## Glover Park

## Gazette

The Monthly Newsletter of the Glover Park Citizens' Association



## Glover Park Day Turns 24! Come Celebrate with Your Neighbors and Enjoy Live Music, Food, Crafts, and More!

Cheri Meyer

he 24<sup>th</sup> annual Glover Park Day will be held on June 1, 2013, 11 a.m.–5 p.m. on the grounds of the Guy Mason Recreation Center. This is our yearly festival to welcome summer, enjoy greeting our neighbors, and celebrate Glover Park. We will dance to some great live bands, eat ourselves silly, shop for the perfect gift and, perhaps, sign on to join a community service group. Don't miss it!

Glover Park Day 2013 will include all of the great activities we look forward to each year, including great food from local restaurants such as Rocklands Barbeque, Shanghai Lounge, and Old Europe; a variety of crafters showing off handcrafted jewelry, soaps, candles, and toys; local businesses including Lil Omm Yoga, Balance Gym, and Savoy Suites; and community groups such as Glover Park Village, Kiwanis, and St. Luke's Shelter.

But, as they say on late-night TV ads, that's not all. Glover Park Day will include the popular flea market, a dog obstacle course, the Guy Mason Studio Arts artists showing off their handcrafted wares, prize drawings throughout the day, including several grand prizes, and, of course, the annual signature Glover Park Day t-shirt. And for the first time, we will have an ice cream truck selling all of your favorite ice cream treats.

Don't forget to bring the kids! In addition to the great play area at Guy Mason, there will be lots of activities for kids, including face painting, the balloon blaster, moon bounce, and a chance to climb all over a real fire truck.

It wouldn't be Glover Park Day without great live music. The 2013 musical line-up is: The Drive-In at 11:00 a.m., The Top Tones at 12:15 p.m., BoxCartel at 1:30 p.m., The Unforgiven at 2.45 p.m., and Etouffe at 4:00 p.m.

Glover Park Day is a big undertaking and we need all the community help and support we can get. If you would like to participate as a volunteer, vendor, crafter, sponsor, community organization, or in any other capacity, please contact Cheri Meyer at clmeyer202@yahoo.com or Amanda Gant at amanda.gant@gmail.com.

Glover Park Day is cosponsored by the Glover Park Citizens' Association and the DC Department of Parks and Recreation. For more information on Glover Park Day activities, visit www.gloverparkday.org.

We look forward to seeing you on Saturday, June 1, 2013 at Glover Park Day #24!



Saturday, June 1, 2013 11:00 a.m. – 5:00 p.m. Guy Mason Recreation Center

#### Join In • Make a Difference Participate • Get Involved • Engage

#### **Elected Officers of the Glover Park Citizens' Association (GPCA)**

PresidentSheila Meehan (president@gpcadc.org)1st Vice PresidentMelissa Lane (1stvicepresident@gpcadc.org)2nd Vice PresidentAllen Tomlinson (2ndvicepresident@gpcadc.org)

Treasurer Cheri Meyer (treasurer@gpcadc.org)

Secretary Jarrett Ferrier (secretary@gpcadc.org)

Sergeant at Arms Jack Everett (sergeantatarms@gpcadc.org)

Federation Reps Patricia Clark, Frank Martorana, and

Karen Sprecher-Keating

Membership Director Allen Tomlinson (membership@gpcadc.org)

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Responsible letters to the editor will be published as space allows.

What's new in Glover Park? Check us out on both Facebook and Twitter!

Visit www.gpcadc.org to keep up with community news!

## Glover Park **Gazette**

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## If you love living in Glover Park, get involved!

Join the Glover Park Citizens' Association today!

**G**enerously support the group that takes care of your neighborhood.

**P**reserve the family-friendly quality of our community.

**C**ommunicate your ideas to improve your neighborhood.

**A**ct locally to get things done.

#### Membership fees

| Single                           | O | \$20 |          |
|----------------------------------|---|------|----------|
| Double                           | 0 | \$35 |          |
| Senior                           | 0 | \$15 |          |
| Former/absent resident (no vote) | 0 | \$20 | Name(s)  |
| Business/corporation (no vote)   | 0 | \$75 | warre(s) |
| Donation                         | 0 | \$   | Address  |

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Return form and fee to GPCA, P.O. Box 32268, Washington, DC 20007

Make check payable to GPCA.

Glover Park Gazette

### President's Report

## Thank You, Thank You...

Sheila Meehan

he budget year for the Glover Park Citizens' Association (GPCA) runs from January to December, but its work year is much closer to a school year—September through Glover Park Day in June.

May 7 marked the last meeting of the 2012–13 year and on behalf of our officers, I'd like to thank our members for their support, ideas, and guidance throughout the year. It's been an honor and a pleasure to serve.

On a personal note, I'd like to thank my colleagues for being so generous in sharing their knowledge and experience. Jarrett Ferrier (Secretary) and Jack Everett (Sergeant of Arms) are past presidents of the GPCA with decades of experience in neighborhood matters and lots of good humor to boot! I am convinced that Melissa Lane (1st Vice President and a past ANC member) knows everything about Glover Park and everyone in it; I could not have asked for wiser counsel. Allen Tomlinson (2nd Vice President) brought extensive knowledge of the *Gazette*'s financing and advertisers and fresh ideas on member-

ship renewals and benefits—we are only just beginning to reap the benefits of his work. And last, and absolutely not least, Cheri Meyer now does double duty: expertly crunching numbers as Treasurer and cochairing (with Amanda Gant) Glover Park Day. How Cheri does all of this plus a demanding day job, I have no idea.

The Gazette Crew. A newsletter like ours requires lots of effort from lots of folks. Carol Ryder assumed the editorship in September and hit the ground running, injecting new energy and ideas. She also cajoled her journalist husband, Randy Rieland, to contribute most of the polished cover stories you've enjoyed this year. Nora Korc continues to do wonders with the layout and design, as well as overseeing the technical requirements of our ads. Maggie Simpson, for a second year running, has chased up advertisers and contributed one herself. Both Carol and Maggie will be leaving in June and will be greatly missed.

The *Gazette* is blessed with terrific contributors, supportive advertisers, and, perhaps

least heralded, an amazing distribution team headed by Dick and Elaine Sullivan. We could not continue the *Gazette* if we had to mail it, so a big, big thank you to all the volunteers (from middle schoolers to 90-year-olds) who dutifully pick up their stack of *Gazettes* each month and drop them on your doorstep.

More shout-outs. Closing up shop for the summer gives you a moment to look around and marvel at the neighbors who contribute more than their share to the community: Joe Fiorillo, the go-to guy who is currently at work on Glover Park Day; the ANC, which has been out front on transportation needs, noise issues, and needed repairs—most recently the steps up to the park at 39th Street (see page 15); the many, many Glover Park Village volunteers, who have made a real difference in the neighborhood; and Mitch Wander, who somehow finds time to serve as listsery and Twitter moderator and as an incredible resource on city matters.

Thank you all and see you in September! Have a wonderful summer.

## Stoddert, Glover Park's Gem of a School, Wraps Up a Great Year Patricia Pride, Principal

s I look back on the year I feel blessed, happy, and am in wondrous awe of the work completed by our children and teachers with overwhelming support of the parents and community members since I walked through the doors this past August.

Teachers and Students Working Together. With continued focus on the National Common Core State Standards in English and Math, teachers diligently focused on closing the achievement gap while motivating and teaching all our students to achieve personal bests at and above their grade levels. Teachers also took the year to test-drive multiple math curricula in an effort to select a schoolwide program that will support vertical articulation from pre-K to 5th grade.

Along with hard work in the classroom, students participated in academic programs outside the classroom. We learned about the countries of Norway and Egypt through the Embassy Adoption Program, represented Stoddert at the District Spelling Bee, honed our math skills using First In Math, and wrote for our local papers, just to name a few.

Teachers have strengthened their skills with training in different areas, including courses offered by the Library of Congress and the Botanical Gardens, along with district initiatives around reading and math. So not only have our students been learning and working hard, so have our teachers. We are never done learning.

Community and Students Working
Together. Community connections make the
difference and enrich us all, young and old,
at Stoddert. Many community members and
businesses have offered that extra bit of energy
to give our students and staff not only support
but perspective in the grand experiment we

call life.

We had everyone from college students helping on beautification day and organizing the newly purchased library books to our retired friends being reading buddies, pulling weeds, and hauling mulch. Businesses have supported with donations of everything from cupcakes to compost. On any given day, there are at least two to three non-parents supporting our students and school.

Families and Students Working
Together. Where would we be without the
extraordinary support of our families? From
reading to your children before bedtime to
coordinating the Big Chili, everything you do
helps motivate and move your child and the

school. From funding benches to professional development, your efforts are felt by everyone in the building. A true gift that touched every student and staff member was the funding of our part-time library position this year. Knowing our PTA will step in when District funds fall short makes Stoddert a special place to learn and work.

Having always been a working mother, I felt as if I was never doing enough to support my children's schools if I didn't chair a committee or be a member of a board. It took a principal at one of those schools to tell me that sending my boys to school motivated to learn and on time was the best support teachers could ask for. My yearly volunteer day at the book fair and chaperoning one field trip for each of my kids helped me stop feeling as if my efforts were minimal. So I pass on this message to our families because you all do more than we could ever expect in support of your students' education. Stoddert has always had a tradition of parent involvement at all levels. Please know that every effort is deeply appreciated!

With teachers, community, and families, we have all worked together to make it a great year at Stoddert!

ANC 3B News

## May Meeting Covers Max's, Streetscape, Bus Route Changes

#### Brian Cohen

ohn Snedden, owner of Rocklands, came to the May ANC 3B meeting to answer questions and hear from community members about his pending expansion plans. John heard loud and clear the concerns of community members about his expansion into Max Keshani's space, and the community's desire for a win-win solution that allows Max to at least stay in his store through this summer. At our June meeting, ANC 3B will be inviting the Bassin family, the owners of the building that houses Max's Best Ice Cream and Rocklands, to hear their views on how Max lost his lease and what they would be willing to do to help him stay in business.

DDOT and WMATA officials attended to finally help us resolve a long-standing problem—the buses that idle in front of Stoddert Elementary on school mornings, creating a dangerous environment for kids walking to and from school. In response to DDOT's recommendations, ANC 3B passed a resolution calling for a new D1 bus idling zone near the Russian Embassy (that would also serve as a new boarding point for D1 passengers) and to eliminate one redundant bus stop, at 39th Street and Davis Place.

We got the latest news on the 37<sup>th</sup> and Tunlaw intersection work, which is about the same as last month's news: sometime

#### **Your ANC Members**

Joe Fiorillo, 3B-01, North Glover Park GSCMFiorillo@aol.com, 342-0225

Jackie Blumenthal, 3B-02, East Glover Park Jackieblumenthal@aol.com, 333-7488

Charles Fulwood, 3B-03, West Glover Park cfulwood@mediavisionusa.net, 338-9484

Mary Young, 3B-04, Cathedral Heights mcy65@rcn.com, 895-0268

Brian Cohen, 3B-05, South Glover Park brian.a.cohen@gmail.com, 337-0134

Visit ANC 3B: www.anc3b.org or e-mail at info@anc3b.org

relatively soon, we will see construction on the project begin, but we don't have an exact date. Construction will last for about a month, and be prepared: it will cause a big traffic mess for a few weeks, including a two-week detour of northbound traffic from 37th Street to Wisconsin Avenue. The detour will not affect D2 buses

We heard an update on the Mason Inn roof deck application, which ANC3B, GPCA, a group of 19 near-neighbors, and ANC3C all

protested. A settlement agreement is in the works, which should be worked out before you read this, and pending approval of the agreement, will allow Mason Inn to proceed with building the deck. Basic agreement has been reached to set roof deck closing times at 11:30 p.m. Sunday through Wednesday and midnight on Thursday through Saturday; to allow no music or speakers of any kind; three TVs will be allowed but only on mute and turned off by 10 p.m.; and a wall as high as the roof line of the homes behind Mason Inn will also be constructed to wrap around the entire deck area. The material that the wall is to be made of is the only point of contention as the Gazette goes to print.

We passed a resolution supporting the efforts of Dumbarton Oaks Park (the area open free to the public) to raise funds for preservation and restoration work, approved a grant request from Healthy Living, Inc., and approved funding for work on Cathedral Heights history. If you enjoy Carlton Fletcher's great website on our community's history, www.gloverparkhistory.com, you'll enjoy the additions that will soon include information on Cathedral Heights.

The next ANC 3B meeting will be June 13, 2013, 7 p.m. at Stoddert. The agenda will be posted on the ANC website, www.anc3b.org.

## Stoddert's Big Chili Heats Up the Night

**Nick Jacobs** 

While official Washington was at the White House Correspondents' dinner a couple of weeks ago, the real epicenter of Washington could be found over in Median Hill at the Josephine Butler House, as it played host to the Stoddert Elementary School Big Chili fundraiser.

An overwhelming success, this year's Big Chili boasted a number of unique features, all of which helped distinguish it from years past and set the bar quite high for the future. Resplendent in a tuxedo with a brightly colored bow tie and cummerbund, parent Tom Strike conducted a live auction where the real prizes of the evening, the art projects created by each class, were the object

of some very intense bidding. Also featured in the live auction were several big-ticket items such as an African photo safari and a week at a house in France. Following tradition, the Stoddert Wine Cellar, made up of bottles of wine contributed by the parents in attendance, was also a hot item, and the winner went home with well over three dozen bottles of wine.



Also adding to the success of the evening was the open bar, generously underwritten by Stoddert mom and Merrill Lynch Senior Vice President of Wealth Management Pamela Wise.

Overall, according to 2013 Big Chili Chairperson Karen Landes, the event grossed more than \$37,000, which will help support the Stoddert Parent-Teacher Association in its activities, including sprucing up the landscaping around the school playground to benefit both the school and the neighborhood, as well as grants to each of the teachers to purchase additional school supplies and materials at the beginning of next school year.

### Glover Park History

## **Emancipation**

Carlton Fletcher

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Then slaves in the District of Columbia were freed in 1862, Henry Kengla, the unmarried butcher who lived at what is now the intersection of Tunlaw Road and Benton Street, filed for government compensation for the loss of Peter Warring, Nathan Brooks, and Rebecca Brisco and her six children, all of whom had hitherto been-"by reason of African descent and acquired title"—his property.

## **Glover Park History** is online at gloverparkhistory.com!

Check out A Brief History of Glover Park for the guick tour.

Have memories and photographs to share? Click on Glover Park for Neighborhood Images, Family Album, and Oral History and Reminiscences.

E-mail carlton@gloverparkhistory.com

## June at the Georgetown Library

#### Summer Reading, June through August

The DC Public Library System celebrates Summer Reading. There will be special kick-offs, contests, prices, and more. Please check our website, dclibrary.org, to find out about the different programs. This year's themes are:

Children-Dig Into Reading Teens-Beneath the Surface Adults-Groundbreaking Reads

#### Knit & Lit Club, Saturday, June 4, 3-5 p.m.

Michael Price offers knitting and crochet assistance to newbies. So if you have a project on hold, and wish to get started on it, bring it along.

#### The Federal Poets, Saturday June 8, 3-5 p.m.

The oldest continuously active poetry group in the DC area partners with the Georgetown Neighborhood Library to offer poetry readings. Please join us to support and enjoy our local poets.

#### Tuesday Evening Film Series, 6 p.m.

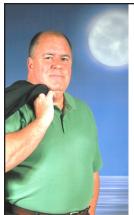
We will be screening films from the Global Film Initiative, which promotes cross-cultural understanding through the medium of cinema. Enjoy films from non-Western and developing countries.

#### **Programs for Children**

Many ongoing children's programs are offered weekdays except Fridays. Programs are for toddlers, preschool children, and for older children. Check our website for dates and times.

Georgetown Neighborhood Library is at 3260 R St. NW (just off Wisconsin Avenue).

For information, call 202-727-0232 or dclibrary.org/Georgetown.



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CHRISTIE'S







## Max: 'This Has Meant So Much to Us'

Randy Rieland



Max sits in front of photos of children who have enjoyed his ice cream.

n one side of Max's Best Ice Cream store, taped to the wall, is a collection of posters, lettered in brightly colored markers. They read "Max's Is Part of Glover Park," or "Max's Ice Cream Should Stay," messages delivered in person by a delegation of students from Stoddert in early May.

On the other side, are thousands of photos of kids who stopped by years ago, back in the early to mid-1990s before Max Keshani and his wife Marsha, ran out of room on their "Wall of Fame." The kids in those photos are all grown now, but the images, frozen in time as kids eating ice cream, have become a sentimental constant in an alwayschanging neighborhood. But now they too may be going away. As detailed in Commercial Strip Confidential (page 8), Max was notified in early May that his lease will not be renewed and that he will have to vacate the premises by the end of June. The space will be taken over by Max's next-door neighbor Rocklands, which has long wanted to expand.

Max has already been contacted about a handful of other possible spaces, including one just down Wisconsin Avenue where the Tennis Zone is now located. But, for now at least, he says he has no interest in moving to another location. His connection to his current store is deeply personal. It's where he and Marsha built their business over the past 20 years, where his daughter Neda spent much of her childhood.

And two years ago, when Marsha was dying of cancer, she told Max that he needed to keep the store going. Max wondered if he'd be able to do it; Marsha had always handled the business side of things.

"But she told me, when she was in the hospital, that I would be able to do it, that I would do well," Max remembers.

For now, there's no indication that Max will be able to work out a deal to hold on to his space. Rocklands' owner John Snedden has said he'd be willing to delay the start of his new lease to allow Max to at least stay open through the summer. But that ultimately would be up to the landlords, sisters Gail and Barbara Bassin.

For his part, Max isn't appreciative of the offer of a few more months in business. This isn't the way Max's was supposed to end. He imagined his grandson Mason, still a baby, one day playing in the store with other kids. Max, now 69, says he had no intention of retiring, which is what Snedden has said he had heard from the landlords. "I never told anyone I was going to retire," Max insists. "Never."

No matter what happens, Max says he will never forget the response from the Glover Park community during the past few weeks—the Save Max's Best Ice Cream Facebook page, the #SaveMaxs hashtag on Twitter, the flood of support on the Glover Park listserv, the people dropping by and asking if there's anything they can do to help.

"This has meant so much to us," he said. "This is why we've given so much of our lives to Glover Park."

## **Daphne Henry Remembered**

A plaque remembering Daphne V. Henry (1963-2007) was placed in front of her memorial tree in April 2013. Daphne was a long-time Glover Parker, daughter of Sophia Henry and sister of Ariadne Henry. She attended Stoddert, Hardy, Wilson, and School Without Walls. Daphne and husband Tym Schelling lived in the neighborhood. Known for her sharp tongue and kind heart, Daphne was loved for her many kind deeds by both friends and strangers. Daphne's tree and plaque are located at Guy Mason Recreation Center on the Calvert Street side. The plaque was paid for through funds donated to the Glover Park Citizens' Association.









## Where Am I?

Deena Loeffler

ello neighbors! This month I'm sharing with you a few details that caught my eye during my daily walks through Glover Park. As we gain hours of sunlight and move towards summer, perhaps you will notice some details, too.

Our first mystery can be found by a very popular neighborhood spot. You may have walked by this commonplace object on your way to catch a bus, watch some youth soccer, or participate in a softball game.

Our second mystery is located at one of the lower elevations in our neighborhood; this spot is especially busy in the summer. You may have enjoyed the object depicted in the photo while taking a break from weeding or after a long walk under tall trees.

Our third mystery marks the beginning of a memorial to a certain group of people,

and can be seen near our neighborhood voting precinct. Look for it when you go to Glover Park Day on June 1 (my birthday).

Good luck guessing and I'll be back after the summer break!

Our mystery photo boundaries are: Glover-Archbold Trail to the west, Fulton Street to the north, Naval Observatory to the east and Jelleff Rec Center/Social Safeway/ Hardy Middle School/Whitehaven Parkway to the south.

#### Answers to May 2013's Where Am I?

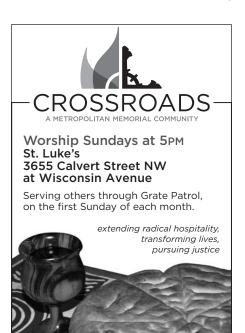
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- 2. Georgetown Plaza, 2233 Wisconsin Ave., NW
- 3. Columbia Mirror & Glass of Georgetown, Inc., 2212 Wisconsin Ave., NW







9



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### Commercial Strip Confidential

## Max's Best Ice Cream Loses Lease

#### Margaret Guroff

n early May, Glover Parkers undertook a frenzied effort to save the shop of beloved ice cream icon Mahmood "Max" Keshani, who on May 3 received written notice that his lease for Max's Best Ice Cream (2416 Wisconsin Ave.) would end on June 30. Keshani had taken over the lease 20 years earlier, shortly after it was negotiated by his predecessor in the storefront, an ice cream shop called Bob's.

Angry neighbors called for pickets of the landlords and boycotts of next-door neighbor **Rocklands Barbeque** (2418 Wisconsin Ave.), which announced that it would expand into the vacated Max's space. There was a Facebook page, a Twitter hashtag (#SaveMaxs), and a torrent of impassioned posts on two neighborhood Yahoo newsgroups. At the center of the frenzy was Keshani himself, who openly blamed Rocklands owner John Snedden for his troubles. But the case for Rocklands' culpability is not at all clear.

According to Keshani, the property manager earlier offered him a 33 percent rent increase that he declined. Keshani wanted to negotiate, but the landlords, sisters Gail and Barbara Bassin—who also own the Rocklands property—evidently did not. Property manager Raymond Ruppert, Jr., told us that Keshani was informed verbally last fall that his lease would not be renewed. Keshani, however, did not get that message, and laid in supplies for an entire summer ice cream season, expecting to eventually strike a bargain on a lower rent. Last week's notice to vacate came as a shock, Keshani says.

During the past year, Snedden kept up a 20-year habit of expressing interest in leasing the Max's space, should it ever come open. Snedden tells us that the property manager approached him this spring with a lease opportunity, and he accepted. Until last weekend's brouhaha, he says, he thought Max was retiring voluntarily. (Rocklands, another locally owned business, started in its Glover Park location 22 years ago and has since added three other stores in the area.) Critics say that Snedden's willingness to rent the Max's space empowered the landlords to break ties with Keshani. But at May's Glover Park Citizens' Association meeting it was revealed that the landlords had also lined up a backup tenant for the space in case Rocklands didn't rent it, according to a woman who attended the meeting.

Snedden, for his part, says that he is sorry to see Max's go, but he has a signed lease on 2416 Wisconsin that he cannot back out of without cost. Nor does his lease allow him to sublet to anyone else. Snedden says he has told the property manager that he is willing to delay the start date of his lease, should the landlords choose to allow Keshani to remain in the building. But Snedden adds that he doesn't know whether the landlords will want to forge such a deal. The Bassins did not respond to numerous requests for comment.

Due to media coverage of the lost lease, Keshani has heard from landlords all over town with offers of vacant space, he says. Remy Esquenet, who owns 2319 Wisconsin Ave., confirmed to us that he had reached out to Keshani as a possible second tenant for that building, which currently houses **Tennis Zone**. Some supporters have expressed willingness to contribute to a Kickstarter campaign to help Keshani with the expenses of relocating, but Keshani says he will either stay put or close. He bought the ice cream business with wife Marsha 20 years ago, and after Marsha's death from cancer in 2011, he has no interest in moving out of the building they shared, even if only across the street. "This was my birthplace to begin with, and it will be my last grave," he says. "My wife dedicated her life here. I don't want to go anyplace else. If this is not going to work out, hey, God meant a different life for me."

**Arcuri** will open the first week of June, according to co-owner Alan Hiltebeitel. The Venice-style trattoria is taking over the former **Kavanagh's Pizza Pub** space at 2400 Wisconsin Ave. "We'll certainly be at Glover Park Day" on June 1 with pizza, Hiltebeitel adds.

\*

Construction delays have pushed the reopening of **JP's Night Club** (2412 Wisconsin Ave.) into June, says managing partner Phil Mathew. "Things happen, minor things, like the lead time for a light fixture could be a little longer than expected," Mathew says. "I'm not settling for mediocrity when it comes to our build-out. I want it to look exactly like the architect's rendering."

The decades-old strip club is being rebuilt after a January 2008 fire destroyed its original building. The new interior will look like "more of a high-end lounge than a gentleman's club," Mathew says. "It's well-lit, it's not anything seedy." The space will feature black walls with TVs in light oak frames, with a dark custom-made wood bar, he adds. The club's staff will total about 30 people, including dancers, servers, and security personnel.

The club's liquor license is currently in a dormant status called "safekeeping"; it must be reactivated before the club can operate. Once that happens, Advisory Neighborhood Commission 3B and near neighbors will be allowed to lodge formal protests of the license with the Alcoholic Beverage Control Board, as they are certain to do.

\*

Rooftop drinks may be in the offing at the **Mason Inn** (2408 Wisconsin). On April 24, the day the ABC Board was scheduled

Continued on page 9



### Healthy Living

## Ch Ch Ch Chia — They're Not Just Pets Anymore

#### Martha Rebour

ontinuing in the series of foods with exceptional properties, the mighty chia fits the bill. Chia seeds are small black and sometimes white seeds from the mint family. They are native to Mexico and Guatemala.

You may remember chia from the 1970s when chia pets were all the rage—terra cotta figurines in the shapes of animals used to sprout chia, and the resulting sprouts looked like animal fur. The television commercial song went "Ch Ch Ch Ch Chiiiaaa." Recently, chia has come back in fashion but this time as a food for its health benefits.

Chia seeds have been eaten by man for thousands of years and were once a staple of the diets of the Incas, Mayans, and Aztecs. The seeds were eaten as energy food, especially for their running messengers, who would carry a small pouch of seeds with them.

Chia's health benefits are numerous. They are high in the essential fatty acid, Omega-3. Omega-3 fatty acids reduce inflammation in the body, which is the start of all disease, and, thus, lower our risk of chronic illnesses. They also improve brain memory and performance. Chia seeds are one of the best non-animal sources of Omega 3s. These wonder seeds are also full of antioxidants, substances that can counteract the effects of free radicals, highly reactive molecules with unpaired electrons. If not held in check, free radicals can damage cells, proteins, and DNA. As we age and our cells age, we have more and more free radicals in our bodies that need to be neutralized by antioxidants.

Chia seeds are also very rich in essential minerals, especially calcium, phosphorus, magnesium, and manganese. And chia is a complete protein, meaning it contains all of the amino acids essential to humans and is comparable in protein quality to beef. Chia also has strong hydrophilic properties, which means that it can hold 9-10 times its weight in water. When it is soaked in a liquid it bulks up and forms a gelatinous substance, which acts like a broom, moving throughout our digestive tract where it dislodges accumulated waste and toxins and moves them out. Many people find that their digestion becomes more regular once they eat chia.

This bulking up of the seeds also provides satiety more quickly so that you feel full faster and keep this feeling longer. Chia seeds can augment a weight loss program—when the seeds are incorporated in a meal, portion sizes can be smaller and you'll feel full faster.



You can find chia seeds in many grocery stores. Here are two simple and delicious recipes.

#### Chia Fresca

2 teaspoons chia seeds 10 ounces pure water Juice of one lemon or lime Agave syrup or raw honey to taste

Simply stir the ingredients together and enjoy. This is still a popular drink in Mexico.

#### **Chia Pudding**

4-5 tablespoons chia seed2 cups almond milkRaw honey or agave syrup to taste

Combine the ingredients and let it soak overnight. Feel free to add flavors such as vanilla, cinnamon, or cardamom. Enjoy!

Martha Rebour is a Certified Nutritional Consultant and a member of The American Association of Nutritional Consultants. She is also a Certified Health Coach by the American Association of Drugless Practitioners and graduated from the Institute for Integrative Nutrition.

## Commercial Strip Confidential

#### Continued from page 8

to hold a hearing on the bar's application for permission to serve liquor on a new rooftop deck, co-owner Fritz Brogan and ANC commissioner Jackie Blumenthal each e-mailed the board asking for extra time. "We are close to a settlement agreement, but a technical matter cannot be resolved quickly," Blumenthal wrote. The protest hearing was rescheduled for May 29.

\*

A window-replacement business has moved into the first-floor retail space at 2136 Wisconsin Ave., the former home of the unlicensed party venue called **Wisconsin Overlook** and **The Vixen.** The **SunBrite Windows and Doors** showroom is open weekdays from 10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m.

\*

In the early morning hours of March 31, two strangers got into a religious debate inside the **Mason Inn** (2408 Wisconsin Ave.), accord-

ing to a police report. "A heated conversation occurred between them," the report states: one of the men opposed religious practice, while the other strongly supported it. "This led to them leaving Mason Inn and then getting into a physical altercation" in the vicinity of Davis Place, the report states.

During the fight, the godly combatant hit the atheist with a wooden fraternity paddle, causing lacerations above and below the unbeliever's right eye. Police were called to the scene, and they seized the paddle as evidence. The report lists the name of the paddler as "unknown." The incident is under investigation by the Alcoholic Beverage and Regulation Administration.

\*

Additional reporting by Laurie England.

Got a question or a hot tip about the commercial strip? E-mail us at csctips@gmail.com. Confidentiality is assured.

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## The Biggest Mistakes People Make When Buying a Home

When buying a home, you need an expert in home analysis, contract preparation, negotiation and much more. I'm often asked, "what are the biggest mistakes people make when buying their homes?"

While cliché, home purchase decisions are the most important purchase decisions of our lives, because these decisions involve hundreds of thousands of dollars, places you will live for an average seven years, and investments which affect your financial well-being, while you live in the home and when you sell. So, you need help... here's where:

(1) Mortgage Confusion. In an April survey by Zillow, homebuyers answered basic questions about terms, how to choose a lender and financing and were wrong nearly one-third of the time. Among the survey's findings, 31% of buyers don't think it's possible to get a mortgage for less than 5% down; 34% don't know what "annual percentage rate" (APR) means, 25% believe a homebuyer must close with the lender that pre-approved them, and 24% believe the best mortgage deals are through their current banks...all of which aren't the

(2) Lacking Vision. You may not be able to renovate now, but it might be worthwhile to live with some "ugliness" for a while to buy a house you can afford. If the home is in the right location, for example – something you can't change – you can work on the cosmetic imperfections over time. If you upgrade yourself, you will buy cheaper and will likely see a jump in your equity, which helps you improve your financial picture when you sell.

(3) Hiring the Wrong Agent. While agents may be experienced, they may not have real know-how on things like price analysis, offer strategies or renovation. Some agents will simply present you recent sales "comparables" or do an analysis using rudimentary MLS tools...without any education in statistical analysis or negotiation. Some agents have building and renovation knowledge, which will not only point to potential problems but also show you opportunities for future equity, even before you make an offer and a home inspection.

Once you decide to buy a home, you need help with what you don't know from an expert who can advise you based on your unique situation and needs. With an expert agent, you'll get help buying a great home and making a wise financial decision.



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## **Supporting Local Farmers and Creating Community**

Erica Christensen

he Glover Park-Burleith Farmers' Market kicked off the season with a bang on May 11. Despite the cloudy skies, folks from all across the community showed up to support our local producers. Music from Snakehead Run kept spirits alive when the clouds were dark and Juliette Tahar of Healthy Living, Inc., did a cooking demo with asparagus and radishes, springtime staples. The Red Hook Lobster Truck brought a glimpse of summer with their delicious lobster rolls and the market was abuzz with excitement for the upcoming season.

In June, market customers can expect to start seeing tomatoes, beans, squash, peppers, eggplant, peaches, nectarines, and much more! A variety of grass-fed meats, eggs, goat milk cheeses, fermented foods, vegetarian soups, ice cream, coffee, and pies are always available. The market will also host a number of exciting activities throughout the month of June, including the popular Fiber Arts Festival, Local Crab Festival, Story Time with the Georgetown Library, and a visit from DC Honeybees, to name a few! For updates, sign up at www.dcgreens.org, follow us on Twitter at @GPBFarm-Market, or "like" us on Facebook.



Juliette Tahar giving a cooking demonstration.



Early season lettuce mix.



#### Glover Park-Burleith Farmers' Market

Saturdays, 9 a.m-1 p.m. May 11-November 23 Hardy Middle School parking lot Wisconsin Avenue and 34th Street, NW Rain or shine! Dogs welcome!

#### **Schedule of June Events**

#### June 1

Music: Carrie Hoagland and Friends
Food Truck (11 a.m-1 p.m.): DC Empanadas
Special Event: Fiber Arts Festival (live animals, wool spinning demos, and more!)
Free bike clinic (10 a.m-1 p.m.)

#### June 8

Music: Snakehead Run
Food Truck (11 a.m-1 p.m.): Red Hook Lobster Pound DC
Special Event: Chef Demo with Juliette Tahar of Healthy
Living, Inc.
Free bike clinic (10 a.m-1 p.m.)

#### June 15

Food Truck (11 a.m-1 p.m.): Rolling Ficelle Special Event: Mrs. Meyers Clean Day Tour Free bike clinic (10 a.m.-1 p.m.)

#### June 22

Music: Bosscatt Empson Food Truck (11 a.m–1 p.m.): Takorean Special Event: DC Honeybees Free bike clinic (10 a.m–1 p.m.)

#### June 29

Food Truck (11 a.m-1 p.m.): The Big Cheese Special Event: Story Time with the Georgetown Library, Mrs. Meyers Clean Day Tour, and Pet Adoption with the Washington Animal Rescue League Free bike clinic (10 a.m-1 p.m.)

## Trash Talk III Sets Record for GP Volunteer Cleanup

Mitch Wander

alking around our wonderful neighborhood brings limitless chances to chat with friends, experience nature's beauty, and sample delicious local restaurants. But sometimes, the wind or a careless toss places itty bitty pieces of trash where they just don't belong.

What to do? Here in Glover Park, we don't have problems... we have volunteer opportunities. Neighbors volunteer with boundless energy and generosity to cooks meals at St. Luke's Shelter, tutor students at Stoddert Elementary, plan Glover Park Day, drive senior citizens to errands, and shovel snow for those physically unable.

Trash Talk is one of those amazing Glover Park activities that come together with blazing volunteer spirit and effort. Trash Talk is a brief surge of effort to pick up random pieces of trash across Glover Park. Think of it as GP's sidewalk and street version of the Rock Creek Extreme Cleanup organized by Rock Creek Conservancy.

Trash Talk isn't really a formal scheduled event. It just happens when it's time for

it to happen. A brief announcement on the listserv and off we go. The first time around, we collected 375 pieces of trash. The second time, we picked up another 219. For this year, we pondered a goal of 500 when announcing Trash Talk III on the listserv. We knew that 500 seemed like a stretch.

Once the word went out, the results made it clear that Glover Park can talk trash. We started on April 8, 2013, and ended on April 22, 2013—which appropriately happened to be Earth Day. Dribs and drabs of results were e-mailed to Trash Talk III organizers with individual and family results.

The final tally broke the bank! GP-ers picked up a whopping 956 items from our sidewalks, tree boxes, and streets. That'll make our stretch goal next year well into four digits.

Some of the high (or low) points of what folks picked up and put in a trash can: cigarette butts, soda and beer cans, juice boxes, takeout bag with half a hamburger and ants, odd metal thing, ticket stub, napkins, purple belt, doggie poop bags with doggie poop inside, and newspaper ties.



Our work is never done as volunteers. While Trash Talk is one tiny project in our universe of GP-ers volunteering for the greater good, let's chalk up another cleanup as a collective success with visible results. Thank you, Glover Park, for stepping up as volunteers. That's part of GP's wonderfulness.

## A More Perfect, Walkable Glover Park

Mitch Wander

s much as GP-ers have diverse tastes and perspectives, as a neighborhood we love to walk and walk and walk. We walk all over the place—to patronize our local businesses, to explore Glover-Archbold Park, and just to spend time chatting with friends. Nice walks need nice sidewalks—and that was the focus of some volunteer efforts this year.

After months of research and some great volunteer effort by the GP community, we have submitted to District Department of Transportation (DDOT) a list of incomplete or "pending" asphalt repairs to Glover Park sidewalks. Most of these appear to be caused by utility company projects. Based on neighborhood feedback, we also included some damaged sidewalks caused by trees falling during storms.

We initially submitted 24 locations using seeclickfix.com which feeds into the District's 311 system. Over the past few weeks, we added three more locations. So far, DDOT has evaluated 24 locations and determined that PEPCO is responsible for 12, Washington Gas for three, and DC Water for two. DDOT took responsibility for the remaining seven, some of which were due to fallen trees.



Before photo in 2100 block of 37th Street NW.

If you are interested in what is on the list, the spreadsheet and supporting photographs are hosted on Google Documents. The link is: http://goo.gl/dFO4H

Bear in mind that restorations can take months. DDOT needs to perform on-site research to identify the cause of the issue, assign responsibility to a utility company (if applicable), and approve permits before any work begins. This takes time and patience—though it is well worth the effort.

As an example, these two photos show the condition of the sidewalk in the 2100 block of 37th Street, NW. The smooth, walkable sidewalk has a "temporary" asphalt patch across the width of the concrete. Clearly, a



Repair-in-progress photo at same location.

utility company performed work and did not restore the sidewalk to the original condition, as required by the DDOT permitting process. DDOT investigated and determined that Washington Gas had made this cut for a gas meter. As a result of this project, DDOT will remind Washington Gas to complete the restoration.

Special thanks to one anonymous volunteer who took most of the photos for this project. Other GP-ers submitted potential repair locations by e-mail.

If you have any questions, please contact me at mwander@gmail.com.

Thank you for keeping Glover Park a wonderful, walkable neighborhood.

Glover Park Gazette

Left: Anonymous Volunteer Right: Mitch Wander



## Your neighborhood needs you!

Join the Glover Park Citizens' Association.

## For as little as \$20. you can become a member of the GPCA.

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A voice and a vote at GPCA monthly meetings, and the knowledge that you're helping contribute to the well-being of our little burg. And it's so very easy to join.

See the details on page 2 of this newsletter (another thing the GPCA supports). Or even easier, go to www.gpcadc.org and pay online.

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## Join GPCA, Get Stuff

When you join the GPCA (for a piddling amount of money, see page 2 for details), you get a membership card that gets you discounts at the following establishments. What could

- \* Bourbon Restaurant, 2438 Wisconsin Ave. 10% off meal.
- \* Heritage India Restaurant, 2400 Wisconsin Ave. A summer filled with discounts. June: Order one entree and get the second at half price (for an equal or lesser value). July: All cocktails, half price. **August:** 50% off any bottled or draft beer.
- \* Sargent Cleaners, 2420 Wisconsin Ave. 10% off dry cleaning.
- \* Whole Foods, 2323 Wisconsin Ave. \$3 Off Winesday Happy Hour (\$2 instead of \$5).
- \* Z Burger Glover Park, 2414 Wisconsin Ave. 10% off meal.
- \* Capitol Termite & Pest Control, 301-657-4480. Call for details.
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### Parenting in the Park

## Spend Some of Those Lazy Days of Summer Training Your Kids Paige Trevor

ummer is upon us. It can be a respite from strict time limits and being overbooked. Even if our kids are in camp all day, they usually don't have homework or team sports or musical instruments. Use some of that free time this summer to *train* your kids in useful tasks.

What is training? Training is teaching (not telling) our child how to do something. Training is a wonderful relationship builder, a great way to create closeness and an often-overlooked parenting tool.

**Training creates better behavior.** When we take the time to train our kids, we often generate good feelings, which results in better behavior. In fact, some of the "bad" behavior I hear about in parenting classes may be due to lack of training. I was recently told of some kids misbehaving in the grocery story, loud voices, unruly cart driving, etc. One way to deal with this is to take one child to a grocery store and train in them in store etiquette. Ask them questions about what most people are in the grocery store to do. What behavior is appropriate? What behavior is annoying? Invite them to pick out the fruit themselves (no hovering, no clenched shoulders, no superior ideas from you). Maybe don't even correct them if they pick a bruised apple, just take it home and see what happens. We often learn more from our mistakes then from a lecture (even it is a well thought-out lecture). You might even ask them to run the debit card or hand the tip to the person who puts groceries in the car. Training should be low key, you should ask lots of questions, expect mistakes and embrace them, allow ample time, and treat them as you would

Tips of the trade. Do not train when you don't have time or when the end game is important to you. For example, don't have the child practice making a salad if you are having the boss over for dinner and you care about the size of the cucumbers being chopped. Try to train one on one; siblings do not always bring out the best in each other. Train on interesting tasks (we often stick our kids with garbage duty). What about meal planning or planting annuals in our garden? You might even ask them what they are interested in knowing what to do.

Where to start. Imagine starting the school year with a few more skills under your kid's belt and a few magical training moments behind you. For ideas of what tasks are appropriate for what age, check out www.pepparent.org/pubs/resp\_by\_age.pdf.

## Glover Park Gazette

The Glover Park Gazette has openings for a new Editor and Advertising Manager. Low pay (none!) but very satisfying work.

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## Ask and You Shall Receive

Sheila Meehan

he crumbling steps leading from 39th Street to
Whitehaven Park have gotten a complete makeover
thanks to a request from ANC3B Commissioner
Brian Cohen and a speedy response from the National Park
Service (NPS).

During an April 11 presentation at the ANC, Tara Morrison, NPS Supervisor for Rock Creek Park, heard a range of concerns regarding the parklands that form the neighborhood's boundaries on its eastern and southern sides. One request: repair of the perilous steps from 39th Street. Those steps, long in disrepair, received priority attention.

By the end of the month, a crew was in the alley, setting up a temporary stairway while the original stone steps were restored.

ANC Commissioner Joe Fiorillo tasked Jack Everett, who lives nearby, with keeping an eye on the project. Jack dutifully reported that the work being done was of excellent quality and nearing completion.

Good job!





## **Real Estate Watch**

### It's Spring! Are you ready?

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## Glover Park Day!

# Saturday, June 1, 2013 11 am - 5pm Guy Mason Recreation Center

Thank you to all of the local businesses that make Glover Park Day possible!

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