks to **Susan Roberts** who led the effort to bake and sell sweet treats to raise funds for the MacArthur Boulevard Beautification Committee which she chairs. It was a clever idea to use a lot of flour to help keep the flowers (and plants) along our main street beautiful, and it earned over $500..

Thank you to the musicians of the **Starlight Orchestra** for the entertainment. Our gratitude also goes to **Gilbert Schwartz**, CJCA treasurer, for his assistance with the event.

A big shout out to our event partner, Clara Barton Neighborhood Recreation Center, which provided the facility, tables, chairs, tents and assistance with set up, clean up and more. **Barry Jones** and his staff stepped up their game with the kids' activities tents. The snow cones were a hit with more than just kids!

Finally, it was great to see so many smiles and so many neighbors together in such a festive community gathering. Thanks to all of you who contributed to the event, as well as those of you who attended.

If you were unable to make it, you can always join in the fun next year. Mark your calendar for **September 19, 2026**, 2-6pm. Please consider volunteering for a shift or two next year. Go to cabinjohn.org to get involved or email cjcapresidents@gmail.com.

Photo captions and credits for pg. 2

Photos provided by Rick Hatch, Brian Johnson, and Heidi Lewis
1-New yard signs
2-Six crabs and a smile
3-Serving up chicken, Lori Rieckelman (L), and crab, Barbara Wilmarth (R)
4- Grillmaster Dan Mustico
5- In the kitchen with (L-R) Patty Lee, Stacey Corcoran, Kathleen Black, Judith Bell, Gail Davenport
6- Nadine & Sander Boursema load in some live crabs with Scott Lewis
7- Pandora White with the Certificate of Congressional Recognition presented by Rep. Jamie Raskin
8- Crew chief Michelle Cousté gives crab cooking crew instructions
9- Lorraine Minor and Susan Roberts (L-R) selling baked goods for beautification funds
10- Abigail Cahen and Michelle Cousté (L-R)
11, 12, 13- Enjoying delicious food and drink in a fantastic atmosphere
14- Ella Benjamin & Jillian Sidel (L-R) serve fresh lemonade
15- Fun in the ball pit
16- The Starlight Orchestra
17- Some of the 20 Student Service Learning (SSL) volunteers who provide energy and youthful enthusiasm as they work to make crab feast enjoyable for all attendees
18- Crab feast director Pete Cousté and CJCA co-president Heidi Lewis (L-R)
19- Ice cold beverages served with a smile by Jackie Hoglund, Florence Lehr, and Carrie Stokes (L-R)





~vn

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- Starting Oct 20
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Our Town

by Annemarie Economou Gormley

CABIN JOHNERS TO THE RESCUE!

When I first moved to Cabin John, I was in awe of the wildlife in the area. While discussing the trees and animals of Cabin John, **Heidi Lewis** shared with me that when she lived in England, folks usually permitted their cats access to the outdoors because they felt fresh air, exercise, and exploration was good for cats. However, in the US, cat owners are usually encouraged to keep their cats indoors to increase their lifespans. By avoiding traffic, predators and parasites, indoor cats can live longer. When Heidi adopted her cats from Battersea Dogs and Cats Home in England, free access to the outdoors was required. "We had to install a cat flap so that they could come and go at will in order to be approved to adopt them," explained Heidi.



Gateaux, adopted by the Lewis's from Battersea Dogs and Cats Home, Windsor, England.

A few months ago, **Bernie Saal**, our neighborhood postal clerk, shared his adventures with a feral cat that lived near his home. After writing in the January issue of ***The Village News*** about his care and concern for the cat, a subsequent hospitalization from infected cat scratches, and his eventual adoption of the cat, several residents have asked for an update. As it turned out, Bernie had some news.

Let's start with the happy ending: Bernie, and his wife **Laura**, have three happy cats! Whether he is spending time locally, here in Montgomery County, or on a trip to Mexico, he stops by pet stores and buys $100 worth of cat and dog food to donate to local shelters. He gets excited when traveling to Mexico because pet stores sell pet food inexpensively. Recently, while planning his trip to Los Cabos, Mexico, he researched the location of the animal shelter. When he clicked on the link, he was redirected to a local page asking if he wanted to see the animals available for adoption in Gaithersburg. The first cat he saw tugged at his heart. The page provided contact information for the Montgomery County SPCA adoptions. Bernie made the call.

"I already have a cat from the Montgomery County SPCA that I've had for 12 years, so I called them and said, 'You have a cat there that I'm interested in.' The foster lady, Melanie, set up a meet and greet. She warned me that the cat was sick, but my cat is sick too. I'm used to syringes. My 18-year old cat is on six medications. I went to Melanie's house with my wife Laura, and the cat came out and came straight to me. She laid on her back and showed her stomach, like I'm really trusting of you and I'm ready to go home with you. It kept giving me all the signs of love. I told Melanie that I was heading to Cabo, but would pick up the cat on my way back."

Melanie Blesse, the cat foster mom, told me the cat's story. "I never was one of those people who found strays. My whole life I would be like, 'How come everybody else finds a kitty at their back door?' Last November, I was out for a walk and there was this little kitty sitting on the curb. I took a look at her and could see that she was a mess. Really skinny. She pretty much followed me all the way home. She was days from starving to death."



Bernie and Laura Saal's new cat , Fauna, courtesy of the Montgomery County SPCA.

Melanie cared for the cat with the guidance of the SPCA. "I named her Fauna because she was in such bad shape and Fauna means 'Goddess of All Animals' and I thought I'd give her a little boost. She was a goddess. We have had a journey together. She had a lot of problems, and she was the most unusual cat. She loved attention, she loved the vet, she loved the cat carrier. She loved all things most cats hate. I had her for almost ten months. When I first got her, she stank so bad it took six baths to be in the room with her. Her legs were weak from malnutrition. She had an upper respiratory infection. When I took her to the vet, she would just sit and purr and lap up the attention. I had two senior cats who had their issues, they were on their special diets, and Fauna was food obsessed. It was hard to manage all three cats. I needed to get her to a place where she could be

See RESCUE on pg. 11

"Neighborhoods along the canal are my specialty - I live there and love it!"

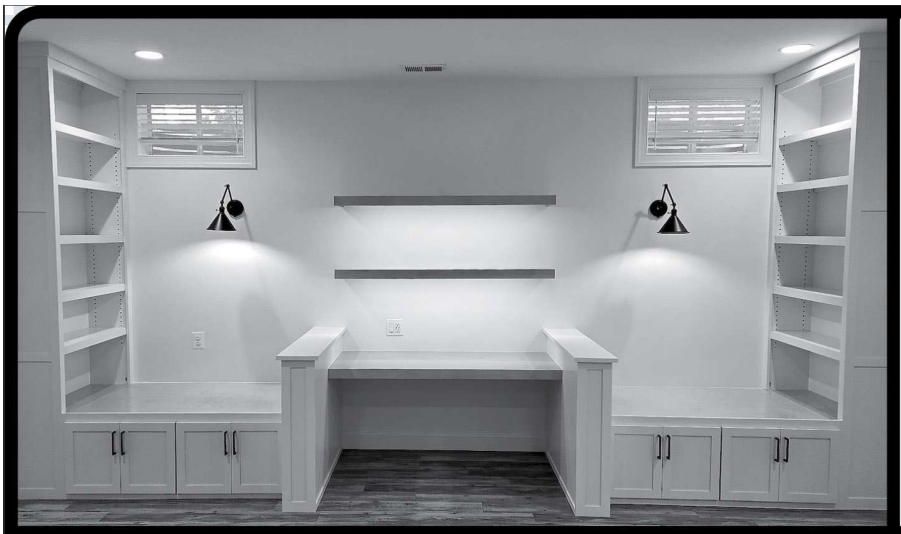


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Local History

KEEPING CABIN JOHN BEAUTIFUL (cont. from page 1)

Many residents may not realize that Cabin John's first beautification committee was formed in the late 1960s, when the yet to be named Cabin John ***Village News*** first launched and the new sense of local pride led to an effort of "prettying up our town."

The April 1967 newsletter announced Operation Clean-Up, "Cabin John's face-lifting day. That's when your trash will be the business of the Citizens Association Beautification Committee." Through a community fundraising initiative, nearly $500 was collected to fill some 30 garden plots with evergreens and azaleas that stretched from Persimmon Tree Road to the Union Arch Bridge.

Each of these plots measured 4' x12' and had local resident sponsors. Teams comprised of 4-H Girls, Girl Scout Troop 248, the Cabin John Garden Association and the Brookmont Garden Club sponsored several plots too. Each was tasked with planting and maintaining their individual plots. A local resident's father who worked at the National Arboretum helped secure more flowering shrubs to complete the fall planting, while the ***Village News*** urged teams to plant their own various bulbs for springtime color. Volunteers collected cast off logs from the PEPCO yard to create edgings. The citizens association invited local guest speakers including congressmen and councilmen to help "mark a new 'fringe benefit' for Cabin John."

In October 1967, the community celebrated its beautification of MacArthur Boulevard with an Arbor Day gathering at the baseball field, featuring apple cider, donuts and guest speakers. "Hundreds of people have helped us in one way or another to get this far. The little garden plots are the community's. Share with us Saturday with your interest and pride in our project!!!"

By 1968, local efforts along MacArthur Boulevard had flourished and the curbside gardens burst with color and plants. The Cabin John Citizens Association addressed various community matters in the ***Village News*** (some of which sound familiar today): the planting of flowers along MacArthur Boulevard, the petitioning against jet noise and jet pollution, the search for a satisfactory site for a swimming pool on Seven Locks Road, and getting the "county and Aqueduct police to cut down drag-racing and other delinquent activities."

However, despite its initial success, the beautification committee of the late 1960s seems to have been short-lived, as the local newsletter often noted the ongoing vandalism and destruction of the gardens, which even led to an arrest.

"We hope you have noticed the gardens along MacArthur... especially those of the Girl Scouts near the bridge, and the Brownies, across from the fire house. Many, many people have donated their time and effort to making the gardens into what they are today. Unfortunately, many of the gardens have been destroyed by deliberate vandalism. In some of them, plants have been dug up and carried off. In many more, passers-by have cut off the flowers and plants or uprooted them for their own selfish, temporary and immature pleasure. We urge you to take pride in the community's effort to beautify itself. We also must warn our vandals that the gardens are on Army property. There has been one arrest already for destruction and the police have been alerted to watch for destroyers."

See BEAUTY on pg. 15

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Public Works Corner

by Scott Lewis

Two important updates this month on major capital programs impacting our community:

First, the northern extension of the Virginia High Occupancy Toll (HOT) lanes. This project extends the HOT lanes to just south of the Maryland border and includes several fly-overs, new bridges over the Beltway and exit/interchange changes. The project is expected to be complete by the end of this year with the HOT lanes opening by the end of December. Expect lane closures and other changes to traffic patterns as the project accelerates to completion. More information is available at https://495next.vdot.virginia.gov/.

Second, progress continues on the Purple Line, a light rail project that extends from New Carrollton to Bethesda. All track is scheduled to be in place by the summer of 2026 with the Purple Line formally opening to the public in late 2027. The Capital Crescent trail, a popular bike, walk and run trail, has been closed east of Bethesda for many years and is being used for construction access. The trail is scheduled to be opened back to the public in the spring of 2026. More information can be found at https://www.purplelinemd.com/. ~VN

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RESCUE *Continued from pg. 7*

adopted. That's when I started working with a place called FOACOS. They are a rescue organization. They support the Frederick County Animal Shelter. They help raise money and do things behind the scenes. Through them, I went through the Montgomery County Animal Welfare League and the Montgomery County SPCA. It was the SPCA that finally said they would take her because her respiratory infection was chronic. They knew it would not be easy to find her a home. Meanwhile, Bernie was scrolling, looking for a shelter in Cabo, Fauna's picture popped up, and Bernie thought she was a special cat."

Melanie gave Fauna to Bernie and continues to volunteer for FOACOS. Her background is in event management, so she helps with fundraising and events. "I cannot believe how much time people put into this (FOACOS) and have made it a major cause in their life. They are a wonderful group."

One of Melanie's senior cats died recently, and she relinquished Fauna to Bernie, so she went from a single mom of three cats to one cat in a very short time. "It's weird being a single cat mom," laments Melanie. But you can tell she is overjoyed for Bernie. "Bernie and Fauna are connected forever now," Melanie smiles, "and I know he will always take good care of her. She has three half-brothers now. Bernie sends me photos and updates, and they're all getting along well. It is one of those things that was meant to be."

When I was talking to Bernie at the post office, I met **Renee Niebylski**, who has adopted three cats. Sasha came first. Sasha was one year old when Renee adopted her, and she lived until she was sixteen. Zoe was her second cat, and then Luna, the youngest, was selected by Renee's daughter, **Maia**, at Lost Dog and Cat Rescue. Luna was malnourished when they adopted her, but she now is a happy, lap cat. Maia, and her





[Top] Zoe, Renee Niebylski's second rescue cat.

[L] Luna, Renee Niebylski's cat courtesy of Lost Dog and Cat Rescue.

cat, Luna, sleep together every night, and cuddle throughout the day. Maia told me the cat can sense when you are happy or sad, and cuddles with you to share in your joy or comfort you in your sorrow.

Recently, when walking around our community, I met **Paula Curran**, who was sporting a shirt advertising Rescue Animals. I knew I was writing about folks who had adopted animals from shelters, but I also wanted to learn more about those who foster the animals in preparation for new homes. It turns out Paula and her husband, and their three children, have fostered between 40 and 50 dogs!

Back when the Curran children were one, four and seven years old, they got their pet dog, a black lab. Then, when their oldest child was in sixth grade, she asked if they could foster a dog. The family agreed and received their first puppy. "We had to explain to our children that we aren't going to keep this puppy. He has to find his forever home. We had him for two months. It was a great experience."

Their big black lab was great with the puppies they fostered. With puppies, they didn't have to worry about the dogs trying to figure out who was the dominant dog. Their lab was always kind and gentle. He modeled how to run to the door if he saw the little puppy starting to tinkle. He obeyed common commands which helped the puppy learn them quickly. "Since my children were young, I didn't want any dogs that had a history," explained Paula. "We only wanted to foster puppies."



The Currans adopted Jasper after fostering him for just one week!

Paula, Matt and their children fostered some dogs for a few days, others for months. They always got their dogs from Homeward Trails in Alexandria. Paula stated that Homeward Trails always responded quickly to her concerns. She always felt very supported. Sadly, the Curran family's pet labrador died, and they had to stop fostering because he was one of the reasons fostering went so well. They now have a new dog, Jasper. "When Jasper settles down, when his recall is better and he listens better, I'll start fostering again," beams Paula.

~vn

Poems For Passersby

Presented by Meredith Griggs

ALLEGIANCES

It is time for all the heroes to go home
if they have any, time for all of us common ones
to locate ourselves by the real things we live by.

Far to the north, or indeed in any direction,
strange mountains and creatures have always
lurked:
elves, goblins, trolls, and spiders—we
encounter them in dread and wonder,

But once we have tasted far streams, touched
the gold,
found some limit beyond the waterfall,
a season changes, and we come back, changed
but safe, quiet, grateful.

Suppose an insane wind holds all the hills
while strange beliefs whine at the traveler's ears,
we ordinary beings can cling to the earth and
love
where we are, sturdy for common things.

by William Stafford
Winner of the National Book Award for Poetry (1963), William Stafford, poet and pacifist, was Poet Laureate in 1970.



As she and her family walk up 78th Street on a warm fall Sunday afternoon, Janet Wu of McKay Circle pauses to read a newly posted poem.

Neighborly News

Send your news -- births, events, milestones, trips, new neighbors, etc. to vneditorial@gmail.com

Ralph Osborne, June 7, 1935 – August 8, 2024

Pete Cousté found and passed along notice of the passing of Ralph Osborne, a long-time fixture of Cabin John life as as the founding proprietor of Market on the Boulevard, often just referred to as "Ralph's."

From Ralph's obituary: "He was in the Auburn University class of 1956 and graduated with a degree in business. Upon graduation, he attended Officers Candidate School in Newport, Rhode Island and was commissioned as an Ensign in the U.S. Navy. While serving with the U.S. Navy, he was stationed in Norfolk, Virginia and attained the rank of Lieutenant. Upon completion of his service, he moved with wife Jo Ann to Bethesda, Maryland to raise his family and work for the Marriott Corporation. Later he moved to Potomac, Maryland.

"Ralph was very entrepreneurial and owned and operated several businesses. Ralph owned the Germantown Inn, Germantown, Maryland. He purchased Glen Echo Seafood in the mid-eighties in Glen Echo, Maryland. In 1993 he opened The Market on the Boulevard in Cabin John, Maryland. In 2003 he sold the Market and retired to spend more time with his expanding family. "

Burr Gray recalled "Ralph was always so helpful with the Crab Feast and other community events. Just a very good guy. I think of him every time I see the big white cooler that he gave the community and that we still use today."

Ralph's full obituary can be found at: https://www.staufferfuneralhome.com/obituaries/james-ralph-osborn-jr

Palisades Swim and Tennis Club Waitlist News

All Cabin John residents may use the Palisades pool during the summer on Tuesdays and Thursdays from 11am-1pm with proof of residence or directory listing because of an agreement CJCA negotiated when the pool club was first formed.

But how can one become a member? Well, you need to get on the waitlist for membership, which currently stands at 514 families. The waitlist usually opens on October 1 and remains open until a predetermined number of applications have been received. This year the 50 waitlist spots were taken up very quickly. Families wishing to join the waitlist might want to set a calendar reminder for **October 1, 2026**. Visit Palisadespool.com for more information.

Evergreen Block Party

The Evergreen community along Cypress Grove Lane got together on September 7 for the (almost) annual summer's-end block party. Neighbors, old and new, came to meet, catch up, and enjoy the many young children now on the block. Kids loved the bounce house and tug-of-war, and enjoyed popsicles. A delicious potluck feast featured favorite dishes and a huge supply of fresh figs! Everyone agreed that Cabin John is a great place to live and that's clear in the warm, friendly spirit of the Evergreen "family." *~vn*







REAL ESTATE ACTIVITY IN CABIN JOHN

ACTIVE

6514 76th Street
List Price $3,499,000
6 BR, 7 BA, 2 GAR
4,471 sq. ft

6525 76th Street
List Price $2,599,000
6 BR, 4/1 BA, 3 GAR
5,551 sq. ft.

6629 81st Street
List Price $1,975,000
6 BR, 6 BA, 2 GAR
3,794 sq. ft.

7509 Arden Road
List Price $999,000
3 BR, 2 BA, 0 GAR
1,478 sq. ft.

4 Russell Road
List Price $649,000
2 BR, 1 BA, 0 GAR
1,000 sq. ft.

PENDING

6410 Wishbone Terrace
List Price $975,000
4 BR, 3/1 BA, 2 GAR
1,855 sq. ft.

CLOSED

6533 79th Place
Closed Price $1,710,000
4 BR, 4/1 BA, 2 GAR
3,274 sq. ft.

5 Webb Road
Closed Price $747,000
2 BR, 1 BA, O GAR
794 sq. ft.

6430 Wishbone Terrace
Closed Price
$1,050,000
4 BR, 3/1 BA, 2 GAR
1,906 sq. ft.

6487 Wishbone Terrace
Closed Price $1,150,000
3 BR, 3/1 BA, 2 GAR
1,598 sq. ft.

7902 Woodrow Place
Closed Price $910,000
3 BR, 3/1 BA, 1 GAR
884 sq. ft.

Courtesy of Cabin John Realtor Rachelle Cherol

FRIENDS OF CABIN JOHN CREEK HOST RACE WITH ELECTED OFFICIALS

by Burr Gray

The weather and water level in Cabin John Creek were perfect for the annual picnic and Ducky Race. FoCJC Board members **Scott and Kathy Hoffman** planned the food and drinks and grilled hot dogs and hamburgers. As the picnic proceeded, the suspense mounted as to who would win the prestigious contest. An all-star team was assembled to run the event, with County Councilmember **Andrew Friedson** giving the pre-start pep talk and FoCJC President **Burr Gray** blowing the trumpet for some fanfare (and also pointing out plastic bags high on the banks to show the creek's high water level during storms). Senator **Sara Love** released the duckies to start the race and Delegate **Marc Korman** stood strong in the middle of the creek scooping up the ducks after they had crossed the finish line. Delegate **Sarah Wolek** ensured that the race was run according to Robert's Rules of Order. Recent college graduates Lily Robinson and Sophie Monroe judged the top three finishers: in first place Maxwell Tobin of Cabin John; second place Jessie Mei of Potomac; third place Dawn Lowrie of Cabin John. Each of the winners received a pint of Vermont's best maple syrup. A good time was enjoyed by all!

~VN



Mark Korman handing ducky finishers to Sara Love.



Burr Gray with First Place Finisher Maxwell Tobin of Cabin John. Note the winning ducky on Maxwell's shoulder.



Burr Gray, Sarah Wolek, Sara Love, Andrew Friedson and Marc Korman

BIG BAND IS MORE THAN JUST CRAB FEAST HIGHLIGHT

by Scott Lewis, Baritone Sax & CJCA Co-President

Did you know the DC Starlight Orchestra has been a part of our Cabin John Chicken and Crab Feast tradition since 2012? The Orchestra is a 17-piece jazz big band made up largely of federal employees from across the Washington, DC area.

We bring to life classic swing-era charts as well as modern big-band favorites, performing regularly at restaurants, community concerts, and senior centers.

We're thrilled to share our music with the community and always looking for new opportunities to perform. Interested in booking the band, joining the band, or just want to learn more? Visit us at: dcstarlightorchestra.org.



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View From Minnie's Island

by Joe Saliunas

MELLOW YELLOWS

Joe Saliunas is certified as a Maryland Master Naturalist and is Vice-Chair of Minnie's Island Community Conservancy.

One of the first things you will notice if you walk the trails of Minnie's Island this month is the large number of plants with yellow flowers. In particular, Minnie's has a population of hundreds of bear's foot (***Smallanthus uvedalia***) plants. They grow up to eight feet tall and the flowers are typically covered with bees. Other yellow-flowered plants blooming this month on Minnie's includes wingstem (***Verbesina alternafolia***), crowbeard (***Verbesina occidentalis***), lance-leaf coneflower (***Rudeckia laciniata***), pale-leaved sunflower (***Heliantus strumosus***), and multiple species of goldenrod (Solidago). All of these plants are in the daisy (***Asteracia***) family.

Why do so many fall-blooming plants have yellow flowers? In browsing the internet, I couldn't find definitive answers; however, there are a number of hypotheses that make sense. One is that yellow flowers are particularly attractive to the pollinators that co-evolved with the plants. While they look just yellow to us, they appear multi-colored when viewed under the ultra-violet spectrum that insects see in, with the target for pollinators highlighted. Another is that it takes less energy for plants to produce yellow flowers than other colors, and this is particularly important in the late summer and fall when dry conditions are not unusual. A third is that most of these plants are meadow plants that co-evolved with grasses, and the yellow-colored flowers stand out to pollinators against the browns of the fall grasses.

All of these yellow wildflowers are native to our area, and many make great additions to your garden. My garden is enhanced by wingsteam, pale-leaved sunflower, and several species of goldenrod. They all can be grown from seed or transplanted (remember you are not allowed to dig up plants from the C&O Canal). I wouldn't be surprised if most readers already have some "volunteer" goldenrods in their gardens.
Don't be afraid to plant goldenrod–some people think it causes hay fever–but that is not true. The primary culprit for hayfever is ragweed, which is wind-pollinated. Goldenrod has colorful flowers that are pollinated by insects. It is known for attracting a

See YELLOWS next page

DID YOU KNOW?

As we head into fall, the housing market is starting to find its balance, creating both opportunities and challenges for buyers and sellers. Here's what you should know if you're thinking about buying, selling or investing in real estate in the near future.

1. Slower price appreciation–More moderate increases of 2% to 5% are seen across Mid-Atlantic and Northeast markets.
2. More homes on the market–Generally seeing an increase in available homes.
3. Homes take longer to sell–Days on market have stretched compared to last year, potentially giving buyers more room to negotiate.

"Living in Cabin John for over 30 years I'm invested in the success of selling homes here."

Rachelle Cherol
AT LONG & FOSTER REAL ESTATE



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BEAUTY *Continued from pg. 9*

"We should remember that the plants have been purchased with the money from the entire community. Their destruction is a kick in the shins to each and every one of us! Their health and attractiveness are an asset to all of us!"

Today, the Cabin John Beautification Committee once again celebrates community spirit through its cultivation of MacArthur Boulevard's green verges (thankfully without any issues of vandalism). Headed by longtime local resident **Susan Roberts**, the project continues to maintain the vibrant gardens and add new sections. With the help of regular volunteers, including **Scott Hoffman**, whose assistance with spring mulching and new plantings is invaluable, the committee has transformed the main street into a verdant thoroughfare. The CJCA, donations and a bake sale at this year's crab feast, all help to fund this ongoing project, as do its volunteers.

One of those volunteers, **Sarah Cahill**, has worked with the beautification committee since 2020. After meeting fellow volunteers, she was inspired to plant as many native plantings as possible, digging up several black-eyed Susans from her own garden and transplanting them to the roadside plots. "It's a lot of work, but I get so much back in return. I meet wonderful people who stop to chat, I get a chance to educate people on native plants and share seeds, and I am always surrounded by butterflies and bees." If you would like to help keep Cabin John beautiful, volunteers are always welcome. ~*vn*





These beautiful flowers adorn MacArthur Boulevard thanks to the hard work and dedication of the Cabin John Beautification Committee.

YELLOWS *Continued from pg. 14*

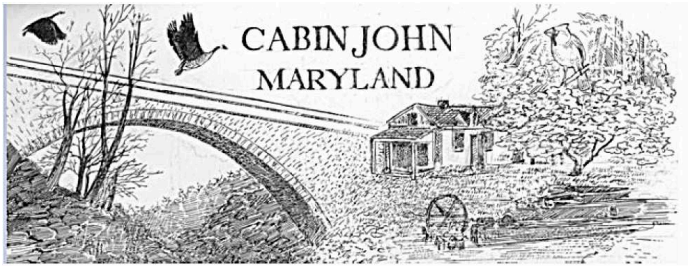
very diverse number of different pollinators, including moths, wasps, and many species of small native bees. Goldenrods can be difficult to identify as there are many species in our area. One of the tools that you can use to narrow your search is the citizen-science application, iNaturalist. There is a project in iNaturalist called "2024 Plants: Potomac Gorge, MD," at https://www.inaturalist.org/projects/2024-plants-potomac-gorge-md with over 10,000 observations. The most common goldenrod observations on this site include zigzag, early, elm-leaved, giant, and wrinkle-leaved goldenrods. Unsurprisingly, these are some of the easiest to identify goldenrods.

This is a great time of year to walk the canal, hike along the river, or grab your canoe and come and visit Minnie's. ~*vn*





[L-R] Lance-Leaf Coneflower, Native Bumblebees on Wingstem Plant, and Bear's Foot on Minnie's Island.



The Village News is a monthly newsletter published since 1967 by the Cabin John Citizens Association. Ten issues are published a year and mailed free to every household in Cabin John. Others may subscribe for $12 per year. Send news, articles, and letters to: VNeditorial@gmail.com. Send advertising inquiries and subscription requests to: VNbusinessmanager@gmail.com. Reach CJCA leadership at cjcapresidents@gmail.com. You can contact *The Village News* by mail at Village News, P.O. Box 31, Cabin John, MD 20818.

Volunteers who make *The Village News* possible:
Shelly McKenzie, editor; **Heidi Lewis**, layout designer (interim); and **Marcy Harrison**, business manager.

Regular contributors: Kelly Banuls, Sarah Craven, Rachel Donnan, Annemarie Economou Gormley, Burr Gray, Meredith Griggs, Heidi Lewis, Scott Lewis, Charlotte Troup Leighton, Joe Saliunas, and Susan Shipp. Illustrations by Trudy Nicholson.

NEXT ISSUE DEADLINE:
5pm, October 25, 2025
CJCA, P.O. Box 31, Cabin John, MD 20818

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Community Calendar

OCT	*All events at Clara Barton Neighborhood Rec Center unless otherwise noted*
18	Weed Control -- Minnie's Island
24	CJCA Meeting 7:30pm
26	Haunted House 4pm - 6pm
NOV	
4	Andrew Friedson Mtg. 7pm
16	Cemetery Cleanup 10am-1pm Morningstar Moses Cemetery

Save the Date
Turkey Trot
Nov. 27. 2025
10:00am

