



# The Berwyn News

Published by the Berwyn District Civic Association, Inc.

(ISSN 10619-515X)

P.O. Box 535, College Park, MD 20740

Volume 19, Issue 5

www.myberwyn.org

May, 2011

**Thursday, May 19, 2011  
Membership Meeting 8PM,  
Fealy Hall 49th Ave., & Berwyn Road**

**BDCA Honors Russell Robinette  
For his efforts to curb litter**

Refreshments will be served following the presentation

**Special Presentation & Demonstration**

**Our Berwyn Neighborhood Camera Initiative  
Unveiled by the newly formed  
Berwyn Security Committee**

*Play Group Meets Wednesdays, 10AM  
Berwyn Neighborhood Park (Cherry Park)  
In case of rain ~ Fealy Hall*



I Scream!

You Scream!

We All Scream For Ice Cream!

Join Your Neighbors For This

Civic Association Sponsored Event

Sunday in Berwyn Neighborhood Park

June 5, 2pm to 4pm

\*\*Moon Bounce for the Kiddies\*\*

## **President's Corner Kevin Young**

Russell Robinette will be honored at the Association's May 19th meeting in Fealy Hall. We will take a break from our routine business and present Russell with a gift and enjoy refreshments. Let's show our appreciation for Russell as he continues to keep our neighborhood looking beautiful by doing his litter patrols.

Also at the May meeting, we will have a presentation on our neighborhood camera initiative. The newly formed Berwyn Security Committee continues to move ahead in developing a first class camera network. We will have a live remote camera demonstration and experts will answer your questions about the program.

The Association continues to push the city council to improve our little commercial strip along Berwyn Road. The city spends a great deal of staff time and money to promote economic development in other commercial areas of the city--we would like them not to forget about ours. The Berwyn Commercial District may not be the largest business district in the city by any measure but it is by far the most charming.

Have you noticed Berwyn is beautiful! This time of year with the azaleas in full bloom and the trees filling out make our neighborhood really stand out. Thanks to those of you who make an effort to keep their yards in tiptop shape. You make Berwyn a great place to live!

By the time you read this, our graffiti defeaty brigade, under the command of Jerry Anzulovic, will have conducted operations along the CSX Railroad at the Kidwell building. Graffiti hasn't been too much of a problem in the past couple of years, but lately we have experienced a few incidents of tagging. Thanks to Jerry and all the volunteers who contributed to this effort. Continued on next page

## President's Corner Continued from page 1

The Maryland State Highway Administration has begun an evaluation of the traffic problems at 49<sup>th</sup> and Greenbelt Road. I'm told the evaluation will take a minimum of 60 days. Among the complaints being investigated are: line of sight problems from the stop sign on 49<sup>th</sup> Avenue, speeding, and vehicles entering the Village Pump from eastbound Greenbelt Road by crossing 49<sup>th</sup> Avenue.

Mark your calendars! We will be having an ice cream social Sunday June 5<sup>th</sup> from 2 - 4 pm in Berwyn Park, 49<sup>th</sup> and Patuxent Avenues. The association will provide the ice cream and fixings and will sponsor a moon bounce for the kids. See you there!

### Joggers Safety Tips

- **Jog or run with a friend.**
- **Jog or run in a familiar area.**
- **Wear bright clothing to improve your visibility.**

## COUNCILMAN'S VIEWS AND COMMENTS

**Bob Catlin - 301-345-0742 or  
Catcprtc@aol.com**

Greetings neighbors. The City Council is now looking favorably on developing a plan to expand City Hall. With the parking garage now available, we can afford to reduce some of the surface parking around City Hall. The expansion would increase public meeting space there and provide space for the relocation of Public Services staff now at the former school on Calvert Road. It appears that the group that operates a farmers' market on Calvert Road on Saturday mornings may also be interested in having a farmers' market on Sunday's in the City Hall parking lot.

WMATA has proposed a third track running from the maintenance facility in Beltsville to a point near the southern end of Lake Artemesia. The purpose of the additional track would be to test new rail cars that WMATA is purchasing. At the present time testing is done on one of the regular tracks, but the upcoming purchase of a great many cars to replace the original cars in the system and the cars necessary to operate the Silver Line, now being constructed, will require a dedicated track. The third rail line would be built in right-of-way space that exists to the west of the existing facilities. It will require moving the sound barrier wall further west, too.

The City Council is expected to ratify a contract with AFSCME Local 1209 for a Cost of Living Adjustment (COLA) for the fiscal year beginning July 1, 2011. The proposed agreement calls for a 1.5% pay increase for members of the bargaining unit. Last year, City employees received no COLA. Employees would be eligible for merit step increases this year. Merit increases were also permitted last year. Historically, about two-thirds of employees receive a merit increase.

The City Council has put together a draft budget for FY2012. While proposed spending has increased over the City Manager's proposed budget, part of the increase comes from a last second increase in state revenues, as a result of action by the Maryland General Assembly. The proposed budget continues to reflect no increase in fees or the property tax rate. As of this writing, the public hearing on the proposed FY2012 budget has yet to be held. The budget is proposed for adoption on Tuesday, May 24<sup>th</sup>.

The City is looking for public safety initiatives for May/June to spend speed camera revenue collected earlier this year. The surge in ticket revenue from late February through late March gave the City unexpected revenue of about \$400,000 to spend on public safety enhancements, but the money needs to be spent or at least encumbered by the end of June or it must be returned to the State. I hope to see you at the BDCA meeting on Tuesday, May 19<sup>th</sup>.

## CITY COUNCIL MUSINGS

**Jack Perry - 301-345-7526**

Liar! Liar! Pants on fire! These were/are the thoughts that I had when I received the card from the Prince Georges Property Owners Association (this can be read to include absentee landlords). Mr. Catlin and the City attorney have laid out what could be the results of these petitions on the future of the City. The proponents are sore losers and apparently will do anything to convince the voters that those who profit from the City housing of off campus students know what is best for the rest of the property owners in the City. We make this our home and don't depend on the monthly rent check. We contribute to the fabric of College Park and make it a very desirable place to raise our families and, in many cases, grow old and retire here. I could go on for page after page about why I love College Park. I'm sure you have your reasons. Yes, I challenge some decisions of your City Council; that is my right. I live with them even if I was on the minority side of the decision. I, also, accept court rulings even if I don't agree with them.

*Continued on next page*

Let's talk about cell towers. These have become part of our massive communications network in this country. If you have a cell phone or other wireless device, you have to have them. There are lots of facilities in the City and there are rules and regulations to protect the community. These protections didn't mean anything when the Maryland State Police put their tower up did it? A tornado sped up the installation of this tower. It now functions in their system with space for future growth.

This is an election year in the City. A new district plan will be in place as a result of the census and new construction. Keep your eyes open.

On a personal note, child #4 got married this month and I will be back in and out of Georgetown Hospital by the time you read this. Thank you for your prayers and concern.

May God continue to bless America and thanks for modern medicine. Jack

### Talking About Health – Sandy Tyler

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(301) 345-3692



When I write about health related topics, I wonder if we are all on the same page. That is, do we share a common definition of what health is? Therefore, this month's column is a bit different. I've briefly interviewed 16 Berwyn residents about a specific health topic. Before you learn what they said, please write your answers to the same two-part question I asked them. Here goes:

A. Do you consider yourself to be a healthy person?  
Yes/No/Other

If you were able to answer A, it implies that you have a personal definition of "healthy", so

B. What is your personal definition of "health"?

The eight male and eight female Berwyn residents gave me a variety of health definitions with many characteristics used to define "healthy" and "unhealthy". While there were distinct differences and similarities in the answers, one very striking pattern appeared. All of the women answered "yes" to Part A; among the men, two answered "yes", three said "no", and three more qualified their answer, saying they considered themselves "moderately or "relatively" healthy.

The health attributes included in the various definitions are summarized below. How many of

these characteristics did you include in your personal definition?

- 14 people defined health as having many components that reflect a balance of mind, body, and spirit; and that "there is an interaction of all of the parts of our whole being.
- 12 people included "good mental functioning" with their definition, and added "clear thinking", "a positive outlook", "mental flexibility", and "good problem solving" for clarity.
- 9 said that being healthy is "having enough energy to do what you want to do", "to be able to take care of yourself", and "to do what you need to do without feeling drained".
- Additional comments included "having a spiritual relationship to something or someone outside of yourself (not necessarily religious although it could be)", "physical flexibility", and "the absence of disease or illness".

All 16 of the people who responded to my informal survey were very thoughtful as they developed their answers. They included many examples of what they considered to be their own healthy and unhealthy behaviors. Many said that people can be healthy despite chronic problems or illnesses; others said that being healthy means "nothing is wrong". Some felt that what is considered good health changes with age. Many used different ways to say that healthy behaviors were "automatic" and "enjoyable". No one mentioned whether unhealthy behaviors might also become automatic and/or could be enjoyable. Here are the specific healthy and unhealthy behaviors most often mentioned.

Healthy: Exercise, staying active, good diet, caring for pets, reaching out to others, no or limited use of medicines, and maintenance of low stress levels;  
Unhealthy: Taking lots of pills or medicines, overweight, irregular eating and/or exercise patterns, becoming totally overwhelmed by problems, and setting the wrong priorities.

While this is not scientific research, we can still draw some conclusions from the discussions. First, most of us have pretty clear ideas of our own standards and state of health. Many of us feel that we don't always live up to our standards. For some, occasional failures are acceptable and part of being human. Others feel that they practice unhealthy behaviors despite the changes they believe they need to make. No one said it, but I know that when I find myself in that position, I feel quite frustrated. However, frustration does not lead to behavior change, it leads to unhappiness. The only thing that actually leads to behavior change is motivation, and motivation is self-generated. It comes from within us. Our answers to Questions A and B at the beginning of the column tell us how our personal

Continued on next page

## Sandy's Column Continued from page 3

health definitions and our health-related behaviors match up. Once we consider our limitations (environmental, physical, etc), our priorities, and our demands, we can make decisions about our health behaviors. Our next step, then is to find our own, personal motivation to make those changes. I hope this exercise will help all of us to do that because it is what makes us feel that we are worth putting effort into living well.

Note: Special thanks go to the 16 people who were willing to share their thoughts and ideas with us. Berwyn continues to be a community of caring people.

### Family and Friend Tested Recipes



#### **Roasted Cauliflower and Garlic**

by  
**Andrea Carpentieri**

**About 6 servings**, depending on how much you like cauliflower!

1 head garlic, separated into cloves, not peeled  
1 large cauliflower, cut into large florets  
4.5 tablespoons olive oil  
Salt and Black pepper, to taste (I don't cook with salt, but use some if you like)  
1/4 cup chopped parsley  
3 tablespoons toasted pine nuts  
2 tablespoons freshly-squeezed lemon juice

- Preheat oven to 425 degrees.
- Boil the garlic cloves in a small pot of water for 15 seconds; drain, peel, and halve, if large. In my opinion, boiling the garlic makes it easier to peel.
- In a large baking dish (I used a 9 x 13 pan) toss the cauliflower, garlic, 3 tablespoons of olive oil, and salt and pepper, if desired. Arrange the cauliflower into a single layer.
- Roast, stirring several times during cooking, until the cauliflower is tender (about 20 minutes.) The cauliflower and garlic will brown a bit, and the volume of the cauliflower will reduce.
- Place the roasted vegetables in a large serving bowl. Toss with the remaining olive oil and the last three ingredients. Serve warm.

As a side dish, this is good by itself. Any leftovers can be added to other foods to add flavor and veggies; for example, I like it with pasta. Feel free to tinker with the amounts of all ingredients. Although the measurements given here are from the original recipe, I use less olive oil and more parsley and pine nuts.

### **BERWYN DISTRICT CIVIC ASSOCIATION Annual Membership Dues**

**Membership dues are \$10 per person or \$15 per family, collected once a year.** Paying your dues today will make you an active member through February 2012! Your dues support publication of this newsletter, community events, advocacy for Berwyn issues, and much more. Make checks payable to "Berwyn District Civic Association, Inc."

Please Print Clearly!

Send payment, family name, and street address to:

**Berwyn District Civic Association  
PO Box 535  
College Park, MD 20740**

Any individuals or businesses who contribute \$25 or more will be acknowledged on the BDCA website sponsorship page. If you want to contribute but prefer not to be acknowledged, please let us know with your payment. For those contributing \$50 or more, you may provide us with a link to your business or personal website which we'll add to the BDCA site.

Thank you!



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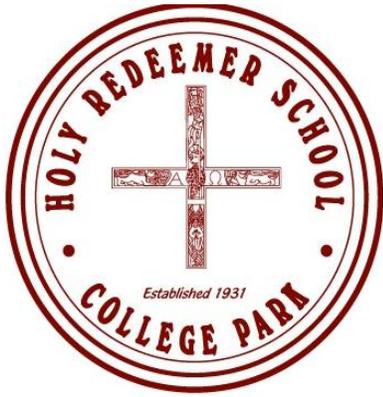
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www.pittbrothers.com

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#### BDCA 2010-2011 Officers

<b>President</b>	<b>Kevin Young</b>
<b>1<sup>st</sup> Vice President</b>	<b>Harry Pitt</b>
<b>2<sup>nd</sup> Vice President</b>	<b>Gene Baur</b>
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<b>Board of Directors</b>	<b>Jerry Anzulovic &amp; Brian McAllister</b>
<b>Neighborhood Watch Director</b>	<b>Kevin Carter</b>
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College Park, MD 20740

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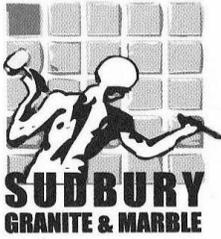
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**Standard Operating Procedure:  
Publication of the Berwyn District Civic  
Association (BDCA) Newsletter**

The Board of Directors for the BDCA meets on the 1<sup>st</sup> Thursday of each month. Board members are requested to submit an e-mail copy of articles for publication to the newsletter editor not later than the following Monday. As a reminder, an e-mail is sent to all Board members on the next business day.

Once completed, the newsletter is submitted to the BDCA President for final approval. The final, approved newsletter is e-mailed to the printer not later than the 2<sup>nd</sup> Thursday of the month.

On the 1<sup>st</sup> of every month the general membership is invited to submit articles, and 1 accompanying photograph for publication. All articles must adhere to the following conditions for publication:

- Articles should be in MS Word format and not exceed 1 pages, single spaced, in Verdana font, with a font size of 9.5.
- Articles capturing the history of our Berwyn neighborhood, community affairs, human interest, family recipes and traditions will be considered.
- Articles and photographs expressing a political, religious or social philosophy will not be accepted.
- The Editor reserves the right to decline articles, and or photographs, for any reason.

Unsolicited articles are due the 1<sup>st</sup> of each month and may be submitted to Michele Garnes at:  
[mckgarnes@earthlink.net](mailto:mckgarnes@earthlink.net)

**THE BERWYN NEWS ADVERTISING AGREEMENT**

<u>AD SIZE</u>	<u>ONE ISSUE</u>	<u>10 ISSUES</u>
1/8 Page (Biz Card)	\$25	\$200
1/4 Page	\$35	\$275
1/2 Page (Horizontal)	\$50	\$350
1/2 Page (Vertical)	\$50	\$350
Full Page	\$75	\$500

**Send your payment, business name, mailing address, phone, email, and contact person to:**

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PO Box 535  
College Park, MD, 20740

with checks payable to  
"Berwyn District Civic Association, Inc."

**Ad files, ad size, and number of dates to run should be sent via email to the editor at [berwynnews@gmail.com](mailto:berwynnews@gmail.com).**

**We prefer picture files (jpg, gif, etc), but can work with text or pdf files (some formatting changes may be necessary).**

Ads will not run until payment is received!

**Thank you for supporting our community!!!**

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# Neighborhood Homes

Information Provided by  
Jerry Anzulovic

## Properties Sold or Rented (Berwyn 1, Branchville 0)

8521 Potomac Avenue, \$190,000, (\$319,900), 4 bedrooms, 2 baths, SA [jeffwheatley@mrisc.com](mailto:jeffwheatley@mrisc.com)

## Properties Under Contract (Berwyn 21, Branchville 0)

5011 Berwyn Road, \$234,900, 4 bedrooms, 2½ baths.  
5027 Berwyn Road, \$219,900, 4 bedrooms, 2½ baths.  
5031 Berwyn Road, \$191,900, 4 bedrooms, 2½ baths.  
5110 Berwyn Road, \$199,000, (\$225,000), 4 bedrooms, 2 baths.  
4705 Greenbelt Road, \$249,900, 6 bedrooms, 3 baths.  
4805 Greenbelt Road, \$114,900, 2 bedrooms, 1 bath.  
4821 Osage Street, \$137,900, 3 bedrooms, 2baths.  
4823 Osage Street, \$194,900, 5 bedrooms, 2½ baths.  
8322 Potomac Avenue, \$190,000, 5 bedrooms, 3 baths.  
8400 Potomac Avenue, \$369,900, 4 bedrooms, 2 baths.  
8411 Potomac Avenue, \$200,000, 3 bedrooms, 1 bath.  
5010 Roanoke Place, \$204,900, 4 bedrooms, 2 baths  
5016 Roanoke Place, \$110,900, 5 bedrooms, 2 baths.  
5106 Roanoke Place, \$189,900, 5 bedrooms, 2 baths.  
4705 Tecumseh Street, Unit 302, \$109,900, 2 bedrooms, 2 baths.  
4707 Tecumseh Street, Unit 102, \$120,000, (\$110,000), 1 bedroom, 1 bath.  
4709 Tecumseh Street, Unit 104, \$95,000, (\$220,000), 2 bedrooms, 2 baths.  
4709 Tecumseh Street, Unit 202, \$119,900, 2 bedrooms, 2 baths.  
4720 Pontiac Street, \$399,900, 5 bedrooms, 3½ baths.  
8306 48<sup>th</sup> Avenue, \$349,900, 5 bedrooms, 2 baths.  
8404 49<sup>th</sup> Avenue, \$250,000, 4 bedrooms, 1½ baths.

## Properties for Sale or Rent (Berwyn 19, Branchville 1)

5031 Berwyn Road, \$2,500, 4 bedrooms, 2½ baths.  
5049 Berwyn Road, \$209,000, 3 bedrooms, 2½ baths.  
5057 Berwyn Road, \$199,000, 3 bedrooms, 2½ baths.  
4822 Osage Street, \$274,900, 3 bedrooms, 2 baths.  
8307 Patuxent Avenue, \$75,000, 7,900sf building lot.  
8407 Patuxent Avenue, \$119,900, 2 bedrooms, 1 bath.  
4717 Pontiac Street, \$325,000, 5 bedrooms, 2½ baths.  
8321 Potomac Avenue, \$349,900, 3 bedrooms, 2 baths.  
8524 Potomac Avenue, \$340,001, 5 bedrooms, 1 bath.  
5002 Roanoke Place, \$274,800, 5 bedrooms, 2 baths.  
5102 Roanoke Place, \$278,000, 5 bedrooms, 3 baths.  
5104 Roanoke Place, \$325,000, 5 bedrooms, 2 baths.  
4815 Ruatan Street, \$199,900, 4 bedrooms, 1 bath.  
4709 Tecumseh Street, Unit 303, \$1,680, 2 bedrooms, 2 baths.  
4914 Tecumseh Street, NEW HOME, \$359,900, 5 bedrooms, 3 baths.  
8707 48<sup>th</sup> Avenue, 229,900, 3 bedrooms, 2 baths.  
9004 48<sup>th</sup> Place, \$300,000, 4 bedrooms, 2 baths.  
8703 49<sup>th</sup> Avenue, \$330,000, 3 bedrooms, 2 baths.  
8711 50<sup>th</sup> Place, \$349,950, 4 bedrooms, 2½ baths.