



## Soccer club preparing to kick off fall season

By NICHOLAS JONES, [mwsc.u12.sky@gmail.com](mailto:mwsc.u12.sky@gmail.com)  
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Mount Washington Soccer Club coaches

Have you ever noticed the sound of cheering coming from Northwest Park on fall weekends and wondered what it was? It's excited kids and families enjoying the Mount Washington Soccer Club.

The volunteer-based MWSC welcomes kids and families to take part in soccer programs both recreational and travel (for those who want to take on the challenge of playing teams from the local Baltimore area). MWSC has been an institution in Mount Washington since the early 1970s, teaching the technical skills of soccer, teamwork, sportsmanship, and the love of the beautiful game!

Countless boys and girls have kicked their first soccer balls and donned colorful MWSC jerseys through the past five decades. Come out this month to take part in or watch some great soccer



Photo by Nicholas Jones

action right here in the neighborhood.

Several roster spots are still available for the fall season. Those interested in playing for a fun neighborhood soccer league should visit [www.mtwashsoccer.org](http://www.mtwashsoccer.org) for more information and to join.

Many Mount Washington teens and young adults have returned to MWSC for one of their first paid jobs as a soccer referee. Local teens interested in learning how to referee should email [mtwashsoccer@gmail.com](mailto:mtwashsoccer@gmail.com) for information.

Parents can also help teach the next generation of young soccer players. There are opportunities for volunteers to serve as coaches, assistant coaches, team managers, commissioners, and

See Soccer, page 10

## Departing Clayworks camp director recounts experience

By NICOLE FALL  
 Interim director, Baltimore Clayworks  
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Baltimore Clayworks had a busy summer with ceramics classes for adults and community arts at a variety of sites in Baltimore. With this extensive programming, a cadre of wonderful interns and staff were added to Clayworks' ranks, bringing with them great energy, new skill sets, and unique personalities.

Clayworks also organized a summer camp, directed by the vivacious and organized Alexis Ray. As Ms. Ray departs for a teaching position at Empowerment Academy in Baltimore, she answered some questions about her experience and how being a

part of Clayworks can help shape a career in the arts.

### Where are you from, and how did you come to Baltimore?

I am originally from New York. I relocated to Maryland to attend the illustrious Morgan State University.

### Were the arts a part of your life growing up?

I am pretty sure I came out of the womb with some sort of art tool in hand, as art has played a big part in my upbringing. I cannot remember a time when I was not trying to be creative, whether it was making doll houses at my mom's job with cardboard boxes, or



Photo by Sara Morales-Morgan

Alexis Ray

See Clayworks, page 8

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Captains are liaisons between the seven community areas and the MWIA. Contact your area captain to raise and discuss issues you would like to see addressed by the MWIA, or to otherwise obtain information about the neighborhood and other assistance. A map of the seven areas can be found at [mwia.org/about.html](http://mwia.org/about.html).

CONTACT THE MWIA NEWSLETTER

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](mailto: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](mailto:advertising@mwia.org) for information on rates and publication.

— Chris Mincher, Editor

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MONDAY RIB NIGHT

Full Rack of Slow Roasted Pork Spare Ribs with Choice of House Made St. Louis Style or Spicy Honey Barbeque Sauce. Served with Tavern Fries and Slaw. \$16

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Caesar Salad Followed by 16 oz. Aged T-Bone with Fingerling Potatoes. \$16

AND MUSSEL MANIA

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# Natural ways to stop being bugged by bugs

By DONNAANN WARD

DonnaAnnWard@sbcglobal.net

Killing insects isn't necessary to stop them from ruining a good time. There are effective, natural ways to avoid mosquitoes, ticks, flies, and other things that cause bumps in the night.

**Mosquitos:** While most mosquitos won't transmit West Nile virus, they'll all deliver a nasty bite. With their three ferocious noses, mosquitos hunt for the sweetest prey they can find: humans.

For an effective alternative to products such as DEET, buy an 8-ounce glass spray bottle (Whole Foods has them in beautiful blue for \$3.99), fill with half water and half witch hazel, then add 15 drops each of citronella, tea tree, and lemongrass oils, and eight drops each of lavender and peppermint oils. (These are available at Whole Foods or online, but note to pregnant women — don't use essential oils without checking with a doctor first.) Some folks like to use a little glycerin to keep the concoction mixed, and Trader Joe's sells a lovely rosewater and glycerin toner for \$4.99.

This initial outlay will create 20 bottles of spray, so remember that come check-out time. Spray exposed skin (including the face), clothes, hammocks, chairs, and lawn areas. Additionally, all-natural citronella incense and coils are available from Wild-berry.com.

**Ticks:** To avoid having ticks latch on while out and about, fill an 8-ounce glass spray bottle with a 50-50 water and apple cider vinegar mix, then add 15 drops each of geranium bourbon (pelargonium x asperum), lemon eucalyptus, and citronella oils. Spray on skin and clothes. For a heartier mix, use two ounces of olive or jojoba oil in place of water to make tick-repelling lotion.

**Flies:** Not much ruins dining al fresco like the continually buzzing fly. One odd, yet effective, method of keeping flies out of the area relies on their own biology.

Hang a large Ziploc baggie filled with water somewhere in the area you want to affect. The reflected light will confuse and redirect flies away. Refill the bag as necessary and toss in a few aluminum foil flakes for added sparkle.

**Fleas:** Fleas will infest pets and yards and take great effort to eradicate. To drive them out, use garlic spray — available at most Home Depot stores and online — on one pound of diatomaceous earth (not pool grade, this is important!) per 1,000 square feet. (It's a good idea to talk to a veterinarian before letting pets walk around on diatomaceous earth, though.) Fleas dislike citrus, so a homemade brew of lemons cooked down in water and spritzed on the skin will keep the nipping critters off for hours.

To break out the big guns, build bat boxes and attract opossums to your yard. Bats will eat an astounding number of mosquitoes, beetles, rootworms, flies, and other bugs, as well as pollinate plants.

Bat boxes should be at least 10 feet in the air in places that get six to seven hours of sunlight a day. Their outside dimensions should be 24 inches by 14 inches, and they should be narrow rectangles with roughened interiors,

See Bugs, page 10

## NEIGHBORHOOD NOTEBOOK

### City Considering Large Hospital Sign

The Mt. Washington Pediatric Hospital hopes to erect, on its property facing Interstate 83, a 15-foot-tall, 200-square-foot freestanding pylon sign — much bigger than the zoning code's permitted sizes of 20 feet high and 32 square feet for a pole sign, or 8 feet high and 50 square feet for a monument sign. The Hospital's vice president for development and external affairs, Jill Feinberg, said the sign is needed because patients have problems finding the facility, resulting in delayed arrivals or missed appointments. Contending that the size is necessary for drivers on both sides of the highway to be able to read it, the hospital will be requesting a variance at a hearing before the Baltimore City Board of Municipal & Zoning Appeals on September 18 at 417 E Fayette Street, Room 1432.

— Danielle Shapiro, dannishapiro@gmail.com

### Funds available for block parties

The last warm weekends of summer... the first crisp days of fall... perfect times to throw a block party! And the MWIA would like to help.

Here's all that's needed: Pick a date and time, invite neighbors, get some food and drink, and enjoy. MWIA will reimburse up to \$100 for non-alcoholic refreshments for any group that submits receipts along with a few photos of the event and a list of at least five participating households.

There are no forms to fill out; just send the documentation to President@mwia.org and the MWIA will send a check.

The ambitious who want to throw a bigger party can apply for a permit from the City to block off a section of street at <https://transportation.baltimorecity.gov/special-events-permitting-street-vending-licenses>. MWIA will cover the cost of the permit in addition to the \$100 for refreshments.

The best way to build a strong and resilient community is for neighbors to know their neighbors. And what better way to start than with a free party?

— David Nemerson, nemerson@gmail.com

### Police hosting community potluck dinner

The Community Relations Council of the Police Department's Northern District will be hosting a potluck dinner on Wednesday, September 19, from 6-8 p.m. at the Northern District Headquarters, 2201 W. Cold Spring Lane (just west of I-83, sharing an entrance with the Loyola stadium). This is a wonderful opportunity to meet some of the Northern District police as well as individuals affiliated with the Council, ask questions, get information, or express concerns in a casual setting. Anyone can attend the CRC meetings, which are normally held each month on the third Wednesday from 7-8:30 p.m.

— Louise Cornell, louisecornell@comcast.net

# THE STORY OF MOUNT WASHINGTON

## THE HIDDEN HISTORY OF MOUNT WASHINGTON'S SWIM CLUBS

By DANIELLE SHAPIRO  
dannishapiro@gmail.com

Many Mount Washington residents enjoy swimming at the Mount Washington Swim Club on balmy summer nights, either as members or at community swims on Tuesday evenings or Thursday mornings. However, the pool's backstory reveals a hidden tale of discrimination elsewhere in the neighborhood.

The member-run pool was opened in 1970 at the leafy corner of Enslow and Greenspring, in part, to circumvent restrictions that Jews and African-Americans faced at Mount Washington's most popular pool down the hill, Meadowbrook Swim Club. Meadowbrook, which was built by the George Morris Company and opened in 1930, was the first privately owned pool of its size in the area and boasted many amenities such as a sandy beach. The Company also owned Five Oaks in Catonsville.

Meadowbrook was a showplace for diving exhibitions and a vibrant community hub for many community residents and local celebrities such as F. Scott Fitzgerald. Olympic gold medalists Johnny Weissmuller and Buster Crabbe performed there. (Both went on to play Tarzan on film.)

Society events, such as debutante "coming out" parties, were a frequent occurrence. Besides swimming, there was a busy nightclub scene with a spacious ballroom and big-band nights accompanied by the club's own orchestra. (The noise bothered some nearby neighbors, who went to court to lower the volume of the loud night parties.)

A year after the venue suffered a large



Photo courtesy of the Jewish Museum of Maryland.

**Meadowbrook Swim Club long restricted its membership to exclude Jews.**

fire in 1944, sporting-goods retailer Frank Roberts and Edith Steiber, wife of diving champion Frank Steiber, bought the place, then 15 acres, and added an ice rink (now owned by Coppermine Fieldhouse). Though a beautiful place to swim and dance, the pool maintained restrictions on membership, excluding African-Americans and Jewish people. Signs explaining that "Privileges of the Swimming Pool Are Extended Only to Approved Gentiles" made the restrictions clear.

Though Mount Washington was initially comprised of mostly Catholic and Protestant families, quite a few Jewish families lived here in the 1930s. German Jews from Eutaw Place were drawn to the neighborhood because of its tree-lined streets, country feel, and amenities such as the cricket club and casino.

But what they liked most of all was that they could live here. Mount Washington had no restrictions on Jews, unlike the nearby planned communities of Roland Park, Homeland, and Northwood.

All owned by the Roland Park Company, these areas excluded Jews by unwritten company rules, according to journalist Antero Peillo's book, "Not in My Neighborhood: How Bigotry Shaped a

Great American City." Roland Park and Guilford explicitly excluded African-Americans through property deeds. Mount Washington always had African-American residents, many who lived in an enclave on Kelly Avenue.

Meadowbrook's policies were consistent with others elsewhere in the city. Things began to change in the 1950s with the rise of the civil-rights movement.

Baltimore City public officials mandated segregated pools (there was just one "blacks only" pool in the city) until courts forced the end of the ugly practice in 1955, thanks to a lawsuit by the NAACP. But private pools continued to discriminate.

By the 1960s, local officials began to address discrimination at private swim clubs. By 1963, the Congress of Racial Equality demanded that pool owners lessen racial restrictions. After they refused, Spiro Agnew, then the Baltimore County executive, met with C.O.R.E. representatives to avert picketing at five local pools, including Meadowbrook.

By 1965, the Baltimore Human Relations Commission told private pool owners to open their membership to all, regardless of race or religion, following a complaint by a Mount Washington resident denied membership at Meadowbrook because she was Jewish. But, a year later, the Commission ruled that it had no jurisdiction for swimming clubs because they were private.

Mr. Steiber, the club's manager, defended its policies while also banning "long haired youths" from using the pool because he considered them "un-American." The episode tarnished the image of the club.

See Pool, page 10



## Solar Power, Even for Homes in the Forest

By LIBBY BAKER, [Libby.baker1@gmail.com](mailto:Libby.baker1@gmail.com)  
& FRANK LEE, [techedteacher@gmail.com](mailto:techedteacher@gmail.com)

A handful of homeowners in Mount Washington with great foresight have invested in solar electric panels on their roofs. With “net metering,” on a sunny day, these homeowners may see the electric meter run backward, reducing the BGE electric bill.

But not everyone in Mount Washington can make this investment. There is a big upfront expense to custom-mount panels on roof shingles, and through the years there are ongoing maintenance costs.

Panel installation may be thwarted by complicated historic roof shapes, fragile slate shingles, or historic district regulations. Grand shade trees are valued for cooling and weather protection but limit sunlight to solar panels. Those living in apartments and condos may have little or no control of their roofs.

Luckily, any Maryland utility customer can choose and buy the solar electric “commodity,” the actual kilowatt hours, from alternative electric suppliers. In our home, we purchase a 100-percent solar and wind electric commodity from regional green producers through Washington Gas Energy Services at a cost similar to the BGE kilowatt rate. BGE still delivers all electricity to us and handles billing.

For the many years we have used 100-percent solar and wind sourced electricity, I have never been able to identify and locate our actual regional generators. Perhaps our sources are somewhere in Pennsylvania or Ohio.

“Community solar” comes from specific electric photovoltaic (or “PV”)

farms a little closer to home delivered by BGE to local subscribers. After years of discussion and advocacy the

Maryland Public Service Commission has finally created regulations for a three-year trial of “Maryland Community Solar.”

This summer, finally, solar developers began to offer projects delivering “solar credits” to those of us without suitable roofs or enough resources. Some Community Solar offers target low-to-moderate income residents. But there are big advantages to Community Solar for everybody.

For one, there is no need to hire a contractor, or invest, build, or maintain a solar-panel system. In fact, subscribers have no upfront costs to join.

A solar photovoltaic farm is much easier and less costly to build than residential roof-mounted panels. Plus, you can visit your solar farm and watch it “generate” in the sun (though you cannot wander freely through the fields of panels without an appointment).

You are helping to build the local green economy around you, since PV farms must be located inside your utility service area, and out-of-state projects are not permitted. The developers and managers may be your neighbors.

One developer is Neighborhood Sun (<https://neighborhoodsun.solar/>), founded by Marylander Gary Skulnik, a prime mover for the Maryland



Rendering by Neighborhood Sun, Benefit Corp.

**Neighborhood Sun is one Maryland company offering power from local solar farms.**

Community Solar movement. This is the first company in the BGE territory to make a clear offer for two solar farms, one in Westminster, the other in Owings Mills.

The challenging part of Community Solar is explaining it. As PV electricity is produced, you earn solar credits that show up and reduce your BGE bill. Solar credits are typically 5 percent less than BGE’s rate, which means you save money and support a local green economy at the same time. Different Community Solar developers may offer different terms.

Both the solar credits you receive and the electricity you consume vary each month. So, after you use your solar credits, additional electricity you require is supplied by BGE — in our case, solar and wind commodity from WGES. This feels a little complicated until you get comfortable reviewing your new bills.

Each farm is relatively small and may sell out quickly, so those interested in Community Solar should do the research now and join soon. As this is a new and developing concept, there are certain to be more questions that arise, but now is the time to begin exploring these emerging solar commodity options.

Frank Lee is an advisor with City of Baltimore’s Office of Sustainable Energy.

## CURB APPEAL By JOAN GOLDMAN — joan@cummingsrealtors.com



### Opening up about open houses

Most people have gone to open houses before, whether because they were seriously looking to buy, or just because it's fun. I was one of those people myself, prior to becoming a realtor, going to every open house in my neighborhood to see how folks decorated or what updates had been done, or just to chat with other neighbors. But keep in mind the realtor hosting the open is working, trying his or her best to show the house in its best light to hopefully attract an interested buyer for the seller.

Typical open houses fall into two types: broker and public. Broker opens are when other realtors preview homes to gain knowledge of new listings and give feedback to the listing agent, either about the price or suggestions to help the home sell faster.

Public opens are just that, open to the public, to either get a buyer for that home or snag a buyer who isn't currently working with an agent. (I know many agents who meet buyers at opens and then help them purchase another home.) In Baltimore, most broker opens are on Wednesday from noon to 2 p.m., whereas public opens have traditionally been Sunday (though there are occasionally Saturday opens, especially during football season).

Open houses have changed as technology has changed. Years ago, most folks would hear of an open house from reading about it in the Sunday real-estate section of the newspaper, or by driving around a neighborhood and seeing the open-house signs.

Of course, now, everyone has smartphones so we all have the latest information in our hands. With tons of websites devoted to real estate, it is easy to find out where the opens are.

Why do opens? Agents have their own opinions of them. My goal is to get a serious buyer who might write an offer that day.

It does happen. Just when I get snarky about doing opens, I will find that is how I have found the buyer for the house, so it can work beautifully.

It is important for me, as the agent running the open, to not only advertise it online, but to also put out signs around the neighborhood to entice drivers to stop. I need to arrive early to turn on all the lights,

and make sure the house looks its best.

I will have an information sheet with the statistics about the house, as well as an attractive flyer. We ask everyone to sign in, to let the sellers know how many folks came by and to get information to follow up with, either by contacting their agents or themselves if they don't have agents. Of course, the sellers should not be anywhere near the open, so I recommend they go out for the day.

Most opens used to run two hours, which made for a long day if an agent was doing two in one day. (Once the open is over, an agent must turn out all the lights, lock up all the doors, get signs, and then move on to the next event.) But lately, the trend is to do an open for no longer than an hour and a half. I prefer the shorter times because buyers interested in seeing the house will all come at once, which can make them nervous that maybe someone else might write an offer that day.

We have three types of people who come through: serious buyers, tire kickers and nosy neighbors (not my term, but a common real-estate saying). Of course, we want serious buyers, as they are ready, willing, and able, but they typically have agents who can schedule any time to see the house.

Tire kickers are folks who are in the beginning stages of thinking about house buying. They often will go to lots of opens in various neighborhoods. For these future buyers, opens can be helpful, especially if they aren't sure of which neighborhoods they want to live in.

Which leaves us with the nosy neighbors (again, not my wording). Personally, I love it when neighbors come to my opens.

Often, they are the best face of the area, and potential buyers may talk with them about the neighborhood. Plus, I like my neighbors, and it can be a great way to meet more folks.

One no-no for visiting neighbors is to trash-talk the house or the community. If you know something that might turn off a potential buyer, please keep it to yourself.

An example is to start talking about the recent break-in you just heard of. If you do that, buyers will become nervous and you could be responsible for ruining their interest.

Lastly, be respectful of the time. If the open is done at 3 p.m. and you show up at 2:57, don't be surprised if the agent is already wrapping things up.

*Joan Goldman is a Realtor with Cummings & Co. and can be reached at 443-255-4858.*

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**To Your Health**

*In "To Your Health," Mount Washington's healthcare and wellness professionals offer counsel on caring for the body and mind.*

# Lyme Disease, Neurotoxins and Skin

By ROSEMARY FLICKINGER  
 rosemaryscavullo@yahoo.com

After working or enjoying time outside in a place such as the Gunpowder River, we check for ticks. Most everyone in my family has recovered from acute Lyme disease in the past 10 years.

Others have not had the same good fortune. Lyme disease can easily turn into a chronic health concern, with both emotional and physical stressors, requiring much medical attention.

My passion is to help my patients manage this chronic condition by experiencing greater vitality and wellbeing. So many of my chronic pain patients are empowered when they can — after following advice from their doctors — do other things to ease their condition.

I specialize in medically focused

massage because I have found it to be profoundly effective at providing therapeutic relief for people living with many chronic health conditions such as Lyme disease. What happens with Lyme disease?

When it infects the body it releases fat-soluble toxins known as neurotoxins. Initially, the neurotoxins cause symptoms such as fever, fatigue, or even depression.

The recommended treatment is antibiotics. However, sometimes symptoms remain months to years after the recommended treatment.

When Lyme disease is left untreated, the remaining neurotoxins may affect the joints, heart, and central nervous system, resulting in a chronic condition. Below are two suggested solutions for those afflicted.

*Infrared sauna.* The deep penetration of infrared heat helps to remove these neuro-

toxins. Detoxification occurs directly through the skin, hastening the recovery process by allowing neurotoxins to bypass the liver and kidneys. Some benefits of infrared sauna are:

- Flushes neurotoxins more quickly;
- Increases blood circulation, allowing more oxygen to penetrate deeper into the body's joints, muscles, and tissues; and
- Reduces inflammation, lessening pain.

Recent research is confirming that sauna also reduces the risk of strokes and dementia, and lowers blood pressure.

*Lymphatic massage* (or "MLD"). Gentle stretching of the skin in lymphatic massage increases flow within a stagnant system — by filtering and purifying neurotoxins, it helps promote better immune function and detoxification. MLD is safe and recommended by medical doctors,

See Health, page 9



What matters to me  
 is that everyone is safe,  
 everyone is happy,  
 and everyone's  
 included.

*I know this because I go to Park.*

— Lucas, 2nd Grade



The Park School of Baltimore is an independent, coeducational, non-sectarian, progressive Pre-K through Grade 12 school located on a 100-acre campus just minutes from Mt. Washington. [www.parkschool.net](http://www.parkschool.net)

# MWIA Committee Reports

Updates from the MWIA Committees: Communications, Community & Neighborhood Institutions, Finance, Governance, and Infrastructure

## Communications - [chair: Chris Mincher]

Louise Cornell worked hard this summer renewing advertisers and securing commitments for the new fiscal year. The Executive Committee also approved a small budget for the Communications Committee to occasionally purchase rights to photographs.

## Pimlico - [chair: Jere Morrel]

This year's Preakness saw an attendance of 134,487 people. This was down 4.2 percent from the record attendance of 140,327 in 2017, but was still the third-largest crowd in the event's 143-year history.

As with every Preakness there was increased traffic, noise, and trash. The biggest issue was probably the numerous pairs of shoes that were left behind because of the rain and mud.

The Moonrise Festival was held August 11 and 12. As in past years, the promoter gave away tickets to the surrounding communities after an online contest.

Unfortunately, there was some miscommunication from the promoter and this year's giveaway did not go as smoothly as in the past. The MWIA has communicated to the promoter its concerns with the process and will continue to provide feedback.

The Pimlico Revitalization Taskforce has been very busy since its formation, holding meetings, attending meetings, soliciting feedback from the community, and working with the surrounding neighborhoods to ensure representation as a collective voice. The overall consensus was that residents are very supportive of horseracing continuing at Pimlico and would like to see redevelopment opportunities pursued.

There was consistent support for development of the space to add recreation and retail opportunities, including a grocery store. Residents were comfortable with frequent horseracing and with less-frequent sports tournaments, concerts, and non-music festivals.

Residents located south of Northern Parkway also identified job-training as a priority in new development. All constituencies agreed that resolving crime is crucial.

Other concerns residents want addressed in any redevelopment are traffic, parking, noise, and litter. This feedback has been provided to legislators and will hopefully be considered when the future of Pimlico is determined.

## Social [chair: Ellen Spokes]

Social butterflies, party animals — any who like to plan lively gatherings, are interested in meeting new neighbors (or seeing old ones), and want to help organize ways for the community to get together and enjoy each other's company: Join the new Social Committee and help create some fun in Mount Washington throughout the

year! To sign up or get more information, contact Ellen Spokes, [elinorspokes@gmail.com](mailto:elinorspokes@gmail.com).

## Transportation and Infrastructure [chair: Julie Tong]

The Transportation and Infrastructure Committee continues to work with the Department of Transportation and Councilman Schleifer to strengthen safety in the community. To address concerns of speeding and aggressive driving on many Mount Washington roads, the Committee purchased (with funding from MWIA) and distributed "please slow down" signs to residents in July. Those who would like to receive a sign should contact Julie Tong at [julie.v.tong@gmail.com](mailto:julie.v.tong@gmail.com)

On July 9, the Committee met with DOT to discuss an alternative location for the speed camera currently installed in front of 5700 Smith Avenue near Baltimore Clayworks. DOT has agreed to relocate the camera to a location on Smith Avenue — likely in the 5900-6100 blocks — that will more effectively slow down cars near the Mount Washington School's lower building.

Finally, DOT has agreed to install stop signs at the intersection of W. Rogers Avenue and S. Bend Road to create a four-way stop. The timing of the installation will coincide with the Jones Falls Trail construction.

## Zoning and Land Use [co-chairs: Holly Coleman and Danielle Shapiro]

Marketing and communications agency Warschawski has proposed to purchase the former St. John's church at 1700 South Road and renovate it into the firm's offices. These are more conservative plans than last year's proposal by property management company Blue Ocean. The Commission for Historical and Architectural Preservation held a hearing to consider the Warschawski proposal on August 14.

During the summer, the Committee has slowly been adding important neighborhood zoning documents to [mwia.org/zoninglanduse](http://mwia.org/zoninglanduse) so that everyone has easy access. The documents include two covenants that MWIA oversees, one regarding 1700 South Road and one regarding the Curtis Hall Senior Assisted Living Center (operated by community services provider The Chimes, Inc.) on Thornbury.

There are also copies of the planned unit development and amendments for the former Mount Saint Agnes College (now the Johns Hopkins at Mt. Washington campus) and the gallery building of Baltimore Clayworks. Another PUD, for Pimlico, can be found at [mwia.org/pimlicotaskforce](http://mwia.org/pimlicotaskforce). Look for other updates to the MWIA Zoning and Land Use website this fall.

*Any member of the MWIA can join a committee. For a full list of committees and subcommittees, please visit [mwia.org](http://mwia.org).*

## “Clayworks,” continued from page 1

taking pictures at the age of 7 with my Barbie Polaroid camera.

### Did you take art classes at Morgan?

I was an art major that practically lived in the building. I have taken everything from art history to sculpture and graphic design, as my goal was to be as well-versed as possible in the art community.

### How did you hear about this job?

Through using my resources and reaching out to my sculpture professor, [Clayworks associate artist] Blaise DePaolo, who thought I'd be a great fit.

### How were your first few days at Clayworks?

Nerve-wracking; however, that didn't last long as everyone here at Clayworks was so

welcoming and helpful.

### What did you learn that you didn't realize before about working with children?

No two experiences are the same.

### What did you learn about managing artist-teachers?

Always put yourself in their shoes, as I like my teachers to feel happy and as comfortable as possible; we are a team. I definitely feel like I need them more than they need me.

### How has this job prepared you for teaching at Empowerment Academy?

No two days are the same, but the goal is to make every day great. Not only has my Clayworks family been extremely supportive about my transition into my new opportunity,

but many of them have also offered to be a resource. On my new journey I will use the way Clayworks operates as a whole.

Clayworks thanks Alexis, who will be missed by campers and counsellors. Thanks also go to Maryland Institute College of Art students Isolina Alva, summer-camp intern, Conor Czora, facilities intern, and recent Morgan graduates De'Sean Morris, front desk staffer, and Tylar Hinton, the Urban Arts Leadership Fellow. Baltimore Clayworks' year-round staff enjoyed the talent they generously shared, and send best wishes to De'Sean and Tylar as they begin their graduate studies (in architecture and theater, respectively).

“Health,” continued from page 7

naturopaths, and osteopathic physicians.

MLD rebalances the central nervous system, inducing a peaceful state, resulting in better sleep and less anxiety. It also reduces swelling, lessening pain.

Research from National Institute of Health indicates that MLD is the most beneficial medical massage, concluding

that “MLD is superior to connective tissue massage regarding stiffness, depression and quality of life.”

My patients agree that the overall health benefits of these solutions are well worth the cost, and they wish they had known about these options sooner!

Rosemary Flickinger is a Board-certified massage therapist in Mount Washington specializing in shiatsu (Asian acupressure), lymphatic drainage therapy, and health coaching. She can be reached at 410-963-4643. For more information, visit her blog at [www.handstohearholistic.com](http://www.handstohearholistic.com).

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**“Pool,” continued from page 4**

The restrictive policies of Meadowbrook inspired nine fed-up residents of Mount Washington to build their own pool and form a club in 1969. The Olympics-sized pool welcomed all residents, regardless of their religion, with the only restrictions being the number of families and ability to pay the cost of membership. The Mount Washington Swim Club continues to thrive today as a place for all resident members to swim and for all neighbors to enjoy it on open community nights.

Since the 1980s, Meadowbrook has been under the ownership of Murray and Patty Stephens — except for when Olympian swimmer Michael Phelps and trainer Bob Bowman owned it for a brief time starting in 2008 — who turned it into a welcoming year-round club for members and a vibrant hub for swim lessons. It gained fame as the training club for the North Baltimore Aquatic Club, the team of Phelps and other

Olympic swimmers, and is enjoyed by many families from around the Baltimore area.

Mount Washington Swim Club — managed by a dedicated board of directors — continues to be a bustling place throughout the summer. The grounds of the Club include a large pool with lap lanes, a separate children’s pool, picnic tables, a basketball court, a volleyball net, ping-pong tables, and a playground for young children. There is plenty of shady and sunny space for just sitting around and relaxing.

On hot summer days children eagerly line up for ice pops at the clubhouse and enjoy jumping off the diving board. Neighbors swim and play besides each other — fulfilling the vision the Club’s founders had nearly 50 years ago.

*Danielle Shapiro is a writer and consultant who lives with her family in Mount Washington. She is a member of both the Mount Washington and Meadowbrook swim clubs.*

**“Bugs,” continued from page 3**

mimicking the crevices and crannies bats love. Visit the Department of Natural Resources’ webpage ([http://dnr.maryland.gov/wildlife/Pages/plants\\_wildlife/bats/batboxes.aspx](http://dnr.maryland.gov/wildlife/Pages/plants_wildlife/bats/batboxes.aspx)) for specifics.

Virginia opossums, the only marsupial native to North America, aren’t pretty, but they’ll clean yards of ticks, snakes, slugs, and white-footed mice, up to 90 percent of which can carry Lyme disease. Most yards already provide shelter for these rat-tailed bug-eaters, but roll out the welcome mat by providing a few hollow trees or a compost heap and avoid using pesticides on the grass.

Opossums are nomadic and prefer deciduous woods near water, so Mount Washington has a lot to offer these misunderstood mammals. Contrary to old wives’ tales, it is extremely rare for an opossum to carry rabies or attack.

While insects can be annoying, they are crucial for plants, and therefore human survival. Natural remedies are not only effective, they are also fun and interesting to make — and some smell wonderful, too.

**“Soccer,” continued from page 1**

event planners.

And soccer fans are invited to come out with morning coffee or a picnic lunch to watch some great soccer in Mount Washington this fall. The soccer fields are nestled just below the neighborhood playground, and the small slope above the stone wall and new fence provides a great vantage point to cheer on the kids.

# Community Calendar

## FRIDAY, SEPTEMBER 7

### Elizabeth Spires and Michael Collier

7 p.m.

The Ivy Bookshop, 6080 Falls Road

Critically acclaimed poet Elizabeth Spires will discuss "A Memory of the Future," in which she reflects on selfhood and the search for a core identity. Michael Collier will also present his new collection, "My Bishop and Other Poems," with moments of feigned courage to make a friend, feigned forgiveness to keep one, or feigned indifference to simply stay out of it.

## SATURDAY, SEPTEMBER 8

### George Pelecanos, "The Man Who Came Uptown"

6 p.m.

The Ivy Bookshop, 6080 Falls Road

Bestselling and Emmy-nominated writer George Pelecanos will discuss his thrilling new novel, in which an ex-con must choose between the man who got him out and the woman who showed him another path.

## SUNDAY, SEPTEMBER 9

### Baltimore Clayworks Community Meeting

3-5 p.m.

Baltimore Clayworks, 5707 Smith Avenue

Clayworks' quarterly community meeting is open to the public.

## WEDNESDAY, SEPTEMBER 12

### School Family Council Meeting

6-7:30 p.m.

The Mount Washington School, library, 1801 Sulgrave Ave.

The Mount Washington School SFC will establish future meeting dates to work on improving student achievement, ensuring quality programs, enriching family and community engagement, and helping the school achieve its greatest potential.

## THURSDAY, SEPTEMBER 13

### Sarah Arvio, "Poet In Spain"

7 p.m.

The Ivy Bookshop, 6080 Falls Road

Award-winning poet Sarah Arvio gets closer than ever to the talismanic perfection of the great García Lorca with the fluid and mesmeric lines of her new translations.

## SATURDAY, SEPTEMBER 15

### "Clayborhood" Opening Reception

6-8 p.m.

Baltimore Clayworks, Gallery Building, 5707 Smith Ave.

Clayworks will hold an opening reception for its exhibit "Clayborhood: Works from Regional Ceramic Art Centers."

## SATURDAY, SEPTEMBER 22

### Mount Washington Community Yard Sale

8 a.m.-12 p.m.

Elderslie-St. Andrews United Methodist Church, 5601

Pimlico Road

Bring a table and set out used goods for sale. A donation truck will also be on the premises at noon to take unsold items. Call 410-664-3392 to reserve a spot.

## TUESDAY, OCTOBER 2

### Laura Lippman and Kate Samworth, "Liza Jane & The Dragon"

7 p.m.

The Ivy Bookshop, 6080 Falls Road

Laura Lippman presents her latest book, which details the exploits of Liza Jane after she fires her parents to find better ones.

## TUESDAY, OCTOBER 9

### MWIA Board meeting

7:30 p.m.,

Mt. Washington Pediatric Hospital, 1708 W Rogers Ave.

All community members are welcome to attend the meeting of the MWIA Board to hear updates from Committees, receive information from presenters, and discuss neighborhood support for local projects.

## WEDNESDAY, OCTOBER 10

### Global Day of Clay

4-7 p.m.

Baltimore Clayworks, 5707 Smith Avenue

Clayworks will celebrate the inaugural "Global Day of Clay" with a surprise event.

## WEDNESDAY, OCTOBER 17

### Walk-a-thon

9 a.m. - 2:30 p.m.

The Mount Washington School, 1801 Sulgrave Avenue

Mount Washington School students will walk a planned and secure route to raise money for activities.

## Charles Belfoure, "The Fallen Architect"

7 p.m.

The Ivy Bookshop, 6080 Falls Road

Best-selling author Charles Belfoure discusses his new, riveting novel in which a man in disgrace finds that digging up the past is the only road he can take.

## Recurring Events

### Food System Lab

Sundays, 1 p.m.-3 p.m.

Wednesdays, 10 a.m.-12 p.m.

Cylburn Arboretum, Food System Lab, 4915

Greenspring Avenue

Stop by to see what's growing at the Food System Lab, learn about aquaponics, and take a tour of the small-scale urban farm. For more information contact Jesse at [jbloom3@jhu.edu](mailto:jbloom3@jhu.edu).

### Burger & Beer

Tuesdays, 4-11 p.m.

The Nickel Taphouse, 1604 Kelly Avenue, \$12

This special pairs a "purist burger" featuring beef from Roseda Farm in Monkton with an Evolution craft beer from Salisbury.

### Parent-Teacher Organization Meeting

September 11 & October 9, 6-7:30 p.m.

The Mount Washington School, 1801 Sulgrave Avenue

Meeting of the Mount Washington School PTO to encourage community and volunteerism, organize fundraising, and distribute money to benefit students.

### Hometown Brew Night

Wednesdays, 7 p.m.-2 a.m.

The Mount Washington Tavern, 5700 Newbury Street

All Maryland brews are half price.

### Root to Rise Yoga

September 13 & 27, October 11 & 25, 6:30 p.m.

Mt. Washington Arboretum, Tanbark Drive

Linda Kohler leads free yoga classes designed to calm and relax the mind in a natural environment. Please show up 10 minutes early to sign a release form. (The instructor is not responsible if the "warrior" pose ends up as the "human eats dirt" pose instead.) Updates will be posted on Facebook at: <https://www.facebook.com/events/445603255900702/>.

### Wellspring Yoga

Fridays, 8:45-10 a.m.

St. Andrew's Elderslie 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](mailto:wellspringhealingarts@gmail.com).

### Luckman Park Cleanup

September 1 & 16, October 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](mailto:luckman.park@gmail.com)) helpful but not necessary.

## Letters to the MWIA



In the past, Mount Washington had its own neighborhood library. Returning a library to our community should be seriously considered.

Today's library options include the Roland Park and Reisterstown Road branches of the Enoch Pratt system and the Pikesville branch of the Baltimore County Public Library. None of these facilities are convenient. Parking can especially be a major problem at the Pikesville branch, which is one of the most heavily used in Baltimore County.

Even in today's age of technology, public libraries continue to thrive and offer many services beyond the simple lending of books. For example, there are talks by authors, special programs and events emphasizing literacy skills for preschoolers and children, discussion forums for topics of adult interest, and access to specialized databases and collections.

The Mount Washington community, with its extensive appeal to young families, diverse demographic, and a K-8 public school, should begin the process of bringing back an Enoch Pratt branch.

— Glen Mendels, [gmendels@earthlink.net](mailto:gmendels@earthlink.net)

## MESSAGE FROM THE PRESIDENT



After summers full of old friends, new adventures, lazy days, and warm nights, I've always felt September brings a twinge of ennui as the smell of sunblock fades and the leaves start to turn. However, the sharp edge of autumn in the air also brings a fresh sense of purpose and drive.

I am thrilled by the new MWIA Board's energy, drive, and dedication. We have seasoned members and new residents joining forces to reinvigorate a variety of wonderful committees.

We continue to focus on Pimlico's future and the ongoing construction of the Jones Falls Trail, as well as a variety of traffic safety initiatives. We are also working on new ways to bring neighbors together to forge stronger bonds through events and activities.

I hope that these efforts will ignite new engagement and participation throughout our community. I often return to the expression "many hands make light work": As an association comprising volunteers, we depend on everyone – all of you – to join us.

As our youngest residents head back to their classrooms, let us all renew our commitment to bettering our community in our own ways with the time, interest, and insight that we have to offer. Come to the next MWIA open Board meeting (October 9, 7:30 p.m., at Mt. Washington Pediatric Hospital) to learn more about what's in store and how to participate. A community thrives when its residents' hearts, minds, and hands come together to build something great — and have fun doing it!

**Kimiya Darrell**  
mwiapresident@gmail.com