



PUBLISHED SINCE 1948 FOR THE TOWN OF GLEN ECHO, MARYLAND ~ CHARTERED IN 1904 ~ NOVEMBER 2015

## TOWN COUNCIL NOTES

The Town Council meeting on October 12 was the shortest in many folks memory, lasting a mere 30 minutes, notwithstanding a standing-room-only crowd in the Town offices, most of whom were members of the Vassar Circle Residents group. All Council Members and the Mayor were present, and the meeting was called to order.

### Glen Echo Park Report

National Park Service representative Aaron LaRocca reported that the Clara Barton House closed October 3, and will remain closed approximately a year during renovations. During this time, the area of the parking lot referred to as the dogleg will be impacted. For the entire project, the parking spaces closest to the House will be closed. During the later stages of the project, the entrance road to the main parking lot, the small Clara Barton NHS parking lot, and areas of the flat lawn will be closed. There will be some large

equipment using Oxford Road. Park Service staff will continue to maintain the plantings around the House.

Renny Springuel brought up the dead tree at Oxford Road and the upper Park entrance; Mr. LaRocca will look into it. Council Member Long brought up the Glen Echo Park Partnership Agreement; the County is working on developing a framework for said agreement.

The NPS Superintendent will be hosting "town hall meetings," listening sessions with Q&A in the three major areas of the George Washington Parkway. Input from these meetings will be used in future strategic planning.

The nearest to Glen Echo will be at Cooper Middle School, 977 Balls Hill Road, McLean, Virginia, to be held December 1, 6:30–8:30 PM.

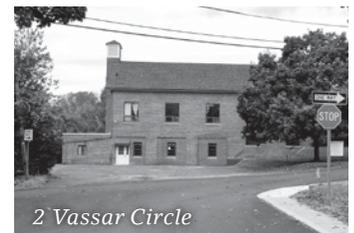
### Town Business

Council Member Stiglitz is arranging for a survey of Upper Wellesley Circle to establish the boundaries of the right of way there. Regarding town maintenance, the pothole on the side of the Town Hall has been fixed and paved, and bids are being collected for the repaving of the entire parking lot. Council Member Costello will be meeting with Mr. Cooley about repairing the Town sidewalks. As to the status of the Pepco plantings and the extra free trees, Mayor Beers indicated this would happen in October, but she hadn't been contacted by them yet.

### 2 Vassar Circle

Regarding the listing of the 2 Vassar Circle property as a commercial property,

developer Aaron Hirsch explained that he listed it as a church property on CoStar.com, the leading commercial property listing site, as well as on MRIS under their commercial section, again as a church. He further explained that even in residential neighborhoods, churches are bought, sold, and leased through commercial websites and databases. He is not promoting it for commercial use; commercial use



in residential areas is very restricted. It is not being represented as any kind of retail or commercial property. This listing is their back-up plan only; the 2 Vassar Circle LLC group is proceeding with their subdivision application, and are working on the clarification documents

# THE ECHO

Distributed free to Glen Echo residents. Subscriptions for non-residents: \$12 per year (to subscribe call Susan Grigsby, 301-229-7735). Copies of *The Echo* are on file at Little Falls Library. Also provided online at [www.glenecho.org](http://www.glenecho.org). Total circulation: 190.

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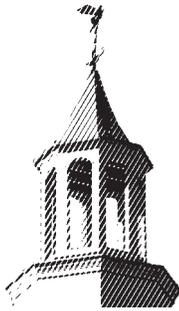
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Next Deadline: November 20, 2015

Letters to the editor are welcome. They must be signed. Articles for publication are also solicited. Please send comments about *The Echo* to the editor, the Mayor, or any Council Member. Volunteer reporters are always needed.



## TOWN OF GLEN ECHO

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Next Town Council Meeting: November 9, 2015, 8 PM

requested by the Town. Mr. Hirsch was meeting with his engineering firm the next day, and will hopefully get the document out soon.

Mayor Beers then brought up Leah Hertz' proposed sketch, presented to the Town Council before the meeting was officially called to order. Leah explained it as just one way of addressing the safety issues that the Vassar Circle residents brought up in their letter to the Planning Board; just an idea for the beginning of negotiation to address

these safety issues. A copy of Leah's proposal, which was put together by her and a few of her neighbors, was given to Mr. Hirsch.

The Mayor acknowledged that a new letter from Renny Springuel on behalf of the Vassar Circle residents comprised a rehash of previous concerns. Renny asked for clarification on how the situation has changed under Mr. Hirsch's new proposal: The Mayor stated this is to come in the clarification documents. She then expressed her concern that over the

## ONE MAN'S TRASH

**Y**ale Avenue artist Carol Barton had to unload her car of all items for the town-wide Saturday yard sale on Friday afternoon, so she could pick up her friends from Tasmania. Carol placed three brand new tables and all her things for the sale in front of Raya Bodnarchuk's house across from the Post Office. About 3 PM, the big green Waste Management truck came through, and the crew not only chucked everything into the hopper but also cycled the compressor.

Carol, who was still nearby, heard the truck, put two and two together, and ran after the crew. Alas, she was too late. Even the old cast iron

meat grinder (yard sale price: \$9) was mangled. There were about 18 boxes altogether that would have sold for several hundred dollars.

"You should have seen my face!" Carol said, describing the scene. "I couldn't believe it!"

But that's not quite the end of the story. Carol called up Waste Management and told them it wasn't one bit their fault—but asked if they could make it right. Waste Management gave her a case number, and if you read next month's *Echo*, we should know by then if Carol Barton's yard sale items ended up bringing in a dime or not.

—LELAND SCHWARTZ

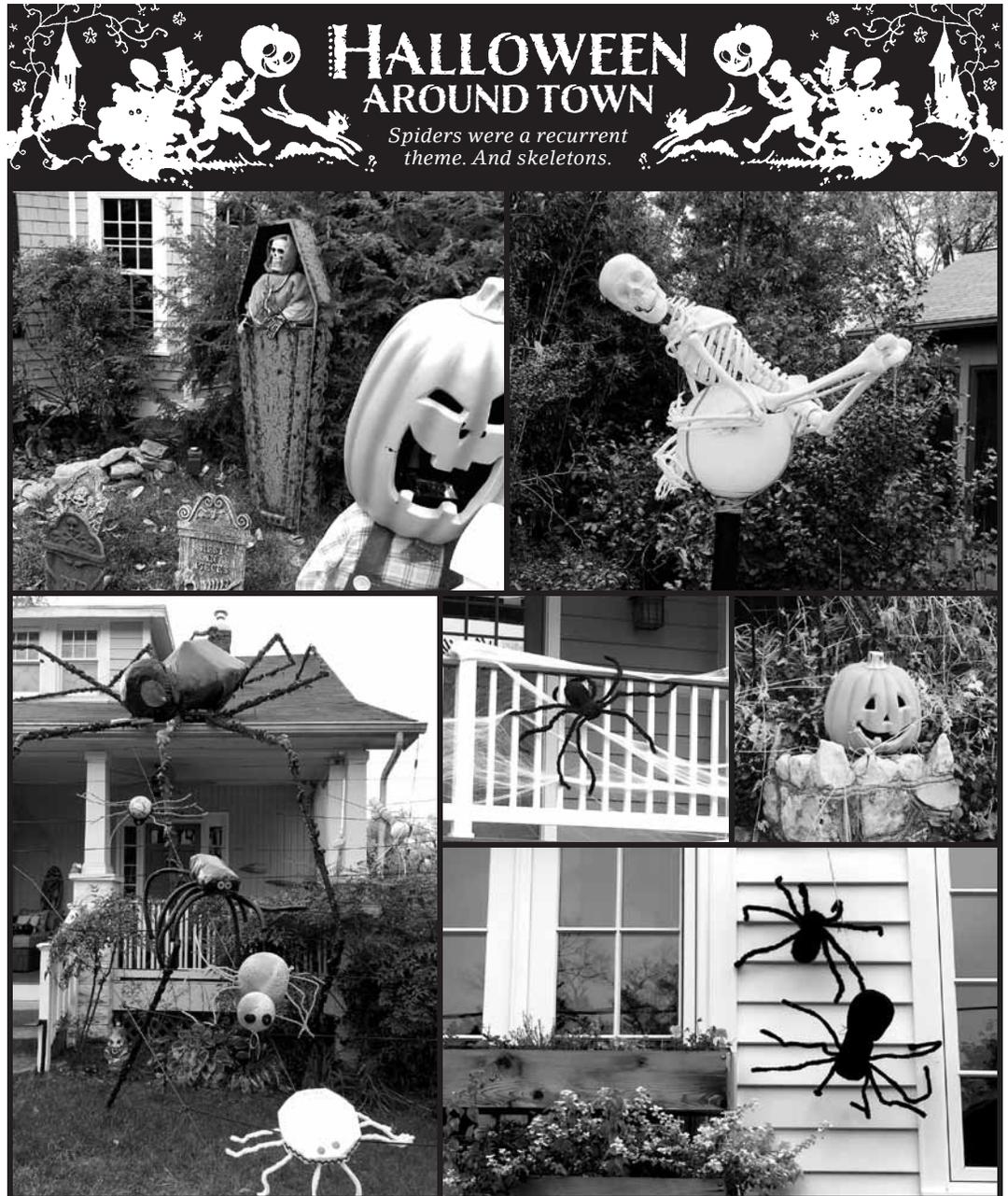
past year, while nothing has been accomplished, the property, especially the parking lot, is crumbling. In response, Renny brought up that it's really the long term issues which need to be addressed, like parking in Town. Regarding Vassar Circle and the additional cars that this development will bring, he asked if the Town Council was going to be ready to actively enforce the Town's No Parking restrictions. The Mayor acknowledged this is something which will have to be dealt with.

**Police Report**

From September 7 to October 5, off-duty police officers issued 6 citations and 23 warnings for failure to heed the stop sign on Oxford Road. The Town paid \$280 for these services.

**Town Expenses**

In September 2015, the Town paid \$2,800 to Charles Cooley Stonework, \$1,408 to Dennis Alexander (auditor), and \$1,258 to Chapel Valley Landscaping. —ELLEN LEARY



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## HOLLY IN THE IVY

I was horrified to witness the “Massacre on MacArthur” (as aptly described in the September *Echo*) that occurred recently when Pepco contractors came to Glen Echo and destroyed much of the plant life along the right of way. The right of way is a place of significance for Glen Echo residents because it provides an important visual buffer and boundary between our houses and MacArthur Boulevard.

These natural areas pro-

vide a green barrier that gives us a sense of being in our own world separated from the busy road, and a critical root system of plants that aid movement of water, anchor the soil, and decrease risk for flooding damage.

Those barrier plants help to clean the air, and our green spaces allow for wildlife corridors. Losing these important habitats lessens, not only our quality of life, but also the food and nectar sources,



nesting sites, and protection for birds and insects. Over twenty years ago, one of our residents wanted to “clean up” the right of way and in-

structed a contractor to remove all the undergrowth. I was disappointed when this happened. Spaces that are too neat and tidy lack

## LET'S GET PHYSICAL

The basic idea of strength training is simple: Pick up heavy things in different ways so the muscles in your body grow. You'll end up with stronger bones, you'll be less susceptible to injury, and your newly pumped-up muscles will “torch calories” (so say the magazines) even when you're sitting on the couch with a laptop, typing an article for *The Echo*.

But, man, strength training is the worst! Unless you're a commercial fisherman, you're probably not doing it at work. Your morning run or bike commute is great cardio but isn't building much muscle. And it rarely hap-

pens organically—you have to find heavy things to lift and commit to doing it often enough to make a difference. No. Fun. At. All.

But staring down a certain age and with a family predisposition to osteoporosis, I'm



finally getting serious about inserting this loathsome fitness activity into my life. So here I offer my checklist, partially investigated, of places to pick up heavy things (even if that heavy thing is my own body).

It probably goes without saying that all gyms have a lot of heavy objects for members to lift. I'm not a member of a gym and don't really want to join one, so I'm not including those options here.

Corepower Yoga in downtown Bethesda offers ashtanga-ish classes but adds in some free weights and strength poses. It's a far cry from yoga's spiritual origins—I felt a little silly holding five-pound weights

during a sun salutation, but I was plenty sore the next day. You can get a free week of yoga on the website.

Crossfit is fun. It changes every day, and the designers of the workouts of the day are highly creative—some may say sadistic. You might toss a medicine ball with a partner, then drop for some burpees, and end with a set of kettlebell swings, then go back and do it all again with more reps. The next workout will be something totally different. It's fun and competitive, but also expensive! The studio in Bethesda requires several pricey personal training sessions before you can even join, and the cheapest membership is around \$150 a month.

THE DISH



the wildlife value of what are known as “natural corridors.” They link patches of woodland, providing a kind of connectivity for animals.

Our own right of way is important because it provides connection between the woodland by the Cabin John Bridge along the bike path to the Glen Echo Park small woodland. Leaving some green spaces as hedgerows or green corridors has real value in preserving biodiversity and supports many beneficial organisms. Imagine looking down on the land and observing the green corridors that weave

together diverse habitats versus spaces that lack the lush beauty we once enjoyed and took for granted.

I suggest we let the borders of the right of way regrow. We can simply let plants come back on their own, though it would be helpful to remove the exotic invasive plants that come up, or we can assist the regrowth by planting small native trees, shrubs, and perennials to help make the regrowth rich and diverse. We cannot underestimate the critical role these corridors play in our everyday life here in Glen Echo. —**HOLLY SHIMIZU**



If you like classes, Next Phase fitness in Bethesda offers nothing else. There are several strength-focused classes like kettlebells (I have never been as sore as I was for days after my first kettlebell workout), Tabata (high-intensity intervals), ballet barre, and various sculpt and tone classes. Prices range from \$15 to \$20 per class depending on how many passes you purchase upfront.

For strength training with maximum flexibility and minimum cost, there’s an app for that—or probably hundreds of them. One option is a free app from Johnson and Johnson that includes the much-hyped seven-minute workout and

a few longer options that don’t require any special equipment.

And finally, if you’re really disciplined, there are countless options for doing all this at home, for free. Do squats while you brush your teeth, planks during commercials, lunges while waiting for your coffee to brew, yada yada yada. Challenge or collaborate with your neighbors—Dia Costello and I committed to a 30-day ab workout challenge last year, then quit after, um, fewer than 30 days. Maybe we will start a new Glen Echo fitness craze, throwing the medicine ball across Harvard Avenue.

—**ANGELA HIRSCH**  
TheEchoActive@gmail.com

Most hardcore Thanksgiving cooks—we do it every year and won’t ever give it up—stick to pretty much the same game plan each year. But if you are like me you hold open one or two spots for the influx of the new. It may be a vegetable side, a salad, a dessert, a cocktail. So this year I’d like to share a few of these that have been such hits that a one-time newbie is now a beloved favorite.

First up, an autumnal cocktail ... the **Aperol Spritz**. It’s not too stiff, not off-putting-ly fruity, super pretty and festive—and it brings the liquor drinkers and the wine drinkers together to give thanks to your grand idea. Here’s the bonus that makes it perfect for a hectic food holiday: It’s so simple you can write out the ingredients on a card and let your guests loose on the bar. One part Aperol—the orange-flavored aperitif—2 parts prosecco or cava, 1 part soda water, served over ice. Garnishes are orange slices and maraschino cherries.

Next ... before there was the raw kale salad, there was this **Raw Broccoli Salad**. Mix 4 cups chopped broccoli heads with ½ cup mayonnaise, ½ cup raisins

plumped in boiling water, 2 Tbsp apple cider vinegar, 8 strips crunchy bacon, chopped, ¼ cup chopped onion, 2 Tbsp sugar, and a chopped apple. Its seal of approval? Last year a teenager at our meal asked for seconds of the bacon salad. It’s salty, sweet, and crunchy, and the broccoli brings

a much needed fresh greenness to the otherwise butter-heavy table.

For a pie, which takes, er, the cake, each year, I turn to the **Salted Caramel Pie**. I grabbed this from *Food & Wine* several years ago, so you can find the recipe easily on their website. It’s a graham cracker crust, with a filler of caramel made from sweet condensed milk baked for a couple hours, with a whipped

cream topping. Sea salt sprinkled in here and there. This pie looks and tastes like way more effort than it actually is. Plus you can make the crust and filling up to five days ahead. Check that one off your list early!

The vegetable side is the slot I keep open for newcomers, so if anyone has an ace dish that I must add to my table, shoot me an email. I hope these recipes will get you excited for Thanksgiving too. Enjoy the holiday everyone! —**EMILY PARSONS**





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One of the Town's speediest real estate transactions resulted from the mid-summer departure of Jim Ford and Beth Rockwell of 7300 University, and the almost instantaneous move-in of the Sax family—Vanessa, Kasey, Chloe (5 years old, a kindergartner at Bannockburn ES), Emma (17 months, enrolled in the Goddard School on Goldsboro), and Hilo, the family mutt. Vanessa reports being overwhelmed by the outpouring of welcomes from neighbors, in the form of baked goods, wine, and offers of babysitting.

The family first looked for a house in Glen Echo back in 2007, before the birth of their two children. They chanced upon an Open House sign for the University Avenue house, and after a quick walk through, decided (without the benefit of a realtor) to make an offer for the house. They had lived in Reston for seven years, but observed that the neighbors made no special effort to reach out to each other. Said Vanessa:

## NEW TO TOWN

"You can tell that Glen Echo residents care and take pride in their ownership."

Glen Echo appealed to them in part because of its quaintness but also because it is well located for commuting to their jobs. Vanessa works in Chevy Chase for Zuckerman Gravely Management, Inc., in commercial property leasing. Raised in Long Island, she has a political science degree from Drew University. Her first job in Washington, DC, was in launching programs for the Sixth and I Historic Synagogue, as events coordinator. She created the "Sixth in the City" program for unaffiliated 20-something Jews in DC. After 18 months at that job, she was recruited by one of the synagogue's contractors to be his assistant; she has worked at Zuckerman Gravely for ten years, having been promoted to her current position as Director of Leasing.

Vanessa and Kasey met while playing on a softball team connected to DC's Jewish Community Center. A California transplant, he earned degrees from UCLA and the Hastings College of Law. Earlier, he worked in intellectual property and media law, including seven years at AOL, but since June has been NASDAQ's in-house counsel, a commercial transactions attorney, commuting to the Kings Farm area of Rockville. Small world that it is, upon buying the house, Kasey learned that his NASDAQ colleague, Speke Wilson, lives down the street.

Their Reston house received two bids within one week after being listed and sold very quickly. They had very little time to prepare their house for moving, in the process donating piles

of "stuff" and condensing all move-related tasks into one month. (Vanessa swears that "we'll never move again," a sentiment well known to anyone who has acquired a shocking amount of "stuff.") Fortunately, Jim and Beth left the Glen Echo



house in move-in condition, so the only task was to paint rooms to their color preferences. Inherited from the prior owners were the skeleton and coffin

that annually decorated the Ford/Rockwell house on Halloween, scaring/amusing local children.

The Saxes would welcome suggestions from Townies for swim programs for their children, as well as a reform synagogue to join. (Vanessa's sister is a rabbi at Adas Israel and lives with her family in Takoma Park.) Welcome to the Sax family for many happy years in Glen Echo. —GLORIA LEVIN

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# HAVE YOU HEARD?



7317 Harvard Avenue now ...

The Annex, home to **Aaron and Angela Hirsch** and their children, at 7317 Harvard Avenue, is the recipient of a Merit Prize for a Historically Sensitive Renovation over \$300,000 by *Remodeling Magazine*. The adaptive reuse, completed in 2014, was the handiwork of DC-based Broadhurst Architects and Glen Echo's own **McFarland Woods**. Since current zoning laws prohibited building a new structure of the same size in its place—a new building could only be half the size of the original—the team opted to renovate the 110-year-old Baptist Church Annex.

In order to make the space livable, major renovations



... and then

were needed. The wood frame was repaired and restored, structural insulated panels were installed over new trusses to simulate the originals, and new windows, doors, and exterior siding were added. Dramatic changes also were made to both the upper and lower-level floor plans. On the first floor, the church hall, sanctuary, classroom, and offices were restructured to become an entry foyer, home office, kitchen, dining area, and family room. The

lower level was transformed from Sunday school classrooms and a kitchen with low ceilings to an open, airy living space with plenty of natural light, four bedrooms, and a laundry room.

## Eistophos Science Club

invites all to attend their November 13 meeting at the Glen Echo Town Hall at 1 PM. Sue Flatow will be speaking on Antimicrobial Effects of Phage and Ginnie Brickwedde will speak on Autism and How it Changes. Tea will follow the meeting. From its early roots over 100 years ago in the woman's suffrage movement, Eistophos has attracted those interested in science, encouraging them to expand and grow. Starting with its members' papers being published for the Chicago Worlds Fair, it was initially an auxiliary of the National Science Club, but, by 1893, it broke off, calling itself Eistophos Science Club of Washington DC.

**Denise Fort** of Oberlin Avenue is the recipient of

the 2015 Five Star Wealth Manager Award by Five Star Professional. Denise is a financial advisor with Ameriprise Private Wealth Advisory Practice.

**Michael Bobbitt**, Wellesley Circle resident and Artistic Director of Adventure Theatre MTC was named the winner of the 2015 Gelman Rosenberg and Freedman Excellence in Chief Executive Leadership (EXCEL) Award from the Center for Nonprofit Management, which recognizes outstanding leadership in DC-area nonprofits. In Michael's eight years at ATMTC, it has grown from a volunteer-run community theater to a nationally recognized children's theater.



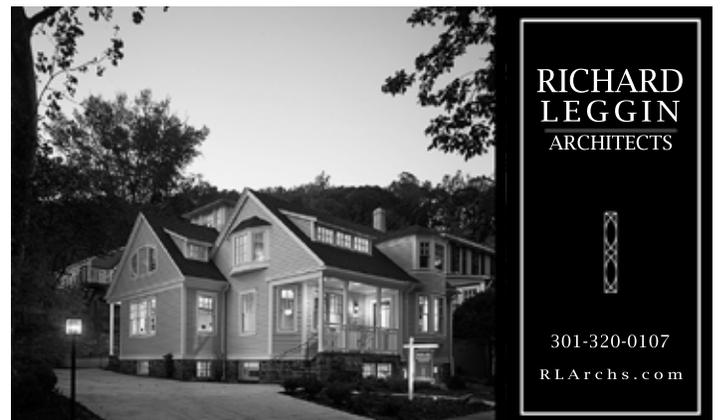
On October 6, the Montgomery County Council passed an amended **Healthy Lawns Bill**. This makes us the first County and the largest jurisdiction in the country to restrict the non-essential

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use of harmful pesticides on lawns. The bill was backed by overwhelming support from residents, health professionals, watershed groups, as well as over 40 local organizations and businesses. Damage to the Chesapeake Bay caused by lawn products has been well documented as have the negative human impacts especially for people with asthma, chemical sensitivities, cancer, and for pets.

The passing of this bill represents an impressive effort and its impact will help to keep our rivers and creeks cleaner and the residents healthier. To keep the momentum, municipalities within the County need to demonstrate their support for the bill—as in, the Town

of Glen Echo should write a letter in favor.

.....

Chris Hughes, owner of **The Irish Inn**, has bought Benny's Bar and Grill at the Cabin John Shopping Center in Potomac. He plans to open his new restaurant—an Irish pub with a menu similar to his popular Glen Echo spot—in January.

**Real Estate Report**

The new house at 37 Wellesley Circle remains on the market at \$1,649,000, but Carlotta Anderson's place across the street at 38 Wellesley is now under contract. Also, listed for sale right now as a commercial property is 2 Vassar Circle for \$1,485,000.

**THEY SAY IT'S YOUR BIRTHDAY!**

- Nov. 3, **Cecily McArdle**, 13
- Nov. 18, **Kate Dobson**, 7
- Nov. 19, **Cristina Hooper**, 5
- Nov. 19, **Caroline Koonce**, 6
- Nov. 29, **Magdalena Castro**, 12

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**GOINGS ON**

**Glen Echo Town Hall Events**

FSGW English Country Dance, Wednesdays, **Nov. 4, 11, 18, 25** 8–10:30 PM, free to town residents

**November 13** 1 PM, Eistophos Science Club meets, open to all



**Local Events**

**November 2** 10–11:30 AM, Bannockburn Nursery open house for 2016–17 school year

**November 8** 11 AM–4 PM, the annual Bannockburn Craft Show at the Bannockburn Clubhouse

**November 8** 1–3 PM, Free tour of the Seven Locks of the C&O Canal and lockhouse 10 led by local author Judy Welles; RSVP: [Judywelles@verizon.net](mailto:Judywelles@verizon.net)

**November 20** Tom Helf's band Cravin' Dogs at the Takoma Park Veterans of Foreign Wars Post 350; they play two sets starting at 9 PM

**Glen Echo Park Activities**

**The Puppet Co.**

[www.thepuppetco.org](http://www.thepuppetco.org); 301-634-5380

**Aladdin (and his Wonderful Lamp)**, through Nov. 20

**Tiny Tots**, select Weds, Sats, and Sundays at 10AM

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THE EPISCOPAL  
CHURCH OF THE REDEEMER  
BETHESDA, MARYLAND

*O worship the LORD in the beauty of holiness; let the whole earth stand in awe of him.*

■ SUNDAY MORNING SCHEDULE

Holy Eucharist	8:00 a.m.
Adult Forum and Bible Study	9:15 a.m.
Nursery Care	9:15 a.m.
Choral Eucharist	10:30 a.m.
Church School for All Ages	10:30 a.m.

■ UPCOMING SPECIAL EVENTS

Sunday, November 1, at 5:00 p.m.  
Choral Requiem Mass for the Feast of All Souls

Monday, November 2, at 7:30 p.m.  
Taizé Service & Healing Rite

Thursday, November 26, at 9:30 a.m.  
A Service of Thanksgiving with Holy Eucharist

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