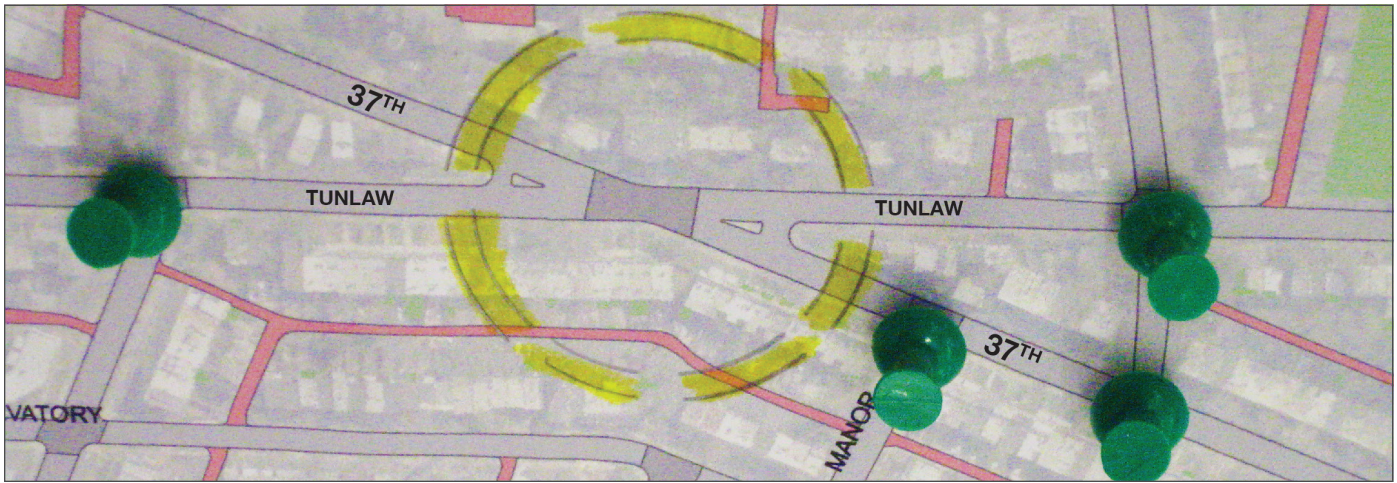


Glover Park Gazette

SEPTEMBER 2012

The Monthly Newsletter of the Glover Park Citizens Association



The DC Department of Transportation has mapped out some badly needed improvements, including more stop signs, crosswalks, and a reconfigured intersection.

Goodbye to One Bad Intersection

Randy Rieland

If the DC Department of Transportation (DDOT) can stick to its work schedule, a busy Glover Park street should get a lot safer for pedestrians this fall.

DDOT's proposal includes a number of improvements to 37th Street, one designed to reduce traffic flow on the busy stretch of 37th between Calvert and Tunlaw streets, and the others to make it easier for pedestrians to cross 37th a bit farther south.

DDOT officials Ronaldo Nicholson and Paul Hoffman presented the plans at a well-attended meeting at the Stoddert Recreation Center in early August.

The first major change involves a reconfiguration of the intersection of 37th and Tunlaw, currently a four-way stop that has befuddled drivers for years. It will be converted into a T-intersection for vehicles coming down 37th Street so drivers will be forced to turn right or left on to Tunlaw, and only after waiting at a stop sign for a break in passing traffic.

As ANC Commissioner Brian Cohen noted, the intent is to discourage people from using 37th Street to cut through the neighborhood.

One downside is that five parking spaces will be lost—two on Tunlaw and three on 37th Street.

The other improvements will include a new pedestrian crosswalk at 37th and W Place—an intersection where neighborhood residents often cross to use the steps leading up to the section of W Place that intersects with Wisconsin Avenue. A stop sign also will be added on the northbound side of 37th Street at W Place. Also, a crosswalk will be created where Tunlaw intersects with W Place at the top of the steps, along with an additional stop sign, making it a three-way stop. Got that?

Discouraging Cut-Through Traffic

A neighborhood citizens' group, the Glover Park Residents for Pedestrian Safety, has been pushing for the changes, particularly since the streetscape project on Wisconsin Avenue has been driving more traffic through the neighborhood.

According to a DDOT study done in April, almost 2,500 more vehicles came down 37th Street every weekday presumably to avoid the construction delays on Wisconsin.

The citizens' group has raised concerns that the cut-through traffic won't drop off much even after the Wisconsin Avenue project is finished this fall. But DDOT's Paul Hoffman contends that once the Tunlaw-37th Street intersection is reconfigured, drivers will opt for staying on Wisconsin. DDOT says it will conduct traffic counts on 37th Street after the streetscape project is completed to see if that's the case.

If all goes according to plan, the 37th Street and Tunlaw improvements should be completed by November. The Wisconsin Avenue project, however, now may last into November—it had been scheduled to be done by October—because Washington Gas wants to take advantage of the construction to replace cast iron gas mains on the commercial strip. A caveat: If the weather doesn't cooperate, the repaving of Wisconsin Avenue may have to wait until the spring.

According to a recent National Highway Traffic Safety Administration report, more than half of the traffic deaths in the District of Columbia in 2010 were pedestrians. That easily topped the ranking of all states, for which pedestrian deaths averaged 13 percent.

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

Elected Officers of the Glover Park Citizens Association (GPCA)

President	Sheila Meehan (president@gpcac.org)
1st Vice President	Melissa Lane (1stvicepresident@gpcadc.org)
2nd Vice President	Allen 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, Mina Marefat, and Karen Sprecher-Keating, with Frank Martorana, Alternate
Membership Director	Allen Tomlinson (membership@gpcadc.org)
Glover Park Day	Amanda Gant and Cheri Meyer (amanda.gant@gmail.com or clmeyer202@yahoo.com)

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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!

Generously support the group that takes care of your neighborhood.

Preserve the family-friendly quality of our community.

Communicate your ideas to improve your neighborhood.

Act locally to get things done.

Membership fees

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Double	<input type="radio"/> \$35
Senior	<input type="radio"/> \$15
Former/absent resident (no vote)	<input type="radio"/> \$20
Business/corporation (no vote)	<input type="radio"/> \$75
Donation	<input type="radio"/> \$_____

Name(s) _____

Address _____

Email _____

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

Make check payable to GPCA.

President's Report

Derecho Downs Trees, Raises Preparedness Questions

Sheila Meehan

It's been a historically long, hot summer here in Glover Park, with a derecho thrown in for good measure. Our neighborhood is nothing if not resourceful and resilient, but this summer underscored Pepco's chronic problems in our area (please see the ANC's call for answers from Pepco. The resolution is on our website—www.gpcadc.org—and the ANC's) and posed new questions about our readiness to deal with emergencies.

After the Storm

The derecho brought down a number of trees and a slew of limbs that disrupted bus service until residents were able to clear paths for the buses. D2 service is prone to weather-related interruptions. Perhaps Metro should create a default alternate route for the D2 rather than abandoning the route when regular side streets are blocked.

For those able to access the neighborhood listserv, there were regular updates about the scope of the problem and varied estimates for power restoration. Communication with city officials worked well, with Tom Smith, the mayor's Ward 3 representative, in constant touch with ANC and GPCA members to identify problems and speed up relief.

A huge downed tree in the 3700 block of W Street, for example, ripped away secondary lines to several homes. The problem had initially been reported as a sidewalk blockage, but the first city employee on the scene saw the extent of the problem, accorded it much higher priority, noted the presence of a senior citizen in one of the affected homes, and

ramped up the urgency of the response. Smith stayed on top of the problem, ensuring that a crew arrived on the morning of July 4th and the tree was removed. (The tree would have been removed at least a day earlier had two cars not ignored No Parking signs and blocked access to the site.)

Many of us dealt with the lengthy outage by moving in with friends and family or by keeping cool (during the day, at least) until power returned. But we have seniors and others who don't have family nearby and can't easily reach air conditioned spots (Stoddert lost power during the outage; Guy Mason did not) or refuse to leave pets behind.

Perfect strangers helped out, running errands and picking up groceries, and the Glover Park Village stayed in touch with its members, but this emergency put a key unknown in sharp relief. We don't know how many among us need coordinated help in an emergency. We were fortunate this time around, but the outage was a forceful reminder that greater planning is needed.

The GPCA will be working with the ANC's Charles Fulwood to improve emergency preparedness. Interested in helping out? Please contact president@gpcadc.org or call (202) 338-1113.

Thanks, Gene, and Welcome, Cheri

The GPCA does not meet in June, so this is the first opportunity we have to thank Gene Sieminski, our Treasurer last year, who decided to retire. Over the course of his tenure, Gene put in extraordinary hours

**Glover Park Citizens Association
September 4 • 7 p.m.
Glover Park Community Center
at Stoddert**

Police Report

Treasurer's Report

Glover Park Day

Proposed Committees:
Emergency Planning
Transportation

GPCA Meetings

Upkeep for Welcome Sign Sites

Communication

Secretary (Minutes)

Membership

New Business

getting our books in order and serving as our guide, as outgoing President Patricia Clark created the first budget for the association. As anyone who has had a chance to work with him knows, Gene's knowledge and skill are exceeded only by his geniality. We'll miss him a lot.

Fortunately, Cheri Meyer agreed to take on the Treasurer's role. Cheri had an impressive stint as business manager for this year's terrific Glover Park Day, and Gene and she had an opportunity to transition smoothly over the summer.

GPCA May 2012 Minutes

GPCA Reports

Communications. The new GPCA website (www.gpcadc.org) is up and the full 12-page version of the May *Gazette* will be posted on it. The print copy will be eight pages due to cost constraints.

Membership. Allen Tomlinson reported a membership total of 312.

Treasurer's. Pat Clark presented the GPCA's first annual budget. The proposed 2012 budget sets limits for spending and estimates income. To bring more rigor to GPCA operations, Pat appointed business managers to oversee the *Gazette* (Allen Tomlinson) and Glover Park Day (Cheri Meyer). Frank Martorana's motion to approve the budget was seconded and passed unanimously.

Secretary. A motion was made to pass the April meeting minutes. It was seconded and unanimously approved.

Glover Park Day. Cheri Meyer and Milton Grossman (who is working with Department of Park and Recreation [DPR] on permitting) explained that under new legislation, organizations that use DPR facilities for events in which money is raised must contribute some funds to DPR or a "Friends of..." group. Milton recommends that any GPCA payments to DPR be turned over to the "Friends of Guy Mason," which would give the GPCA more say in how the funds are used.

A motion was made to accept Milton's recommendation. It was seconded and passed unanimously.

GPCA Officers for 2012/13. Jarrett Ferrier announced the slate of officers proposed at the April meeting: Sheila Meehan, President; Melissa Lane, 1st Vice President; Allen Tomlinson, 2nd Vice President; Eugene Sieminski, Treasurer; Jarrett Ferrier, Secretary; and Jack Everett, Sergeant at Arms. A motion was made to approve this slate of officers. It was seconded and passed unanimously. Jarrett presented the slate of delegates for the DC Federation of Citizens Associations: Patricia Clark, Frank Martorana, and Mina Marefat. A nomination was also put forward for Karen Sprecher-Keating. GPCA is allowed three delegate and three alternates. Frank Martorana offered to be the alternate. A motion was made

Continued on page 7

Streetscape Update, New Crosswalks, Pepco Problems

Jackie Blumenthal

On August 9, ANC3B sponsored a meeting for DDOT to reveal the working plan for the redesign of the intersection at 37th and Tunlaw, a long-sought fix that was won as a consequence of the Wisconsin Avenue project. Nearly 50 neighbors showed up to learn about the proposed changes and to offer suggestions or pinpoint problems. The draft plan is posted at www.anc3b.org and www.wisconsinavenueproject.com, although the comment period expires August 30. Because of budgeting issues, DDOT needs to move forward quickly on the intersection and hopes to begin construction in October. Construction should last 30 days.

We learned that Washington Gas is now going to do the work under Wisconsin Avenue that we had been told would be a part of the project from the beginning. Because the work to replace and reline aging gas pipelines under the street is starting now, there is a possibility that the final paving and lane-striping of the finished Wisconsin Avenue could slip into spring. The ANC was assured that everything

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

possible will be done to prevent this, but the potential remains. Watch your mail for a notice from Washington Gas in case you are one of the 29 locations that will lose gas service temporarily during this project.

Meanwhile, new crosswalks have been painted as promised at Benton and Tunlaw, and also at Tunlaw and W Place, approach-

ing the stairs down to 37th Street. A crosswalk and stop sign have been promised beyond the stairs to help pedestrians cross 37th Street and to slow traffic on that stretch of road. The group, Glover Park Residents for Pedestrian Safety, was instrumental in getting this safer and more convenient crossing on 37th Street.

Old and New Business

In July, DC representative Eleanor Holmes Norton spoke at the ANC meeting about issues in Congress that affect the District. She said that although the District remains disadvantaged because Congress must approve its budget, she is seeing positive signs of movement towards allowing DC more budget autonomy. The ANC passed a resolution calling on the DC Council to investigate Pepco outages and to use its full powers to gain accurate information and assessments. Commissioner Howie Kreitzman submitted his resignation for family reasons and was thanked for his many years of service to Glover Park. At our September 13 meeting, the ANC expects to have an update on the streetscape improvements; a follow up on Pepco's promise to review why Glover Park has had so many non-weather outages; and hear about plans for the reopening of JP's. Go to www.anc3b.org for the complete agenda.



On Monday, June 25, Max's Ice Cream held a benefit for the American Cancer Society in memory of the one-year anniversary of the death of his wife Marsha. The beloved Glover Park institution had its best day ever and raised \$3,100 for the charity. Max, pictured here with his daughter Neda and adorable grandson Mason, is grateful to the community. "If you have the love and support of the Glover Park community, you just won the lottery. Thank you!" Max said.



Margaret Woodward, a resident of Hall Place for 99 of her 102 years, died in July. To read about her life, see the article: www.thegeorgetowndish.com/thedish/good-neighbor-margaret-woodward-there-century.

Photo by Maria Teresa Madariaga.



Photos by Francesca Scott

Glover Park Day 2012 Was a Hit!

Cheri Meyer

Glover Park Day 2012 was a great day! Thank you to everyone who came out and celebrated the 23rd Annual Glover Park Day under sunny skies on Saturday, June 2.

This Glover Park Day included some of our favorite local restaurants including Kavanagh's Pizza Pub, Shanghai Lounge, Rocklands Barbeque, and Old Europe; a variety of creative crafters showing off handcrafted jewelry, soaps, candles, pottery and toys; local businesses including Lil Omm Yoga, Jonah's Treehouse, and Balance Gym; and community groups such as DC Greens, Glover Park Village, Huidekooper Homemade, and St. Luke's Shelter. There were also prize drawings throughout the day with more than 80 prizes and five grand prizes all donated by local Glover Park businesses!

And that's not all. Glover Park Day included a flea market; a dog obstacle course; the Guy Mason Studio Arts Artists; and, of course, the annual signature Glover Park Day t-shirt. This year's t-shirt was so popular that they sold out by 4 p.m.!

It wouldn't be Glover Park Day without great live music. Musicians included Esther Haynes and Hokum Jazz, The Unforgiven, BoxCartel with Jeff Blakeman and Pat Kehs, Emily Fullerton Band, and Upper Ninth Ward. They all kept our toes tapping all day.

In addition to the great play area at Guy Mason, there were lots of activities for kids, including face painting, the balloon blaster, and Mad Scientist, all hosted by Friends of Glover Park.

Glover Park Day 2012 also included a few new attractions including animals thanks to Steve and Dawn Viands Richardson, owners of Grindstone Ridge Farms in Frederick, MD. They introduced Glover Parkers to two of their angora goats, Valentine and Patsy, and their two silkie chickens, Elvira and Eveline. GPDers were able to pet and feed the goats. The animals were gorgeous and a huge hit with kids and adults alike.

This year we also introduced the "Passport to Glover Park Day." The goal was to encourage celebrants to visit all 55 Glover Park Day crafter and business booths included in the "passport" and get that booth's sticker. Everyone who was able to fill their passport with stickers was eligible to win one of three top prizes. It was a lot of fun, and we hope to do it again in 2013.

Glover Park Day would not be possible without the hard work and support of our volunteers, sponsors, bands, crafters, flea marketers,

and many others. So please join me in a big thank you to everyone who worked so hard to make Glover Park Day 2012 a success.

Glover Park Day is co-sponsored by the Glover Park Citizens Association and the DC Department of Parks and Recreation. For more information about Glover Park Day, visit www.gloverparkday.org. See you next year at Glover Park Day 2013!



Three New Restaurants Open, with Room for Two More

Margaret Guroff

You turn your back for a couple of months and this is what happens: During the *Gazette's* summer hiatus, two new restaurants opened on the Avenue, and a third is on the verge of doing so.

First, **Mayfair & Pine**, a family-friendly gastropub at 2218 Wisconsin Ave., opened its doors on July 20. Chef Emily Sprissler's menu features a rotating assortment of savory pies, including shepherd's pie and chicken pot pie; a candied-apple salad; holiday-inspired comfort food such as a deconstructed Thanksgiving sandwich; and dessert classics including a hot fudge sundae. (Mayfair & Pine's building is the former home of **Town Hall**, which moved to 2340 Wisconsin Ave. in January.)

Next came **Slate Wine Bar & Bistro**, which took over the space of **Kitchen 2404** (2404 Wisconsin Ave.). Kitchen closed on July 10, when the business was purchased by Slate owner Elizabeth Banker. A wine expert and Internet privacy and security attorney, Banker hopes the new spot becomes "a destination for wine lovers of all levels of knowledge and experience," she told us. Along with daily wine specials, tasting seminars, and winemaker's dinners, Slate features cheese plates, charcuterie, a rotating seasonal menu, and daily and weekly food specials made with fresh, locally sourced ingredients. Though Slate was not yet open at press time, Banker told us she was anticipating a late-August launch.

And Vietnamese restaurant **Sprig & Sprout** (2317 Wisconsin Ave.) is expected to open early this month, according to co-owner Jennifer Hoang. She and her business partner (and fiancé) Marc Farmer renovated the vacant storefront that was formerly home to **Margarita's** Mexican restaurant. The new restaurant's goal, Hoang says, is to provide traditional Vietnamese cuisine in an updated atmosphere: "We are serving authentic and consistent dishes, but in a modern venue."

Mayfair & Pine and Slate each acquired full-service (CR) liquor licenses from their predecessor restaurants. Sprig & Sprout, on the other hand, applied for one of two new CR liquor licenses made available February 17 under an extension of Glover Park's license moratorium. That left one CR license available.

Meanwhile, the license held by the owner of Margarita's had gone unused since that restaurant closed in 2008. On July 11 of this year, the Alcoholic Beverage Control Board held a hearing to discuss the license's fate, but licensee Maria Villalta failed to appear, so the board cancelled the license. This means that two of the 14 CR licenses allowed under the moratorium are currently available. At press time, neither had been applied for, according to an ABRA spokeswoman.

✱

Two building permit applications have been filed for 2412 Wisconsin Ave., the once and likely future home of **JP's Night Club**. One permit would allow the construction of interior walls, while the other would permit "new bars and stages" as well as mechanical, electrical, plumbing, and carpentry work. The building's exterior shell was completed in 2010, more than two years after the strip club's original home was destroyed in a fire, but it has never been occupied.

Paul Kadlick, who in May represented himself to Advisory Neighborhood Commission 3B as part of a group that had recently purchased JP's, did not return our calls. The club's liquor license is still in the name of the man who bought the business last year, a shadowy figure named Brian Petruska who provided a non-working number to ABRA and whose representative, Andrew Kline, does not return our calls. (We don't know whether JP's licensee Brian Petruska is the same Brian Petruska who graduated from Georgetown University in 2005 and founded the Petrus Group real estate investment firm, because that guy won't return our calls either.)

✱

BodySmith Training Gym (2200 Wisconsin Ave.) vacated its storefront studio space at the end of July, but will continue to serve personal training and spa clients in the building's basement, according to one client. The building's sunny first floor, we hear, has been leased to local fro-yo-and-salad chain **Sweetgreen**. Nic Jammet, Sweetgreen's co-owner, confirmed in July to *City Paper* that he plans to open a Glover Park location, though he wouldn't say where. Neither Jammet nor the owner of BodySmith responded to emailed requests for comment.

✱

Work has begun on a manicure shop in the first floor of **2352 Wisconsin Ave.**, the former home of **Shade & Shutter Shack**. A building permit posted in the window lists the shop's name as **Head and Nails**. A therapeutic massage business planned for the building's upper floors has applied for zoning approval under the name of **Massage Escape Spa Company**. A Board of Zoning Adjustment hearing on the matter is scheduled for October 2.

✱

Just after midnight on July 28, Karim El Maaroufi, a patron of the **Mason Inn** (2408 Wisconsin Ave.), grabbed the wrist of another patron's girlfriend and refused to let go, according to a police report. A third man approached El Maaroufi to "redirect him away," at which point El Maaroufi grabbed a bottle and hit the would-be redirector in the face, causing minor injuries, according to the report. El Maaroufi was charged with simple assault and pled not guilty. An initial status hearing in the case was scheduled for August 24.


✱

On July 29 around 2 a.m., M. Mihalich and P. Labovich got into a fistfight in front of **Z-Burger** (2414 Wisconsin Ave.), according to police records. A nearby police officer separated the men. One of the men—it's not clear which—told the officer that the other had spilled a drink over him. The purported spiller told the officer he didn't remember spilling a drink on anybody. Both men were arrested for "disorderly affray," but a search of DC court records did not reveal charges filed under either man's name.

✱

Additional reporting by Laurie England.

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




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Where Am I?

Deena Loeffler

Hello fellow Glover Park neighbors! I'd like to take a moment to thank Mitch Wander for all of his hard work as the previous contributor to the "Where Am I?" feature. He has passed the "Where Am I?" torch to me, much like the Olympic flame was recently passed around London. I'm coming up on two years as a resident of Glover Park and it's great to live in such a friendly neighborhood.

Since this is my first time doing the "Where Am I?" feature, I thought I'd pick out some typography in our neighborhood that spells out my name. My job is located near the



Safeway, so I walk to and from work every day, and these are some of the things I see.

The first photo is part of a sign for a beloved local business. Have you tried their margaritas on Cinco de Mayo? I know I have! Maybe you love the delicious food, the kid-friendly atmosphere, or the ambiance of the roof deck.

The second photo is part of a sign for a local rental housing company. They have a lot of signs throughout Glover Park and the greater DC area, so the location may not be the one you're thinking of, but you've probably seen one of them while walking around.



Deena Loeffler

The third photo is part of a sign for another local business. It's located on our main commercial strip near the business in the first picture. You may have waited for a 31, 32, or 36 bus right by this place, which does a lot of cleanup for local residents.

Good luck guessing and I will be back next month!

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

GPCA May Minutes

Continued from page 3

to approve the slate of Clark, Marefat, and Keating with Martorana as alternate. It was seconded and passed unanimously.

Revised GPCA Bylaws. Melissa Lane asked for comments on the draft bylaws that were presented at the April meeting and posted on the website. The biggest proposed change is to the membership year. Karen Sprecher-Keating had concerns about the new bylaws and presented a motion to reject the current draft. There was no second. A motion was made to approve the current draft was seconded and it passed 10-4.

Karen presented a motion to amend the new bylaws: a) reinstate language in the old bylaws stating the Federation delegates be elected by the Association rather than appointed (Art. V, Sec. 10) and b) increase the amount of expenditures the President may authorize without a vote of GPCA from \$50 to \$200 (Art. IX, Sec. 2). There was no second for the motion.

Grant Requests

Healthy Living. At the April meeting, Healthy

Living, Inc., requested a \$2,384 grant to offer eight "Healthy Home Nutrition and Cooking" sessions for GP seniors and their aides. Jack Everett presented a motion to fund two sessions at a cost of \$596 and consider the other six in September, pending a report about the first two. The motion was seconded and passed 11-2.

Replacement of Trail Signs. At the April meeting, Potomac Appalachian Trail Club (PATC) requested a grant for \$315 for trail maintenance in Glover Archbold park. A neighbor subsequently donated half the cost, so the proposal is amended to request \$157.50. A motion was made to approve the grant. It was seconded and passed unanimously.

Project Request for Pocket Parks. Mina Marefat and Jarrett Ferrier discussed a proposal for developing pocket parks throughout the neighborhood. Mina plans to use GPCA funding to leverage other funds. A motion was made, and seconded, to approve \$15,000 from the Streetscape fund to initiate the pocket park project. The proposal was posted on the GPCA website for review and brought to a

vote in a special GPCA meeting on May 10. The request was approved on a vote of 26-2, with four abstentions.

Donation for Camp Brown. Jim Lively requested \$1,000 for Camp Brown, a program of the Boys and Girls Club of DC for intercity kids to attend summer camp. A motion was made and seconded to approve the funding. The proposal was posted on the website for review and approved unanimously at the May 10 special meeting.

Announcement

Glover Park Village. Charlotte Nusberg, Secretary of Glover Park Village, announced that a talk on long-term care would be presented on May 23 at Stoddert.

New Business

Mural. Jarrett Ferrier is submitting a proposal to the DC Commission of Arts and Humanities to paint a mural on the wall below W Place near 37th Street. A motion was made to write a letter of support. It was seconded and passed unanimously.

Glover Park History

The Passing of the Butcher Trade

Carlton Fletcher

In 1890, butchers Theodore Barnes and Henry Weaver sold Drover's Rest (4759 Reservoir Road), the scene of the annual livestock market, to the developers of "Palisades of the Potomac." In future, members of the Georgetown Heights butchers syndicate who remained in the trade, would conduct business at the Union Stock Yard, on Benning Road, in Northeast.

During the interval of time when local meat production was coming to an end, and residential development was still in the future, the fields on the heights north of Georgetown were for a time the scene of the genteel pursuit of the inedible, as foxhunters pursued their quarry "over Tenallytown road, thence through the Kengla farm, Wesley Heights, and the [American] university property." ("Following The Hounds—Chevy Chase Club Holds Biggest Meet of Season," *Washington Post*, December 18, 1899).

"Hounds In Nine-Mile Run—Small Field of Chevy Chase Hunters Enjoy Spring Meet—The Chevy Chase Hounds met yesterday at the Tennallytown power-house [Wisconsin and Calvert]. The first cast was made just west of the Tunlaw road, on the property of the late Henry Kengla." (*Washington Post*, April 8, 1905)

In the 1907 auction sale of land accumulated by Henry Kengla—a 91-year-old butcher who lived at 2400 Tunlaw Road—most of the land that is now Glover Park came on the market. The greater part of the 104-acre tract, extending from Tunlaw Road to Foxhall Road, was purchased by the banker Charles Carroll Glover. "Mr. Glover, it is understood, made the purchase on speculation." (*Washington Times*, May 26, 1907)

For details, notes, and sources, on this or other topics, visit gloverparkhistory.com. To contribute your memories and photographs, email: carlton@gloverparkhistory.com.



Friends of Guy Mason

Fall Cocktail Reception and Fundraiser

October 11, 2012,
Savoy Suites – 6:00-9:00 pm

Please contact Dan Melman at
202-841-8353 or
dmelman@ttrsir.com

www.friendsofguymason.org

Real Estate Watch

Glover Park is one of the city's "hot" neighborhoods and most homes sell quickly. But how can you avoid having to sell for less than your list price? Set the price too high and savvy buyers will look elsewhere; set the price too low and you may not capture all of the value of your home. In this market, setting the price *slightly below* the net sold price of comparable properties can work wonders — it creates excitement and in most cases yields a sale above list price.

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Stoddert: Goodbye and Hello

Let me take this opportunity to extend a personal “thank you” to Glover Park for welcoming me to the neighborhood when I became the principal of Stoddert Elementary School three years ago. It has been a pleasure and a privilege to lead such a successful school and to be a part of such a devoted community.

I am leaving Stoddert with no small regret. I resigned to help my grandsons move to a new house and new school in Wisconsin, and to help care for them after school when their father must travel. My husband, Bruce, is very busy here with his work at NIMH, but will telecommute and spend many long weekends with us. We are both dedicated to helping our late daughter’s family at this time.

Please continue to be involved with Stoddert. I know you will embrace and support the new principal, too.

I wish each and all of you the best for the future. May you all be healthy and happy!

Thank you GPers!

—*Marjorie Cuthbert, Former Principal, Stoddert Elementary*

When I was told by Chancellor Henderson of my appointment as Interim Principal at Stoddert Elementary School this past month, I was overwhelmed with excitement and nostalgia. My oldest, who graduated from high school this year, had taken his first steps leading to that moment at Stoddert in 1999. Stoddert is where the adventure in educating my own children began so I knew I would love coming back to be there for students and parents, as the faculty had been there for us that first day of kindergarten.

I look forward to continuing and enriching the progress and educational excellence for which Stoddert is known. From being the first Green Ribbon School to the student’s consistent achievement and



Marjorie Cuthbert (left), with Patricia Pride, incoming Stoddert principal.

earning “Reward” status, I want to support movement into the next level of excellence and see our school grow as a place where there are no achievement gaps, and our students have experiences beyond our walls that excite and educate them about the world around us. I am passionate about STEM (space science in particular), reading and writing across the curriculum, and students “experiencing learning” not just “doing it.” I will push teachers to think imaginatively and support their transition with the Common Core Standards while working with all our students to achieve at their highest levels. It is an adventure and position I am excited to take with the Stoddert students, faculty, and families.

—*Patricia (Trish) Pride, Principal, Stoddert Elementary*

Babes in the Nabe

Georgette Eftekhari

Since the last edition of the *Gazette*, the neighborhood has welcomed many new faces that you may have already seen out and about.

Élan Silverman Simon was born on January 17 to proud parents Daniel and Lauren. They live on W Street.

Natalie and Ethan Selzer welcomed their son **Benjamin Wolfe Selzer** on January 27. They live on 39th Place.

Nora Lee Todd was born on Leap Day, February 29 to the Todd family. Big sister Maren is having a great time showing her off around the neighborhood!

Amelia Bea Hughes was born March 19 at Georgetown Hospital to 42nd Street residents Scott and Nicole Hughes. She already loves strolling the neighborhood with her dog Cooper.

Catherine Irina Mackey joined big sister Lyra on Calvert Street on March 29. A wonderful addition to the family, she already seems to enjoy life in Glover Park.

Grant Alexander Cochet was born on May 9 to Emile and Juliet Cochet. He weighed 8½ pounds and was born in New Jersey prior to moving to DC. He loves his new home in Glover Park.

Mike and Katie Copps are proud to announce the arrival of their son, **Charlie Henry Copps**, born this past Mother’s

Day at 11:34 p.m. on May 13. He weighed in at 7 lbs., 4 ozs. and was 20¼ inches long. He’s their second son, little brother to Colin Copps. They live on Benton Street and love having a new addition to the Glover Park community!

Zachary Alexander was born May 31 at 2:11 p.m., weighing 6 lbs. 15 ozs. His proud parents are Alysa and Alex Macclellan of 37th Street. He joins big sisters Riley and Olivia.

Elliott Duke Nabavi was born at 10:58 a.m. on April 28 to proud parents Karen and Ali Nabavi of 42nd Street. He weighed 8 lbs. 1 oz. and was 21 inches long.

Leonard Joseph Choma was born on June 22 at 3:04 p.m. at Georgetown University Hospital. Leo weighed 7 lbs., 8 ozs., and was 21 inches long. His parents, Kate and Russ Choma, and big brother Colby, the bassett hound, welcomed him.

If you have a new addition and want to share the news, email the information to: georgette.eftekhari@gmail.com.



Help! I'm Drowning in a Sea of Stuff!

Paige Trevor

After teaching parenting classes for a few years, you start to see that there are very few new problems. The complaints and concerns I hear are similar from class to class. A good example is the problem of kids and their stuff. Anyone concerned/annoyed/overwhelmed with your kid's volume of stuff and/or the lack of editing/purging/cleaning up?

How did they get so much stuff? There is a stuff overload these days. Remember when you went to a birthday party and you brought a gift to the birthday girl/boy and came home full of cake and ice cream and fun memories? Well, our kids go to the party and come home with a little bag full-o-crap. Remember when you played soccer and you finished the season with a pizza party? Now our kids play soccer and finish the season with a trophy or a medal or yet another t-shirt. Stuff is so cheap and so plentiful and kids just seem to love it. We find ourselves sitting in a vast ocean of trinkets, game pieces, spare dice, Pokemon cards, Legos, board books, flash cards, and

whatever delightful new whiz-bangs have been dreamed up that I don't even know about! Anyone drowning?

Kids don't care about clutter! We must remember that small children and medium children and, heck, even large children have a very different relationship to stuff and tidiness than we grown-ups have. They actually don't mind a little clutter. You know when you walk into your messy house and feel defeated, depressed, and deflated. Have you noticed that your kids can walk into the same house and feel energized, happy, and eager to play with a few of those little strewn-about objects? I don't know how, but Legos don't hurt the bottoms of their bare feet. Kids can wake up in the middle of the night and find their way through the minefield of toys and debris in the dark, with nary a sprained ankle. It simply defies logic. Tidiness is not their priority; enjoying their junk is.

Where did I put that darn prefrontal lobe? Things aren't looking good for us grown-ups. We are drowning in an ocean of junk and

surrounded by children who just love swimming in that very same ocean. What do we do, and where do we find help? Underneath all the clutter and confusion we can always find our fully developed prefrontal lobe—the part of the brain that doesn't fully mature until about age 25 (this is why we can't afford to wait for our kids to fix this “stuff” problem). This area of the brain does nifty things like anticipating future consequences of current activities (if I keep buying Happy Meals for my kids, we'll keep getting new plastic toys); prediction of outcomes (if there is clutter everywhere, I am cranky and mean); forming strategies and planning (if I have less junk, I'll have less to clean up). Sometimes we throw up our hands and forget all about the tools we are carrying around right between our own ears. We can decide how much stuff will come and stay in our homes, we can form and implement strategies for editing and purging regularly, and we can anticipate our future happiness with our tidier and less cluttered homes.

Zero population growth. Is your prefrontal lobe engaged? Great. Here's another tool you can use. You, the grownup, determine how much stuff is appropriate for your house. Whatever amount you think it should be, you get extra credit if you make it one-third less. Then, from that moment on you have *zero population growth*. One t-shirt comes in from soccer season, one t-shirt goes out. When Nana comes and gives you five new board books, five old board books go to the library donation box. This takes discipline, but with our developed prefrontal cortexes, we can do it and help our kids do it, too. One more piece of bad news—this means us, too. One new pair of fun shoes comes in, one old pair goes out (ouch!). One new piece of electronic equipment in, one out.

It takes a village. We can all help each other out in Glover Park. How about some

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freecycling of toys/games/books your family has outgrown? How about giving experiential birthday gifts to kids? Perhaps you could give your child's friend a coupon to join you for Family Movie Night, complete with burgers and sundaes. How about birthday party revelers go home with nothing but full tummies and happy memories and a sincere thank you from the birthday child? To start decluttering you don't need a professional organizer—ask a friend for help. During the Snowmageddon, a buddy came over and helped my son declutter his room. They had fun. It took a half-hour, and sometimes it is easier to go through your stuff with someone who isn't your mom.

Hoarders no more. Start the school year off fresh and decluttered. Remember, your kids can help you. I'm not promising they will be excited about it, but they can help nonetheless. Keep your expectations reasonable on neatness and tidiness. Keep the amount of stuff they own reasonable and in line with what they can handle and clean up themselves. Give and share experiences rather than stuff. Glover Park will be tidy and clutter free before Halloween!



Sunday in the Park

Dan Melman

Guy Mason park is popular on lazy summer summer weekends because the lush tree canopy provides a welcome relief from the intense sun. What could be better than to have an ice cream party and entertainment sponsored by the Friends of Guy Mason (FOGM) board.

The July 22 event included free ice cream, a face painter, and a crafts project that gave young and old additional ways to make the day special. The highlight was the arrival of fire sergeant Ralph Thompson and his crew from Engine 5. Climbing on a fire engine was a real treat. The siren and blinking lights were great, and the demonstration of the water cannon, which shot water high and far, may have inspired a few future firemen and firewomen. Special thanks to Something Sweet for partnering with FOGM on the ice cream and to the crew from Engine 5!

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Glover Park Village

Patricia Clark

When the *Washington Post* ran an article this summer about people aging in their homes and adapting them for the physical challenges, longtime Glover Park residents Carl and Alda were surprised and glad to learn that Glover Park is one of the Washington area neighborhoods that has a Village. They have adapted their home for mobility; Carl moves up and down throughout their three-story house using chair lifts.

The Glover Park Village aims to engender intergenerational relationships, and foster aging-in-community. Participating in a national movement to establish neighborhood villages, Glover Park activists are operating this volunteer organization, to date funded from within the neighborhood.

Carl and Alda aren't as spry as they once were, but love living in the neighborhood; Alda likes to cook in her own kitchen, and feels a sense of comfort among the family treasures that remind her of connections to relatives. Though they had already found some local services for help, they contacted the Glover Park Village to learn about the services available, which are provided by volunteers for no charge. They were glad to hear that volunteers are vetted using background investigations and interviews.

Many Glover Parkers know that there are a lot of great things about our neighborhood: an 80-year-old citizens' association that meets regularly; a newly rebuilt school offering great learning; a decades-old coed adult softball league; Glover Park Day; the longstanding monthly neighborhood newsletter; two rec centers; parks; and a deeply imbedded sense of neighborliness.

Alda and Carl also knew that this is a wonderful neighborhood, and were proud to learn that their beloved Glover Park is at the forefront of villages engaging volunteers to do household tasks, provide transportation, and host social activities.

Over the last two years, a growing number of neighbors have been participating with the Glover Park Village. This non-profit group matches fully vetted volunteering neighbor with neighbors who need some assistance in their home, or to get out for appointments and walks.

Edna keeps up with gardening and yard work with the enthusiastic assistance of Village volunteers, and sometimes has heavy items carried from her car into the house.

Village volunteers are matched with neighbors, to provide door-to-door rides to doctors, stores, pharmacies, airports, and the like. Other volunteers do gardening and yard clean-up, change light bulbs, accompany neighbors for walks, provide social visits, provide architectural advice for adapting houses for those with mobility challenges, and help organize and downsize accumulated belongings.

Bera has found it to be an increasing challenge to prepare healthy, delicious food while considering dietary and health concerns. Many of us try to avoid salt, sugar, fats, and other ingredients that affect well-being, but want our food to be tasty.

The Glover Park Village is collaborating with Healthy Living, Inc., another Glover Park non-profit organization, to demonstrate healthy and simple cooking in workshops at Guy Mason, funded by the Glover Park Citizens Association. The next workshop will be September 12, 3-5 p.m. at Guy Mason. Its goal is to learn how to satisfy craving for sweets through naturally sweet whole foods; learn about quinoa, a "power" whole grain that also can be made in versatile dishes; and learn how to make an easy fruit crisp. It's free to participants and, of course, the Village can provide transportation.

The Village provides services to neighbors of any age. Please look around and see if any of your neighbors would benefit from some social contact, transportation, household assistance, yard or garden work, and/or escorts while out walking. Tell them about the Village or send a message to the email below. If you would like to spend a few hours a month volunteering, join many of your neighbors.

Though volunteers both administer the Village and provide services, there are expenses to operating this endeavor. The Village has been funded by the Glover Park Citizens Association, the Advisory Neighborhood Commission 3B and, increasingly, by individual neighbor's donations.

To learn more, call 202-436-5545 or visit the website at GloverParkVillage.org or email info@GloverParkVillage.org.

Thank You!

Many thanks to Ken Charney and Sheila Meehan for their dedication, talent, patience, and hard work editing and producing the *Glover Park Gazette* these past two years. Ken will be concentrating on personal projects and Sheila isn't going very far—she's GPCA's president so you'll see her byline every issue on the President's Report.

Boost Your Brain Power

Martha Rebour

Whether or not you have students in your life, you can't help but notice that the lazy days of summer are over and it is back-to-school season. As a nod to this time of year, here are some ways how we can all boost our brain power and get our brains in shape. First and most important, when you want to improve your brain function, it's important to look at your activity levels. An essential way to help your brain is to increase blood flow. Increased blood flow means more glucose and oxygen, essential nutrients for the brain. The best way to do this is through aerobic exercise, such as running, swimming, or biking. If you don't have time every day for a full aerobic workout, try and get in a brisk walk outdoors, or if you can't get outside, get up and walk around at work and take the stairs whenever possible.

There are several studies that prove that increased exercise helps the brain, and actually helps grow the hippocampus area of the brain. This can be particularly important for older adults as the hippocampus deals with learning and memory and that tends to shrink as we age.

According to the *Los Angeles Times*: "To complete the study, the team recruited 120 older people who didn't exercise regularly. Half were randomly assigned to an aerobic exercise program... The group doing aerobic exercise had increases in hippocampus volume, up 2.12 percent in the left hippocampus, and 1.97 percent in the right hippocampus."

At the Salk Institute, Henriette van Praag and her colleagues compared sedentary mice with mice that ran an average of three miles each night on a running wheel (van Praag et al 1999). Compared with the couch potatoes, the aerobically challenged mice showed dramatic brain growth. Specifically, the hippocampus was twice as large.

For children, aerobic exercise is very important as it literally helps their brains grow, increasing the brain's neurons and blood vessels. One randomized, controlled experiment on overweight kids found that 40 minutes a day of aerobic exercise improved executive function—that aspect of intelligence that helps us pay attention, plan, and resist distractions. (Davis et al 2007).

Choose the Right Foods

Aside from exercising, food choice is the next biggest way to influence your brain's health. Choosing whole, or minimally processed foods, and organic produce as general guidelines is vital as these foods contain

important nutrients and can be more easily assimilated by your body. Many pesticides are neurotoxic and have been shown to lower IQ in kids. To see which fruits and vegetables contain the most pesticides, go to the Environmental Working Group's website: www.ewg.org.

The following are some of the most important foods that can help your brain.

Good fats — your brain thrives on Omega-3 fats. They help with cognition, memory and mental health.

Anchovies are a great choice as they have 10 times more Omega 3s than tuna without the danger of mercury containment. They are also full of vitamin D and calcium.

Salmon is naturally very rich in Omega 3 fats as well as antioxidants. Look for Alaskan sockeye salmon as it cannot be farmed and thus does not contain the high mercury levels of some farmed fish.

Free range eggs — these are full of Omega 3s. It's important to get pasture-raised eggs as they contain two times more Omega 3s than those found in standard grocery stores, and three times more naturally occurring vitamin E, a potent antidepressant and possible Alzheimer's disease antidote. Make sure you eat the yolk as pastured egg yolks are rich in choline, a brain-boosting compound that promotes neurotransmitter health.

Cruciferous Vegetables

Brussel sprouts, kale, cabbage, broccoli, and cauliflower act as potent anti-aging agents for the brain. A Harvard Medical School study of more than 13,000 women found that eating these veggies lowered brain age by one to two years.

Scientists have proven that the cruciferous plant is packed with molecules that our bodies convert into an immune-system booster that helps protect new brain cells. Its antioxidant content helps clean up cancer-causing free radicals, waste products your body makes when it uses fuel to create energy.

Beets are full of the B complex vitamins, which help you quickly process data and sort through your memories. They also are known

Try some of these brain boosting techniques to improve your cognitive skills and your mental health.

to help with mood and some say fresh beets can serve as natural antidepressants. Avoid canned beets as the containers are likely coated in BPA, a chemical that may disrupt our natural hormonal systems.

Berries—Raspberries and blueberries contain anthocyanin compounds that protect brain neurons linked to memory. Strawberries' fisetin compounds build long-term memory strength. A British study found that eating approximately one cup of blueberries a day can significantly improve your memory in just a few months.

Hot chile peppers are full of capsaicin, a compound known for its use as a natural fat fighter and pain reliever. And, according to *The Happiness Diet* authors Tyler Graham and Drew Ramsey, M.D., our brains benefit from the heat-packing compound, too. The human brain is actually loaded with receptors for capsaicin, which release stress-reducing endorphins, making it easier for us to focus.

Pumpkin seeds are filled with zinc, a powerful immune booster and with tryptophan, a building block of brain health used to create serotonin, a key component of mood and brain health.

Apples contain catechins, substances that show promise in protecting us from brain-damaging chemicals all too common in everyday products. Always choose organic apples; the catechins are in the fruit's skin, the part exposed to pesticides in chemical farming.

Chocolate—Flavonoids in dark chocolate help boost your circulatory system, promoting better blood flow to the brain. Chocolate also helps with mental health as it stimulates endorphin production, which gives a feeling of pleasure and it contains serotonin, which acts as an anti-depressant. A 2009 study asking participants to count backwards in groups of three discovered that those who drank flavanol-fueled hot cocoa calculated more quickly and were less likely to feel tired or mentally drained. Choose dark chocolate as it contains more of the flavonoids and less sugar.

Try some of these brain boosting techniques to improve your cognitive skills and your mental health. Let me know how it goes, I would love to hear from you.

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 recently graduated from the Institute for Integrative Nutrition. Martha can be reached at mrebour@gmail.com.

Stoddert Recreation Center

4001 Calvert St. NW, Washington, D.C. 20007, 202-299-3324

Free Programs			
Registration Starts Monday, August 27, 2012			
ACTIVITY	DAY & TIME	AGES	START DATE
Adult Volleyball	Wednesday 7:00-8:45pm	18 & Over	On Going
Cheerleading/ Pom-Pon	Tuesday & Thursday 3:30-5:00pm	6-13 yrs	September 18, 2012
Men's Basketball	Tuesday 6:30-8:45pm	21 & over	On Going
Poets on The Fringe	Mondays 7:00-8:50 pm	18 & Over	On Going
Women's Basketball	Monday 6:30-8:45pm	18 & over	On Going
Youth Baseball	Thursday 5:00-6:30pm	8 – 10 yrs.	August 30, 2012
Youth Basketball	Fridays 4:00-5:00 pm	6-8 yrs.	September 14, 2012
Youth Basketball	Fridays 5:00-6:00 pm	9-12 yrs.	September 14, 2012
Youth Flag Football	Monday 4:00-5:30pm	7-11 yrs.	September 10, 2012
Paid Programs			
Registration Starts Tuesday, October 9, 2012			
Gymnastics \$80 res./ \$85 non-res.	Wednesday 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	Ages 2-3 yrs. 4-6 yrs. 7-8 yrs.	October 24/31 , 2012
Pilates Basic \$125 res./ \$135 non-res.	Saturday 10:30-11:25am	18 & Over	October 27 , 2012
Yoga Basic \$80 res./ \$85 non-res.	Saturday 11:30-12:25pm	18 & Over	October 27 , 2012

If you have any questions, email ricky.davenport@dc.gov.

Please see the GPCA website — <http://www.gpcadc.org> —
for the Guy Mason's fall schedule,
which will be posted as soon as it is available.



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