Pediatric Hospital to expand outpatient center

By JILL FEINBERG
Mt. Washington Pediatric Hospital vice president of development and external affairs
jfeinberg@mwph.org

This spring, Mt. Washington Pediatric Hospital will break ground on its Rosenberg Outpatient Center expansion project. The Rosenberg Outpatient Center provides specialized care for the region's most troubling childhood diseases, including asthma and other respiratory illnesses, diabetes, developmental disabilities, behavioral health, and childhood obesity, among others.

The two-level expansion will serve children seeking behavioral health, rehabilitation, and primary-care services. MWPH has added staff and visitor parking to accommodate anticipated growth.

When the Center opened in 2000, it hosted 5,000 patient visits a year. It now serves more than ten times that number. Demand from the community will push the Center, currently at 80 percent capacity, to exceed 100 percent capacity by 2020.

The project will break ground in April and will take up to a year to complete. Contractors will park at the Northwest Park lot and then carpool to the hospital. Construction will occur between the hours of 7 a.m. and 3:30 p.m. Every effort will be made to minimize disruptions to neighbors.

Concerns or challenges can be directed to Jill Feinberg at (410)578-2681. MWPH thanks the community in advance for patience and flexibility as contractors work on this expansion.

In other news, residents are invited to attend the sixth annual Storybook Gala, to be held on April 6 at the Marriott Waterfront Hotel. The theme is “Alice in Wonderland”

Mount Washington environment advocates take winter river plunge

By ELIZABETH GROVE
elg.grove@gmail.com

Environmental advocates in Mount Washington raised $3,212 to support the Chesapeake Climate Action Network, a grassroots nonprofit dedicated exclusively to fighting effects of climate change in Maryland, Virginia, and the District of Columbia. How’d they do it?

By, for the third year in a row, plunging into the Potomac River in the middle of winter along with hundreds of other activists, of course — how else? This year marked the 14th annual Polar Bear Plunge to Keep Winter Cold, held at National Harbor on January 26.

The Mt. Washington Polar Bears team formed in 2017 to help fund CCAN’s mission of supporting sustainable energy and working against climate change. The original team of three grew last year with two additions, and practically doubled this year to nine total participants.

Plungers beat CCAN’s goal and collected more than $140,000 in donations this year. Speakers included Mike Tidwell, founder and director of CCAN; Miranda Doston and Hannah Klaus of Fossil Free AU; Del. Lorig Charkoudian; Gary Skulnik of the Neighborhood Sun (“strengthening communities through local solar”)
The newsletter of the Mount Washington Improvement Association is distributed six times a year to all residents of Mount Washington and includes information on the news, people, activities, and businesses of the neighborhood, as well as the actions of the Association’s Board of Directors. The newsletter can be contacted at news@mwia.org with story ideas, calendar listings, volunteering interest, and other inquiries. Advertising in the newsletter generates revenue that is used to support the MWIA and community; interested advertisers should contact advertising@mwia.org for information on rates and publication.

— Karen Donley
Editor
Greetings from the Mount Washington School, where, so far, we have had three days off because of ice and snow. I think I represent the entire community when I hope the constant wintry mix doesn’t extend through March!

In November, the MWS Parent-Teacher Organization ran its annual Phonathon – our school’s version of the National Public Radio Pledge Drive. By early December, thanks to the generosity of our families and neighbors, we had reached $22,000.

Incredibly, by February, we were up to $36,000 – an absolute record! It’s an extraordinary level of support and our school community needs to thank parent and longtime Mount Washington resident Stuart Caplan for his commitment and continued leadership of this event. His time and dedication have transformed the Phonathon from a small outreach effort into our major fundraising event.

In January, the MWS hosted its year-long National History Day research competition for all middle-school students. More than 24,000 students participate in Maryland.

Competition begins at the school level, as students are asked to complete research projects based on an overall topic. This year’s topic was “Triumph and Tragedy.”

Students can present their research in whatever form they choose, including exhibits, documentaries, websites, performances, or research papers. Parents, grandparents, and members of the Mount Washington community served as judges for this event.

Criteria was provided for evaluation of student interviews and work. Feedback was given to all the students, and the top-scoring projects in each category have moved on to the district-level competition. It was a wonderful evening listening to the kids present and talk about the research projects they had been doing since the fall.

On February 8, the school hosted one of its most popular events: the 10th annual Spaghetti Dinner and Talent Show, held in the cafeteria and auditorium of Baltimore Polytechnic Institute. Dinner for 200 was generously provided by chef Ed Bloom of Ethel’s Creole Kitchen in Mt. Washington Village.

Ed and the staff at Ethel’s have been unwavering in their support of the Mount Washington School during the past ten years, providing the meal for this event as well as each spring donating samples of their famous jambalaya and gumbo to the PTO’s “party with a purpose,” the Taste of Mount Washington. Our community cannot thank them enough!

During this year’s Talent Show, our attentive audience was treated to 30 acts including our wonderful Step Club, the F.A.M.E. fashion and design mentoring program, and comics, instrumentalists, singers, dancers and magicians. It was a wonderful evening celebrating the many talented children at our school.

Mark your calendars for May 4 from 6 p.m. to 10 p.m. for the Taste of Mount Washington at the school. It will be a wonderful night of dining on the specialties of local restaurants, catching up with friends and neighbors, dancing, and enjoying auctions, with all proceeds going to support the academic and after-school activities of more than 600 students.

There will be ticket information available soon on the community listserv. We sold out last year and hope to do so again. We hope everyone will join us for a great evening to support the school.
Victory Gardens Then and Now

By LIBBY BAKER
Libby.bakert@gmail.com

Gardens can play an essential role in sustainable living by providing food, creature habitats, pollinators, soil restoration, and carbon sequestration. Gardens also have been important in times of crisis, both past and present. Victory gardens were planted during World War I and World War II to help the war efforts, and now climate victory gardens are playing a part in addressing climate change.

I have learned recently that my parents had a victory garden during World War II. My mother and father moved to Baltimore in 1941 and lived in the Calvert Court apartments at 31st and Calvert Sts. In 1942, my father planted a victory garden, along with others, in the medium strip on 33rd Street in front of Union Memorial Hospital. I try to imagine that garden in front of the hospital when I drive by. Maybe there weren’t many trees at that time, or they weren’t as tall as they are now, so they didn’t block out the sun, as they do now.

My father had not been accepted into the Army because of vision issues, so he desperately wanted to do something to help out during that critical time. Yes, he gave blood, but he wanted to do more. When he was growing up in the Boston area, his mother had always had both a vegetable and a flower garden in the back of their house to supply a small boarding house she ran, and he had learned some skills by being required to do gardening chores. At the time, he didn’t appreciate the experience much, but in 1942, he realized that he had learned enough that he could plant a victory garden. The gardens were close by their apartment, so he was able to stop by to tend his garden mornings before work and evenings on his way home. My mother was busy with caring for a baby, my older brother, but when she took him for a walk, they came to see the gardens. Some of the produce was given collectively in ways to benefit the war effort, and some was for their own use, leaving them more of their vouchers to use for food that they could not grow. I wish I had known this story when my father was alive. I would have liked to ask him more about the experience. Did they enjoy it? Did they feel they really were contributing to the war?

So, when I read about climate victory gardens recently, I was enthused. I garden, and I know there are a number of Mount Washingtonians who garden, either in their backyards or in one of the two community gardens.

Since it is now March, spring is soon approaching, and we may be thinking about preparations for this year’s gardens. It is another critical time in our global history, this time a world war on climate.

Some of us are concerned about climate change and take a role in related social and political activities. Some of us want to find ways that we can contribute as individuals, ways to adapt to the unmistakable climate disruptions now and in the future. I have learned we can make our gardens climate victory gardens and thereby perhaps contribute to part of the solution. It may only be a matter of perception – we may not have to change anything we are doing except be mindful of wider weather swings and disasters, or perhaps we also can adjust our methods to more regenerative practices. Those of us who may not have had a garden may want to start one.

What are the characteristics of a regenerative garden? Here is a summary from the environmental organization Green America:

- grow edible plants, pollinators, and plants that feed and attract beneficial insects, bees, birds and butterflies
- encourage biodiversity
- do not till nor disturb the soil
- keep soils covered with organic material
- plant perennials that give year after year, feed the soil, and use less water than annuals
- rotate plant groups season to season to keep the soil rich
- use companion plants and guilds of mutually beneficial plants
- compost and mulch
- eliminate chemicals.

Green America, which is fostering the climate victory gardens movement and mapping them so all can see the numbers and where they are located, gives this explanation for its motivation: “When we grow food at home in a regenerative manner, we purchase less food that has traveled across the country, we compost more food scraps and yard waste keeping it out of landfills, we increase the water holding capacity of our soil decreasing flooding and runoff, and most importantly we rebuild our soil health bringing back its carbon sequestering potential."

If you are interested in learning more about this project and participating, you can find information and encouragement at greenamerica.org. “Climate Victory Gardens.”
Causes and Treatment of Common Shoulder Conditions

By JOSHUA WIES  
joshuawiesmwpt@gmail.com

Many people notice pain in the shoulder when changing a light bulb or reaching for something on a high shelf. In fact, 30 percent of the general population experiences shoulder pain at one time or another with about half of those experiencing the pain as chronic (for three months or more). In this article, I will describe some of the common musculoskeletal disorders affecting the shoulder, why they occur and what to do about them. This is not meant to be an exhaustive primer on the shoulder and, when in doubt, see your primary care physician as certain more serious conditions can mask as shoulder pain.

The shoulder is a rather complex part of the body, comprising three bones: the collar bone (clavicle), the shoulder blade (scapula) and the upper arm (humerus). Where the bones join together, known as joints, ligaments hold one bone to another with further support coming from the muscles surrounding each joint. The ligaments surrounding the main shoulder joint form a continuous sheath called the capsule, which is filled with lubricating (synovial) fluid. The muscles attach to the bones by structures known as tendons; these are normally incredibly strong due to their collagen content and have a tensile strength greater than steel!

There are 26 muscles attached to the shoulder. They all need to work in concert with one another. The larger muscles are known as the prime movers; they power arm movements (like the engine of a car). The smaller muscles control the fine movements within the shoulder joints (more like the car’s steering wheel). These smaller muscles are analogous to the “core” muscles of the abdomen. Just as weak abdominal core muscles can lead to back pain, a weak core in the shoulder can lead to problems. For the shoulder, the core muscles are those of the rotator cuff and the serratus anterior.

Any imbalance in the muscle action during shoulder movements – due to injury, weakness, tightness or faulty alignment – can lead to problems. The shoulder is a ball and socket joint (due to the spherical shape of the humerus resting in its socket on the scapula). It is the most mobile joint in the body. As you reach in any direction, the ball must stay centered on its socket. When the ball does not stay centered it can shift slightly forward or upwards resulting in rubbing of the adjacent soft tissues. If the ball shifts up during reaching movements, the rotator cuff can be squeezed or impinged. This common cause of shoulder pain is known as rotator cuff impingement leading to rotator cuff tendinopathy (pathology of the rotator cuff).

You might want to take a look at yourself in the mirror and do a self-check of your posture. Is your head forward? Is your upper back a bit rounded? Where are your shoulders in relation to the top of your chest? Gravity tends to pull everything down and in the forward direction, and many activities such as sitting at the computer, using smart phones, watching television, and driving tend to encourage a forward-rounded posture. To continue the car analogy, when the shoulders migrate forward it’s like driving with the front wheels pointing inward – things will rub where they shouldn’t, the muscles in the front of the shoulders become tight, and the muscles in the back of the shoulders (the rotator cuff) become over-stretched and weakened.

Postural misalignment and impingement in the shoulder can lead to gradually worsening pain, the origin of which can be difficult to determine. Trauma to the shoulder is a more obvious cause of pain. A fall onto the shoulder or outstretched arm can cause a painful bruise, a damaged ligament, or a torn rotator cuff, or even a broken bone. A sudden load to the shoulder such as throwing a ball, serving in tennis, or the jerk you feel when your leashed dog takes off after a squirrel can result in a rotator cuff tear or overstretching.

A less common, but very painful, condition of the shoulder is adhesive capsulitis or frozen shoulder. Generally, this presents as a sudden onset of unexplained pain, often to the point of disturbing sleep with a rapid loss of movement in the shoulder. It becomes almost impossible to lift the arm either actively or passively, thus the moniker “frozen”. This condition will get better but can last 18 months, divided into three equal phases – freezing, frozen and thawing. Early intervention by a specialist is recommended to reduce the duration of suffering.

Finally, there is the condition of arthritis affecting the shoulder – either inflammatory (such as rheumatoid) or non-inflammatory (such as osteoarthritis). Inflammatory arthritis should be managed by a physical therapist under the medical management of a rheumatologist as there are now very effective medications that can help this condition. The more common osteoarthritis can also be helped by the above combination of PT and medical management.

There is some evidence that acupuncture shows some benefit for osteoarthritis although the literature is equivocal.

Shoulder pain is almost always treatable

See Health, page 10
Do you have a home equity line?

I am always surprised by how many people do not have a home equity line of credit, or HELOC. You need one, especially if you have a decent amount of equity in your home.

A HELOC is an open line of credit for you to use if and when you want. Originally HELOCs were intended to help finance large purchases that increase homes’ values.

For example, let’s say you want to do a remodel of your kitchen. The contractors say it will cost $40,000, but you don’t have $40,000 in your checking account.

It doesn’t make sense to put it all on your credit cards, as then the bills will be due in 30 days, and, if you can’t pay it all now, what makes you think it will be any different in 30 days? If you don’t pay in full on your credit cards, you end up paying exorbitant fees — perhaps an additional 28 percent.

That’s crazy. Plus, your contractors will often want a check and not your credit cards, as then they have to pay 3 percent in fees.

If you had a HELOC, you would only need to write the check off of that account. Once you “take” money from the account, you will then be sent the bill, but it usually is on a repayment schedule of five years or so. And you can always pay more than the amount due to get rid of the debt faster.

You don’t have to get your HELOC from your mortgage provider; they are independent from each other. Either banks or mortgage lenders can help you get a HELOC.

Your HELOC will essentially be an additional lien on your home after taxes and your mortgage. Shop around for the best rates, but all will be fairly close.

A question to consider is, do you want a fixed rate or variable rate? Fixed rates are higher, so if interest rates are stable a variable rate may be the way to go.

The amount of your HELOC will be determined by how much your house is worth and how much you currently owe. To determine the value of your home, an appraisal will need to be done, but the lender will arrange that. Typically there are closing costs associated with getting a HELOC, but you can roll that into the loan.

I suggest always going for the highest amount of credit you can. For example, imagine if your home today would appraise for $350,000 and you currently owe $200,000.

Because you have $150,000 in equity, the HELOC lender may possibly offer you $100,000. As long as you are fiscally responsible and you won’t see that as free money, get it. You will only use it if you need it, right?

Do you have to use the money for home improvements? No. Once the account is set up, it is up to you how you use the blank checks. Think of a HELOC as a true emergency fund.

Recently the federal government shut down for 35 days, and many people were scrambling to get money to pay for gas and food. If you were affected in such a situation, and had a HELOC, you could just write yourself a check. I will admit to using it for school tuitions.

If you never use your HELOC, great, but having it can give a lot of peace of mind. And it will help you maintain a higher credit score, as that is based on how much available credit you have in relation to your outstanding debt.

Often sellers are surprised that, in order to get their houses ready for the market, they have to put money into them. Maybe they need to repaint a few rooms, or spruce up the gardens, or fix leaky roofs.

And of course, once you are under contract and have the home inspection, get ready to shell out some more money. Almost all homes have defective items that buyers will want fixed in order to proceed with the purchase.

Sellers say, “I don’t have the money for that!” Well, if they had home equity lines, they would.

You know you will get that money back soon, so think of it as a bridge loan. To yourself.

Remember, do not use your house as a piggy bank. The last thing you want is to pull all the money from your HELOC, then try to sell your home and still end up with very little money to go and purchase a new one.

Worse, you could end up doing a short sale or having to give the house back to the bank. So if you can’t keep control of your finances, maybe a HELOC isn’t for you.

Joan Goldman is a Realtor with Cummings & Co. and can be reached at 443-255-4858.
The Story of Mount Washington

Mount Washington Village: Serving the Community for more than 100 years

By DANIELLE SHAPIRO
dannishapiro@gmail.com

Mount Washington is a unique, historic community which combines the beauty of old, architecturally varied houses with a vibrant commercial district. Mount Washington Village has a long and rich history of thriving businesses that once earned it the reputation of the Greenwich Village of Baltimore.

Mount Washington Village’s charming enclave of shops, restaurants, and services, clustered near the light rail on Sulgrave Avenue and Newbury Street, has gone through many changes over the years. Historically speaking, the village has been an exciting creative commerce hub for well more than a hundred years. While it is sometimes frustrating to see for rent signs or to say goodbye to places like The Nickel Taphouse, it is comforting to know that Mount Washington Village has been a stable community feature for decades.

The village was as thoughtfully created as the planned residential community of Mount Washington. When Mount Washington transformed from summer residences to year-round living, residents needed groceries close to home. Prior to the Civil War, buying necessities meant “taking a hike across Jones Falls” to the Falls Road “Turnpike” where there was a general store (now Joe’s Bike Shop) and other businesses such as a blacksmith and a grain store.

In the late 1800s, a row of houses on the south part of Sulgrave was built for residential and commercial use, forming what is today Mount Washington Village. The new commercial area was the talk of the town. Mark Miller in his excellent book “Mount Washington: Baltimore Suburb” quoted The Advocate newspaper, which described the community’s new merchants in 1886 with great glee: “Our City friends do not know how easy it is to keep house at Mt. Washington. We have three or four stores which furnish groceries and other edibles and send daily to the cottages for orders. Several of them furnish meat, vegetables, and fruit. And we deliver fresh fish for breakfast. We have a first class bakery and confectionary, a dealer who delivers ice daily and several good milk men who keep cows and furnish good milk at our doors.” Charles Weidy and Philip Harney were among the first general merchants based in Mount Washington in 1877, notes Miller.

Mount Washington grocery stores of the era included S.J. Roche & Son, which opened in 1886 and sold flour, grain, lime, hay, and mill feed. Competitor Smith and Hamilton sold “staple and fancy groceries” as well as hay, grain, coal, and lumber.

Sparwasser’s Tavern, a well-loved local watering hole, opened in 1933 around the time of the end of Prohibition and was a popular start to the morning with working men from the mill. It relocated to Newbury Street in the 1940s and, in 1979, became the Mount Washington Tavern, which is now owned by Rob Frish and Dave Lichty. On a recent night, they were busy setting up a bourbon tasting for 160 people.

Arnold’s pharmacy at Newbury and Sulgrave was a popular spot for patent medicines and was the first store in the neighborhood to boast a payphone in 1886. A cobbler shop passed down in one family for generations stood at 1609 Sulgrave Avenue from 1879 until 1952.

Other stores changed hands over the decades and responded to changes in traffic flow following the 1926 construction of the Kelly Avenue Bridge. The Mount Washington Pharmacy, run by the garrulous and popular “Doc” Levy, opened in 1939. Crawmer’s Corner, a restaurant and store, was a favorite meeting place after late night concerts at the Lyric Theater downtown due to its location at the changing point for trolley service.

Longtime residents of Mount Washington

SNAPSHOT OF THE BOUTIQUE ERA

Mount Washington Village has boasted an impressive, eclectic list of boutique businesses selling more than just staples. An article in the News American newspaper in 1979 listed clothing, jewelry, and dollhouse furniture stores in the Village, including:

Fashion businesses
• Furry Fakes – That Coat Place
  1606 Kelly Avenue
• Lingerie Bazaar
  1506 Kelly Avenue
• The Snooty Fox
  1606 Kelly Avenue

Vintage clothing stores
• Second Time Around
  5710 Newbury St.
• Foxie Cheamcheexex
  behind 1619 Sulgrave Avenue

Funky gift shops
• Something Special
  5618 Newbury Street
• Chuka Loam
  1613 Sulgrave Avenue
• Opal Emporium
  created and sold custom jewelry. Louis Kalman, owner of Mount Washington’s The Proud Self, an art and clothing store with a wafting smell of incense, cited low overhead as a reason for the Village’s success in 1970.

Something Else is one of the few remaining businesses from that era. The store keeps the funky 1970s Mount Washington vibe alive.

Its owner, the irrepressible and beloved Elsie G. Fergusson, died last year. She was honored in the Baltimore Sun and other publications for her fashion style and warmth. Her store, located in a 19th-century clapboard house on Sulgrave Avenue and now owned by her son, opened in 1968 and is a favorite among those who love its eclectic clothing and unique jewelry.

See History, page 10
**MWIA Committee Reports**

**Communications** [chair: Ellie Mitchell]

MWIA launched a new Facebook page that can be liked and followed at www.facebook.com/mwiaassociation. In conjunction with the Facebook page, the Committee recommended an increase in use of MWIA Announcements email.

The announcement emails give Mount Washington residents relevant and timely information about meetings, MWIA actions, and special events. Announcement email frequency will be limited to approximately once a week. Requests to be added to announcement emails can be sent to the Chair at ellie@elliemitchell.org.

The Committee is also working to make the website more streamlined and easy to navigate. A communications survey is planned to coincide with the annual meeting notice in the spring and will be presented in both paper and online versions to collect additional feedback on how MWIA can best reach all audiences throughout the neighborhood.

**Safety and Crime** [chair: Louise Cornell]

The wait time of the school buses for afternoon pick up at Kelly Avenue and Lochlea Road has decreased approximately 50 percent from what it was at the start of this school year. However, the problem of cars maneuvering around the buses continues because the bike trail was not constructed according to the original plan, which showed an additional lane with adequate space for the three buses to use.

It is unknown who changed the plans or why. According to Councilman Schleifer, the non-conforming curb will be ripped out and re-installed according to the initial drawings. This will create a nine-foot-wide bus stop on the south side of the roadway, a 10-foot eastbound travel lane, and an 11-foot westbound travel lane.

In the meantime, there are already three crossing guards assigned to the middle and elementary schools, so a request for another has been denied. The police do not have any available staff to assign. For safety, it may be a good idea to use a horn to alert others while navigating around the bus obstacle.

Any member of the MWIA can join a committee. For a full list of committees and subcommittees, please visit mwia.org.

**NEIGHBORHOOD NOTEBOOK**

**Area Captains Welcome New Neighbors**

Area captains have met to discuss priorities for 2019. The creation of a welcome packet for new neighbors is a top priority. The packet will contain details about city services such as trash and recycling and information about community resources such as swim clubs, schools, parks, and the MWIA.

Each month, area captains will introduce themselves to new homeowners and renters, answer any questions, and leave new neighbor packets. Those with new neighbors or who have recently moved in should let the area captain know. Area captains and their assigned areas are listed in Area Announcements.

— Deb Kleiner

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“Plunge,” continued from page 1


Tidwell proudly told the crowd of CCAN's major recent accomplishment: The District of Columbia adopted the strongest climate policy in the country. The Clean Energy DC Omnibus Amendment Act of 2018, or “Clean Energy DC Act,” is a climate law that will result in less pollution harming lungs and the atmosphere, more investment into energy efficiency solutions, and a faster transition to clean, renewable energy sources.

Perks for plungers included hot coffee or cocoa and Sugar Shack donuts, easy activism sign-up, raffle tickets for great prizes, a 20 percent discount at McLoone’s, a digital swag bag — and of course bragging rights in addition to all the fun and camaraderie. The Mt. Washington Polar Bears team is actively seeking more neighbors to join them in the fight, and in the water, next year. To find out more, please visit https://chesapeakeclimate.org/, or write to Elizabeth at elg.grove@gmail.com.

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Magruder Khan Group
Long & Foster Real Estate Inc.

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“History,” continued from page 7

swerve nostalgic when talking about the A&P grocery store where Eddie the butcher cut meat to order. The Mount Washington Popular Grocery owned by Walter Schwab and opened in the 1920s was in the Sabina-Mattfeldt neighborhood off Falls Road, according to Linda Noll in her book “Around Mount Washington.”

Other services were available in the village. The U.S. Post Office bounced around a bit before resting in the stunning brick art deco building on the corner of Kelly Avenue and Sulgrave (now Mount Washington Pizza). The Enoch Pratt Library Branch 21 was at Greeley and Smith from 1921 until 1950 when the building was given to the Baltimore School Board. It is now is part of Baltimore Clayworks.

The Village still hosts an eclectic range of businesses including hair and nail salons; Mount Washington Spa for facials; restaurants such as Woodrow’s Bar-B-Que, Le Bistro Du Village, Chiyo Sushi, and Ethel’s Creole Kitchen; architectural firms, The Painting Workshop behind Woodrow’s Bar-B-Que; The Village Vet; and various businesses in the office building at 1501 Sulgrave Avenue. The Mount Washington Village Association, which was formed around 1970, represents the area’s businesses.

The Village’s boundaries are clearly defined and governed by bylaws from an “Urban Renewal Plan,” passed in 1976, which maintains the aesthetic and continuity with the residential area. The district is also under the purview of the Mount Washington Improvement Association.

Do you have memories of your favorite Mount Washington Village store? Please email me and share your memories for an upcoming newsletter.

Danielle Shapiro is a consultant and the MWIA vice president.

Where Children Go to Heal & Grow

Mt. Washington Pediatric Hospital

An affiliate of University of Maryland Medical System & Johns Hopkins Medicine

1708 West Rogers Avenue, Baltimore MD 21209
410-578-8600 | mwph.org

“Health,” continued from page 5

with conservative management. It is always best to have a physician rule out any serious conditions, and a good physical therapist should know when to refer to a doctor. A wait-and-see approach beyond two to four weeks is ill-advised. If the problem does not resolve within this time period, it can become chronic and create secondary problems.

The strongest evidence for improving shoulder pain is surrounding exercise. This generally comprises work to redress any imbalance between overly tight muscles and weakness. The rationale for treatment should be to stimulate healing and self-repair of the involved soft tissues and, ultimately, returning the patient back to the desired function (such as recreation or reaching up activities). Realistically, recovery from a more chronic shoulder problem will take about 12 weeks, although significant improvement is often experienced more quickly. A purely passive treatment such as massage can help in the short term but is unlikely to cure the problem. A combination of hands-on work with exercise will yield the best outcome and a home exercise program will ensure that you maintain gains made.

In summary, if you experience shoulder pain, consult a professional experienced in shoulder treatment. Don’t live with pain for more than a month as that can worsen the problem. Relief and return to your pain-free life is often possible and prescribed exercise is, as always, the best medicine. If you have a question about your shoulder problem, please feel free to contact me as I am a shoulder specialist and may be able to offer further advice to help your recovery.

Better listeners and navigators of challenging situations within changing Jewish families.

This five-session program uses “Compassionate Listening” methodology to help grandparents become wiser, and charming.

Sarah Pinsker, “Sooner or Later Everything Falls Into the Sea”
7-8:30 p.m.
The Ivy Bookshop, 6080 Falls Road
The award-winning science fiction and fantasy writer discusses her highly anticipated new collection.

Karen Dough
Tuesdays, March 5 & April 2
5:30-7:30 p.m.
Macks Center for Jewish Education, 5708 Park Heights Avenue
Shy or reluctant 5- to 12-year-olds can read with friendly, non-judgmental, and attentive dogs. Adult supervision is required.

Parent-Teacher Organization Open Meeting
Tuesdays, March 12 & April 9
6-7:30 p.m.
Mount Washington School, Lower Building library, 5800 Smith Avenue
Meeting of the Mount Washington School Parent-Teacher Organization to encourage community and volunteerism, organize fundraising, and distribute money to benefit students.

School Family Council Meeting
Wednesdays, March 20 & April 10
6-7:30 p.m.
The Mount Washington School, Upper Building library, 1801 Sulgrave Avenue
The Mount Washington School Family Council meets to work on improving student achievement, ensuring quality programs, enriching family and community engagement, and helping the school achieve its greatest potential.

School Tour for New Families
Thursdays, March 14 & April 11
8:45-9:45 a.m.
Mount Washington School, Upper Building library, 1801 Sulgrave Avenue
Tours are held for families interested in the Mount Washington School. Call 443-642-2900 to reserve a spot.

Wellspring Yoga
Fridays, 8:45-10 a.m.
Elderslie-St. Andrew’s Church, 5601 Pimlico Road, $8-$10
Appropriate for most levels (not a gentle, seniors, or therapeutic class). Bring a yoga mat if you have one (some are available to borrow) and a water bottle. Pay with cash or check. For more information, contact Mira at 410-370-6764 or wellspringhealingarts@gmail.com.

Luckman Park Cleanup
March 2 & 17, April 6 & 21
10 a.m.-12 p.m.
Luckman Park, 2809 Glen Avenue
Join the Friends of Luckman Park on the first Saturday and third Sunday of every month – weather permitting – for trash pickup, leaf raking, gardening, and other general park cleaning. Come for all or part. RSVP (to luckman.park@gmail.com) helpful but not necessary.

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and the gala will include auctions, dinner, dancing, and fun cocktails.

Tickets are nearly sold out for this lively event. For more information, please go to

www.mwph.org/storybookgala.
Let's hope Punxsutawney Phil is on the mark this year for an early spring! As we head into March and April of the year, I am hoping to leave the dreariness of winter behind.

This is one of the more beautiful times of the year for Mount Washington as lawns begin to turn green, trees begin to leaf out, and early blooms brighten our neighborhood. Throughout the season, hope springs eternal for the MWIA.

After discussions with Councilman Schleifer, the MWIA has secured commitments from the City’s Department of Recreation and Parks to correct and reconstruct the curb and newly placed Jones Falls Trail along Kelly Avenue near the intersection of Lochlea Road. This area was not constructed in accordance with the approved plans and has resulted in an extremely unsafe roadway, particularly when school buses are loading and unloading children.

At those times there is a single travel lane, such that oncoming traffic has hampered and obstructed sight lines around the buses. Through continued dialogue with the City, the MWIA has garnered the assurance that this dangerous condition will be corrected this year.

The Board continues working with the Department in seeing to the completion of the Trail construction. As we have heard, the new trail bridge over Northern Parkway near Greenspring Avenue is slated for installation in March, and the majority of the Trail is scheduled to be completed by summer of 2019.

On a more social note, the MWIA has just hosted the inaugural “Progressive Dinner Party,” and all had a good time! More than 80 neighbors got together at a number of homes throughout the community to break bread and share a meal with many newly met friends and acquaintances.

Judging by the turnout to this event, it will certainly be a new tradition for our community. Look for a summary and update from your area captain.

To the south, the MWIA is staying abreast of the various proposals regarding the redevelopment of the Pimlico Race Track. After the release of the Maryland Stadium Authority’s Phase 2 Study, the Maryland Jockey Club, the City of Baltimore, and the State of Maryland have been in heated talks about how to move forward. As part of this effort, the MWIA is engaged in discussions with the “Northwest Forum” (the neighborhoods adjacent to the track) to promote a shared desire to see a fully redeveloped mixed-use site, anchored by an expanded live horse-racing sports and entertainment venue, that continues to host the Preakness Stakes.

As a member of the MWIA, your voice can join your neighbors’ to better the community. Please consider joining the Association to support this mission and make us a stronger in preserving the qualities that are unique to Mount Washington. I hope to see you around the neighborhood.

John W. Mack
President@mwia.org; mwiapresident@gmail.com