

# August TAKOMAPAR

By Donna Wright, **Communications Specialist,** City of Takoma Park How many kids dream of one day becoming an astronaut, a marine biologist, a police officer or even a super hero? How many of those kids actually get to one day do the

job they had wished for their whole lives? And

even one step further,

how many of those kids actually get to one day do

their dream job and find out that job is even better

A DREAM D Page 3

### Volume 58, No. 8 🔲 takomaparkmd.gov

### A dream as big as the City!

A newsletter published by the City of Takoma Park, Maryland



Takoma Park Police Officer Henok Atakilt at TPPD headquarters

### **Dancing with elders**

### **By Rick Henry**

Since its founding in 1976, Takoma Park's Dance Exchange has been a literal and metaphorical "mover and shaker," using physical movement as a catalyst for inspiring collective "movements," such as community engagement, healthy living and creative aging.

A major assist from the City of Takoma Park will allow the organization to expand its reach in the creative aging arena.

A community grant award of \$10,000 will help launch the Dance Exchange's Creative Aging and Intergenerational Exchange. The organization will launch a series of workshops with local housing communities and multi-family residential buildings in Takoma Park, such as Vic-

DANCING Dage 3

Dance Exchange fosters intergenerational interaction through dance.



The film screening and panel discussion attracted a very large turnout.

### Film screening sparks debate and dialogue

### **By Apryl Motley**

Despite criticism from individuals, local organizations and the County Council, on the evening of July 23, the City of Takoma Park moved forward with its screening of Occupation of the American Mind.

In a blog post several days before, Takoma Park Mayor Kate Stewart noted that the Mayor and City Council do not endorse nor back the content of this film or any others included in the City's cultural offerings. But she also reaffirmed the City's commitment to "creating spaces for people to discuss various films and the issues they raise."

"We understand and have heard from many residents and non-residents about this particular film and the complexities of these issues and deeply held views," she wrote. "Our goal is to create a space for people to listen, critique, discuss, and learn from each other."

As filmgoers made their way to Takoma Park Community Center auditorium, small groups of protesters on various sides of these issues met them at the upper level entrance. Several carried signs that read, "Want Peace for Palestinians and Israelis? Say 'No' to Conspiracy Theories and Propaganda." Other distributed copies of the letter that all but one member of the Montgomery County Council signed in opposition to the City showing the film with text on the reverse side alleging that councilmembers were "simply parroting the lines provided

### FILM SCREENING D Page 11





Dockless **E-Scooter** Pilot

### WHAT'S **NEW?**

### **National Night Out:**

Tuesday, Aug. 6, 6 - 9 p.m. Piney Branch Elementary School 7510 Maple Avenue Details, p. 9

### **Emergency preparedness for** people with disabilities

p. 10

### **City offices and** facilities closed

Labor Day, Sunday, Sept. 1 and Monday, Sept. 2

Trash collection Labor Day, Sept. 2 Yard waste collection canceled.

Mayor & Council 7500 Maple Ave. Takoma Park, MD 20912

French: Recherchez cette icône à côté des articles du bulletin que vous pouvez lire en ligne dans d'autres langues à l'aide de la fonction de traduction disponible sur le site Web de la ville de Takoma Park. Après avoir cliqué sur le lien de l'article, regardez dans le coin supérieur droit de la page Web à côté de la barre de navigation, puis sélectionnez la langue souhaitée à l'aide du menu déroulant.

### **English**:

Note de l'éditeur

Look for this icon next to newsletter articles that you can read online in other languages using the translation feature on the City of Takoma Park's website. After clicking on the link for the article, look in the upper right hand corner of the web page next to the navigation bar, and select the language you want using the drop-down box.

### Spanish:

Busque este ícono junto a los artículos del boletín que puede leer en línea en otros

idiomas usando la función de traducción en el sitio web de la Ciudad de Takoma Park. Después de hacer clic en el enlace del artículo, busque en la esquina superior derecha de la página web junto a la barra de navegación y seleccione el idioma que desee con el cuadro desplegable.

### **Amharic**:

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# City Council & Committee Calendar

### **OFFICIAL CITY GOVERNMENT** MEETINGS

**TPCC: Takoma Park Community Center** 

### **CITY COUNCIL**

The City Council will be on recess from Aug. 1 through Sept. 10. The first meeting after the recess will be on Sept. 11.

### **BOARD OF ELECTIONS**

Monday, Aug. 5, 7 p.m. TPCC Council Conference Room

**COMMITTEE ON THE ENVIRONMENT** Monday, Aug. 5, 7:15 p.m. **TPCC Hydrangea Room** 

**EMERGENCY PREPAREDNESS** COMMITTEE Thursday, Aug. 22, 7 p.m. **TPCC Hydrangea Room** 

**FACADE ADVISORY BOARD** Tuesday, Aug.13, 6:30 p.m. **TPCC** Auditorium

**NOISE CONTROL BOARD** Tuesday, Aug. 20, 7 p.m. **TPCC Hydrangea Room** 

**POLICE CHIEF'S ADVISORY BOARD** Wednesday, Aug. 21, 7 p.m. **TPCC** Atrium Room

**RECREATION COMMITTEE** Thursday, Aug. 15, 7 p.m. TPCC Hydrangea Room

### **TREE COMMISSION**

Tuesday, August 13, 6:45 p.m. **TPCC Hydrangea Room** 

### **YOUTH COUNCIL**

The 2019–2020 Youth Council will begin meeting in September.

\*All meetings are open to the public unless noted otherwise. Schedule changes can occur after the Takoma Park Newsletter deadline. For the most up to date information, visit www. takomaparkmd.gov and click on "Events and Meetings." Most meetings are held in the Takoma Park Community Center -Sam Abbott Citizens' Center, 7500 Maple Avenue (TPCC). Individuals interested in receiving a weekly Council agenda and calendar update by e-mail can sign up at takomaparkmd.gov/government/citycouncil/agendas.

### **ADA NOTICE**

The City of Takoma Park is committed to ensuring that individuals with disabilities are able to fully participate in public meetings. Anyone with a disability who 1) wishes to receive auxiliary aids, services, or accommodations at a City of Takoma Park public meeting or public hearing; or 2) cannot attend a public meeting but would like to record an audio comment to be played during the public comment period of the meeting, is invited to contact Jason Damweber, Deputy City Manager, at jasond@ takomaparkmd.gov or 301-891-7202 at least 48 hours in advance.

# **CityCouncilAction**

The City Council met on June 12, 2019. At that meeting, the City Council adopted Ordinance 2019-18 to award \$45,000 to CHEER (Community Health and Empowerment through Education and Research) for the 2019 Lunch and Learn Program, which provides Takoma Park youth with positive summer activities. Ordinance 2019-19 was also adopted, awarding up to \$20,000 to MANUP (Making a New United People) for a teen and young adult mentoring program.

At its meeting on June 19, 2019, the Council adopted Ordinance 2019-20 authorizing the award of FY20 Community Quality of Life Grants to Adventist Community Services of Greater Washington Inc.: Making Tracks/ MHP Summer Camp (\$5,000); Carpe Diem Arts: Healthy Families: Healthy Communities Support II (\$10,000); Community Preservation and Development Corporation: After-school program to support greater food security and

### VACANCIES ON **CITY BOARDS**, **COMMISSIONS** AND COMMITTEES

The City Council is seeking applicants for a number of boards, commissions and committees. Takoma Park residency is required unless noted below. If you are interested in appointment, please submit the online application: http:// bit.ly/bcc-application. Feel free to drop by to observe a meeting. Meetings are listed on the City Calendar on the website. Additional information is available at takomaparkmd.gov/ government/boards-commissions-andcommittees. Positions are available on the following:

- Arts and Humanities Commission
- · Board of Elections
- **Commemoration Commission**
- **Commission on Landlord-Tenant** Affairs
- Committee on the Environment
- Ethics Commission
- Noise Control Board
- Nuclear-Free Takoma Park Committee Takoma Park Youth Council
- Grants Review Committee

To be considered for appointment in September, please apply by Sept. 4, 2019. Contact Jessie Carpenter (301-891-7267 or jessiec@takomaparkmd. gov) for additional information.

literacy skills for immigrant children (\$7,000); CREATE Arts Center: smARTkids program at Takoma Park Elementary School (\$5,000); Crossroads Community Food Network: Farm to Fork: Healthy Eating Program Expansion (\$10,000); Dance Exchange: Creative Aging and Intergenerational Exchange Programming (\$10,000); Docs In Progress: Documentary Dialogues Takoma (\$6,200); Historic Takoma Inc.: Oral Histories from the African-American Community (\$8,000); Montgomery Housing Partnership: Future Leaders of the World (FLOW) Summer Program and Mural (\$5,000); Performing Arts Center for African Cultures Inc.: Besa-Feel The Beat Move Your Feet (\$7,800); and Village of Takoma Park, Incorporated: Arts and Humanities Programs for Seniors (\$6,000). Ordinance 2019-21 authorized the purchase of a leaf vacuum for the Public Works Department from Old Dominion Bruch Co. for \$35,408.

Only negative votes or abstentions are reported here. Resolutions and ordinances are published online after adoption.

Also adopted on June 19, 2019, Resolution 2019-26 authorized the temporary closure of the 1100 block of Anne Street for a Night Market on September 28, 2019. Resolution 2019-27 declined the bequest of real property at 6507 Kansas Lane. The property was offered to the City as a nature preserve through a provision in the will of Milton T. Phibbs, who passed away on March 27, 2019. Because of the size and location of the property, the bequest was declined as not suitable for a City-owned natural wildlife area. However, the Council asked that the Commemoration Commission be informed about the bequest and the musical contributions of Mr. Phibbs as a Takoma Park native to celebrate his accomplishments. By Resolution 2019-28, Merlene Mazyck (Ward 6) was appointed to the Noise Control Board. Jennifer Rodriguez (Ward 2) was reappointed as the Adult Advisor to the Youth Council by Resolution 2019-29.

### **Using the Takoma Park Project Directory**

What is going on in Takoma Park? The Project Directory can fill you in! The Project Directory lists all major projects currently being worked on or planned citywide and includes need-to-know information for each one. takomaparkmd.gov/initiatives/project-directory

GOVERNMENT SERVICES Boards, Bids & Contrz is Commissions & Business & Committees Multifamily City Clerk Recycling City Council Careers/Jobs City Manager Community City TV Partners and City TV Resources Communications Resources Control Councils	INITIATIVES         NEWS         1. To access the Project           Project Directory All City Projects         City Council & Mayor Blog         Directory from the City           Arts & Humanities         City Manager & Staff Blog         of Takoma Park website, on the home page under           Conversations         Forever Young         initiatives, select "Project           Ubray         Forever Young         initiatives, select "Project           Municipal Tax         Sign Up For         Directory" as shown at left.
2. You'll be taken to the "Project Directory" page, which lists all major projects being worked on or planned citywide. Projects are grouped by classifica- tion based on their purpose.	Initiatives > Project Directory PROJECT DIRECTORY About the Project Directory This page lists all major projects currently being worked on or planned citywide. purpose: • Crime & Safety • Customer Service / Community Engagement • Economic Development • Internal Projects • Poblicy Priorities • Public Infrastructure • Regional • Sustainability
POLICE FACILITY IMPROVEMENTS About the Police Facility Improvements City Council authorized funding to evaluate and redesign the police space in the Community Center. The current goal is to espand and revorus to evaluate funding to evaluate and redesign the police space in the Community Center. The current goal is to espand and convert to evaluate funding to evaluate and redesign the police space in the Community of the Contract Info Network The Contract I	3. Then click on the name of the project that inter- ests you. In this example, a resident wanted more informa- tion about Police Facility Improvements.

### **Important City Phone Numbers**

City Information	
City Clerk	
City Manager	
Finance	
Housing & Community Development	

Library	
Neighborhood Services	
Police	301-270-1100 / Emergency 911
Public Works	
Recreation / Facilities Rental	



Older adults benefit from participating in group activities.

### **DANCING** From page 1

tory Towers, Edinburgh House, Parkview, Cambridge House, Winslow House, Essex House, and Hampshire Towers to provide creative aging programs to their older adult residents.

"These ongoing workshops will use movement, dancemaking, and storytelling to encourage physical activity and health, individual and community expression, and community building," said Cassie Meador, executive artistic director of Dance Exchange.

According to Meador, the exchange had been exploring these types of programs for a while, but it was City Councilmember Peter Kovar who helped bring the concept and the key players together.

"I'm a strong supporter of Dance Exchange's innovative work and I appreciate the many contributions the organization makes to the Takoma Park community and beyond," Kovar said. "Earlier this year, after I had a conversation with Dance Exchange staff about this topic, I helped put them in touch with representatives of local apartment buildings that have substantial aging populations and with groups that work on issues affecting older residents. So I'm delighted that they were approved for a grant that will enable them to collaborate with older residents in the City."

Meador added that while the particular initiative that the grant is funding is new, it fits in perfectly with the Exchange's history and overall mission. "Dance Exchange has enhanced the quality of life for older adults since its founding in 1976. Our Founder, Liz Lerman, began teaching dance to senior adults at the Roosevelt for Senior Citizens, a city-run residential facility in Washington, DC in 1975," she said. "Going forward, our long-term goal is to continue building an intergenerational creative community that uses dancemaking to improve the lives and wellness of local older adults by increasing social connection, opportunities for agency and choice making, and physical health through movement."

The grant will support Dance Exchange artists in implementing and facilitating the program. In addition, a team of local and national contributors from the arts, health, and creative aging sectors will assess the value and impact of the work for individuals and communities joining the program.

During the pilot year, Dance Exchange will also document and share best practices within the arts, health and creative aging sectors. The organization will host a series of events, including an evening on the science of arts and aging, (co-hosted with the National Academy of Sciences as part of their LabX series) on Oct. 25 at Dance Exchange, and a three-day Organizing with Artists for Change Institute, Jan. 9-12, 2020. They are also planning a culminating performance event in May 2020.

Meador said that none of these initiatives would be possible without the grant. "Without this money, we simply could not launch the program in this coming season," she said. "Our partnership illuminates how the arts and culture sector can intersect with local government to make a more robust, creative, and connected community."

It all comes down to using movement to launch "movements." As Meador said, "Through the Creating Aging and Intergenerational Exchange program, we will be moving for connection, moving for health, and moving together to question and expand the expectations of aging."

### A DREAM ■ From page 1

than they had ever imagined? Well one such kid, now a young man, has in fact found that dream to be very real.

In 2001, Henok Atakilt and his family moved from Ethiopia to the Washington DC area. They settled into the City of Takoma Park and lived on Lee Avenue. Atakilt attended Piney Branch Elementary School, Takoma Park Middle School, and Blair High School. During his younger years, Atakilt enjoyed spending a lot time at the Takoma Park Community Center and dreamed of one day serving his community as a police officer.

Greg Clark, Direc-

tor of Recreation, said, "Henok Atakilt came to the Community Center as a youth every day. He would be in the game and teen rooms consistently. He also played in the Takoma Park Soccer League. Before becoming employed with the City of Takoma Park, Atakilt volunteered for the Recreation Department."

After his high school graduation, Atakilt was still dreaming about becoming a police officer in the City he loved and called home, so he pursued a degree at Montgomery College and majored in Criminal Justice. In-between his stud-

ies, Atakilt went back and worked for the Recreation Department.

"When Henok became employed with the Recreation Department, working the Front Desk, he did an exemplary job. He was friendly to the customers, dependable, and a leader to all staff members," Clark noted. "Atakilt was always a team player. He was always willing to sub for staff members who weren't available to work."

Among the functions with which he assisted included senior activities and special events, such as Celebrate Takoma, Monster Bash, Egg Hunt, Outdoor Movies, Play Days, and festivals. "Atakilt was an absolute delight to have as an employee," Clark continued. "His dedication, outgoing personality, and steadfastness to every cause was commendable."

Atakilt truly enjoyed working with others, and it was very clear to all in the community that he connected with people, young and old. When the day had come for Atakilt to apply for the Police Academy, he soon found that his class wouldn't be scheduled for another year.

To keep Atakilt on staff, the Takoma Park Police Department (TPPD) offered him an internship, giving an opportunity to engage with the community in a new capacity. As an intern, he worked with several programs including Junior Explorers. He also participated in National Night Out, the Community Police Academy, and many other community outreach events. Atakilt also began to connect the bridge between the Ethiopian community and the City of Takoma Police Department.



On Feb. 13, 2018, Mayor Kate Stewart swore in Henok Atakilt as a new TPPD officer.

Atakilt has graduated from the police academy and is currently serving the City as a TPPD Officer. When Atakilt was asked if there were any surprises that he experienced along his journey, his entire face lit up and with a huge smile he said, "It was better than I could have ever imagined. It's the best job ever to be working in the city I grew up in and love."

The City of Takoma Park is lucky to have someone so committed, who knows the City, and is sworn to protect and serve its people. Those who meet Atakilt are struck by his passion and warmth, and you get a sense that he is an impressive young man who will continue to serve his community for years to come. Atakilt is now engaged, and someday he and his bride-to-be hope to have a family and continue their lifelong dream.

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### THE TAKOMA PARKtakomaparkmNEWSLETTERTakoma Park,Md. 20912.

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Letters to the editor, reports by community groups, calendar items and other submissions will be considered for publication; send to tpnewseditor@

#### takomaparkmd.gov or Newsletter, City of Takoma Park, 7500 Maple Ave., Takoma Park, Md. 20912.

Name, address and telephone number must accompany all submitted material. Editor reserves the right to edit for length, clarity, style, spelling and grammar.

Published material containing opinions does not necessarily reflect the views of the Newsletter or the City of Takoma Park.

The Newsletter does not accept commercial, classified or political advertisements. The Newsletter is printed on recycled—

content paper.



### National Wellness Month Take one of the many fitness classes the Takoma Park Recreation Department offers. Details on pages 6-7.

Family Fun Month

Attend a one of the great programs being offered at the Takoma Park Maryland Library. The whole family is sure to have a great time. Details on page 8.

### **National Sandwich Month**



Grab lunch with the Mayor while enjoying one of your favorites. Details on page 11.



# ILDING COMIN

### **Crossroads Food Network** receives Community Grant award

### By Sean Gossard

Takoma Park recently announced the winners of this year's Community Grant awards and among them was the Crossroads Community Food Network. The annual grants are between \$5,000 and \$10,000 and are matched by grantees from a separate source of funding or volunteer time. "Matched funds may include donations from other funders, revenue, in-kind donations of goods or services that have a specific value, and documented volunteer hours," according to Takoma Park's website.

Crossroads holds weekly farmers markets and helps bolster the local food network through healthy eating programs and microenterprise training. "This grant will help us serve more people than ever before through our Healthy Eating Program," said Christie Balch, executive director of Crossroads.

The organization hopes to spread knowledge about the area's local food system to help increase people's likelihood of making healthier food options in the future. "Our bilingual Program Manager provides tailored programs specific to the needs of Takoma Park residents - particularly youth, low-income, and immigrant communities," she said.

Balch also said that the program's cul-



turally-appropriate recipes stay true to Takoma Park.

"Our programming touches on the roles residents play in the food system, promoting environmental sustainability, and solutions to increasing food access in the community, thereby improving the quality of life for all Takoma Park residents."

Crossroads will also be offering healthy food demos at its weekly farmers market, which takes place every Wednesday between April and November at Takoma/ Langley Crossroads.

For those interested in recipes or learning more about Crossroads Community Food Network, visit crossroadscommunityfoodnetwork.org.



### Get in Touch

Email: tkpkyouthcouncil@takomaparkmd.gov Twitter: @YouthTakoma

### Stay Informed

Sign up to receive the council's newsletter at https://bit.ly/3162ikW

### **Mark Your Calendar**

The Takoma Park Youth Council is hosting an SSL Extravaganza on Sept. 30. We have coordinated a day of service with local organizations, creating an incredible opportunity for students to help in our community and get SSL hours. The event is open to middle and high school students in MCPS. Keep an eye on our social media accounts and our email list to learn when the link to sign up goes live. Hope to see you all there!



Visitors to Takoma the Park Folk Festival have more to choose from than six stages of international music and dance, a dozen food vendors, and the array of community been an integral part of the festival for more than three decades, and this year's show is shaping up to be

one of the finest ever. The festival's Crafts Committee has selected 40 artisans whose work covers wide range of handcrafted work - clay, fiber, glass - but also fine arts, soap, specialty foods, and more. As always, jewelry will be

### **KinderFiber**

City staff representing Housing and Community Development, Recreation, and Public Works have spearheaded a community project to provide New Hampshire Estates Elementary School with enough brightlycolored handmade hats, scarves, and mittens to outfit their incoming kindergarten class of over 130 students.

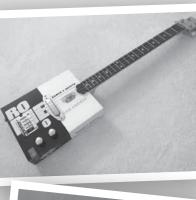
KinderFiber has grown to include several Takoma Park residents who join staff on their Friday lunch break to knit and crochet together, learn new techniques and hand off their completed work. Non-needleworkers have contributed by donating an enormous amount of yarn to the project.

New Hampshire Estates has the highest percentage of students qualifying for free and reduced meals in the area. The delivery of the handmade cold weather gear is



### **By Kevin Adler**

groups sharing information about their activities. The Crafts Show and Sale has







which was highly popular with the crafters and visitors. Word got around in the **CRAFT SHOW** Page 11

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City Staff had their first lunchtime KinderFiber gathering in March. They swapped yarn, shared some crochet lessons, had fun with pom pom makers, and generally had a friendly kick-off to the project

planned to coincide with the school's annual backpack distribution at the beginning of the school year. Learn more about KinderFiber on their Facebook page at facebook.com/kinderfiber or contact Patti Mallin at pattim@takomaparkmd.gov.

## THE ARTS



A man plays a public piano in a BMX park in Austin, Texas.

Credit: www.streetpianos.com

### Calling All Pianists for Public Piano Concert on Aug. 18

Do you play the piano or know someone who tickles the ivories?

We need you for the grand opening concert for Takoma Park's new public piano that will be installed in the downtown gazebo at 7035 Carroll Avenue. Anyone is welcome to play at the free concert at 11 a.m. on Sunday, Aug. 18. Players don't have to be city residents, and no registration is required.

Public pianos have been installed in dozens of cities around the world to provide a fun place for pianists to share their talents, transforming sidewalks and public spaces into unlikely concert venues. For more info, go to www.streetpianos.com.\_

Sponsored by the City's *Takoma Park Arts* cultural series, the donated piano will be painted by a local artist on site at

the gazebo before the opening concert. The piano will remain in the gazebo for about four months where anyone can play it from 9 a.m. to 9 p.m. Playing is prohibited at night to avoid noise complaints.

City Arts and Humanities Coordinator Brendan Smith saw a public piano last year outside a downtown store in Brunswick, Maine, and he thought it would be a great addition to the rich musical heritage of Takoma Park. John Fahey developed the American Primitive Guitar style here, and the Takoma Park Folk Festival celebrated its 40th anniversary last year.

"A public piano seems like a perfect fit since we have so many accomplished musicians and talented beginners in our community," Smith said. "We hope to see many of them in action at the opening concert!"



Above left: David Schulman tries the Bird Calls Phone Above right: Bird Calls phone banner

### **Bird Calls Phone Grows Some Feathers**

The Bird Calls Phone may take flight soon since it has grown two giant red feathers. The phone has been entertaining and educating people about local birds since it was installed in 2016. The former pay phone at the corner of Flower Avenue and Erie Avenue plays bird calls from different local bird species and provides facts about them, depending on which number you push on the keypad.

The phone got a new canary-yellow handset earlier this year after the previous handset was broken. It now has two 15-foot-tall red feather banners that were installed in July to highlight the phone so more people will see it.

The public art project, which the City of Takoma Park commissioned, was designed by local artist David Schulman with technical assistance from sound engineer Branden Hall. Local sculptor Howard Connelly also created a metal bird sculpture peering down at the phone from a telephone pole. Go check out the phone and hear some local birds!

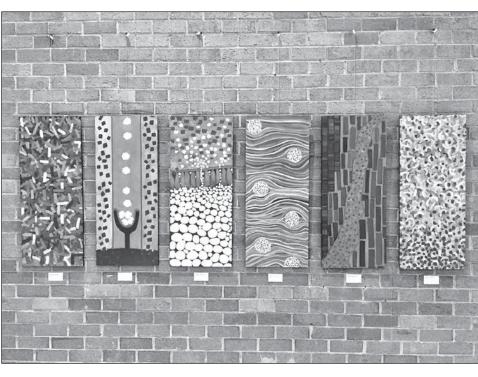
### The Art of Evolution Group Exhibition

On view until Sept. 4 Takoma Park Community Center 7500 Maple Avenue

The Art of Evolution exhibition explores the underlying connections between art and science and how beauty can reach down even to the cellular level. Five talented local artists use a wide range of mediums to reveal unseen microscopic worlds which connect all living things. The featured artists include Michele Banks, Jessica Beels, Mei Mei Chang, Pat Goslee, and Shelley Lowenstein.

Beels created a large installation titled *Paper or Plastic?* that is suspended from the ceiling of the atrium in the Takoma Park Community Center. Made from recycled newspaper bags fused together and connected with straws, it critiques our careless habit of generating plastic trash despite the dangers of climate change.

The exhibition will be on view until Sept. 4 in the Community Center.



Above: When You Eat Series by Shelley Lowenstein At right: Suspended Installation Paper or Plastic by Jessica Beels

For more info on upcoming events in the Takoma Park Arts series, please go to

www.takomaparkmd.gov/arts where you can sign up for our weekly e-newsletter.



# RECREATION

### YOUTH



### EDUCATION & DEVELOPMENT Competitive Gaming

Our Competitive Gaming program provides teenage youth (grades 6–12) the opportunity to participate in competitive esports and compete for scholarship opportunities. This program includes a curriculum-based around esports values, such as starting a gaming career, self-expression and social interaction. Instructor: Javonte McDonald

Takoma Park Community Center Rose Room 7500 Maple Avenue Grades 6-12 11 week Session Mondays & Fridays, October 2-December 18 3:30–6 p.m. Free

### EXTENDED CARE After the Bell

After the Bell Childcare is our after school program offered at the Takoma Park Recreation Center (7315 New Hampshire Ave); providing a safe environment for children grades K-5. The children will engage in daily indoor/outdoor group activities and holidaybased events. Each day kids will receive For a full listing of our Fall programs and classes, see the City Guide or visit takomaparkmd.gov/recreation

Resident Program Registration begins Thursday, Aug. 15 at 8:30 a.m.

Non-resident Program Registration begins Thursday, Aug. 22 at 8:30 a.m.

### $\star$ Look for the star symbols to find all of our new classes!

a snack, have a time period to complete homework, and enjoy arts and crafts, sports, board games, plays, free play and more! Transportation will not be provided through TPRD. Please contact MCPS Transportation (301-840-8130) to change your bus route to (New Hampshire Towers), and we will meet them at the bus stop. Program hours are 3:30–6:30 p.m. when MCPS is in session. There is a 20% deposit due at the time of registration. The remaining balance will be divided into monthly payments beginning Oct. 1.

Takoma Park Recreation Center 7315 New Hampshire Avenue Kindergarten-5th Grade MCPS School Year 3:30–6:30 p.m. \$1,250.00

### MARTIAL ARTS

Taekwondo is not only a combat sport, but it is also a way of life for enthusiasts around the globe. The word Taekwondo itself is made up of three Chinese/Korean words. Tae meaning to kick or jump; Kwon meaning first or hand; and Do which means "the way." The benefits of Taekwondo include enhancing self-esteem

by heightening your physical and mental

powers, building confidence by encouraging



you to succeed and to take control of your life, and developing discipline by thoroughly training your body and mind in the tenets and techniques of Taekwondo. Taekwondo emphasizes kicking techniques. Taekwondo is a fun way to achieve fitness and focus. There is a one-time, non-refundable, \$40 uniform fee paid to the instructor at the first class. Instructor: Felix Lindeire

Takoma Park Community Center Dance Studio 7500 Maple Avenue 6 and older 12 Week Session Mondays, September 9-December 9 6–7 p.m. Resident: \$180 / Non-resident: \$200

### ADULTS



Students will utilize a variety of hand-building techniques (slab, pinch, coil) to create functional and non-functional vessels and sculptures out of clay. Caregiver participation required with young children (Ages 4–6). Adult students (Ages 16+) with experience may use the studio's electric wheels. Beginners are welcome. A great class for homeschoolers, flexible schedules and generally clay-curious. There is a \$20 materials fee (per child) due to the instructor on the first day of class. No class on 10/9. Instructor: Caroline MacKinnon Takoma Park Community Center Art Studio 7500 Maple Avenue 4 and older 6 Week Session Wednesdays, September 11-October 23 10-11:30 a.m.

Resident: \$130 / Non-resident: \$150

### DANCE Mindful Movement

What happens when you combine meditation, dance and yoga together? Mindful Movement! This class is for dancers and non-dancers alike. Using creative movement and principles from different dance styles, we will explore and observe, through sensing and moving, our mind and body connection to bring awareness and creative freedom to the wonderful world of our bodies. Expect free dancing, some technical elements of dance, (i.e. African, jazz, contemporary, modern) breathing techniques, meditative stretching, and lots of insight and fun! Whether you want to view your body with more compassion and understanding, learn to properly stretch and tone, or you want to gain dancing insight and creativity, this class is for you. Instructor: Beth Mwano

Heffner Park Community Center 42 Oswego Avenue 16 and older 8 Week Session Wednesdays, September 11-October 30 7:30–8:30 p.m. Resident: \$90 / Non-resident: \$100

### EDUCATION & DEVELOPMENT Writing Life Stories

Do you want to share important life experiences through your writing? Our stories are part of what makes us human. Whether

**RECREATION** Page 7

### Meet Abel Asafare, Instructor, ReVampFIT Men's Boot Camp

### **Q: What led you to become a fitness instructor?**

**A:** I grew up loving to play sports such as football and basketball. I have found that fitness training with some type of finish line or goal has pushed me to become the best version of myself, and it has significantly improved my overall quality of life. Exercising has provided a platform that gave me a source of discipline in my spiritual, physical and professional life. I believe there is no higher calling than empowering people, and ReVampFIT has allowed me to connect with numerous individuals that have an ultimate goal of improving their quality of life through fitness. I am grateful for all that I have learned as a professional and as an enthusiast of fitness. I specialize in strength training, functional movements, performance enhancement and weight loss.

### Q: What do you want a potential first-time participant to know about ReVampFIT Men's Boot Camp?

**A:** Our goal at ReVampFIT is to provide a family atmosphere where each mem-



Demo Class 9/3, see page 7 for details on class

ber helps push one another to reach their desired goals. We are really here for each other! The workouts are functional fitness-based, dynamic, and fastpaced, and every workout is different. Every workout is a full body attack. We address every area of fitness, including cardiac/respiratory, muscular strength, muscular endurance and flexibility.

### Q: What should the participants expect to get out of the ReVampFIT Men's Boot Camp class?

**A**: Here at ReVampFIT, we provide fitness boot camps that focus on atten-

tion to detail. Our goal is to help you become the best version of yourself by applying functional and effective exercises/movements that will cater to your fitness needs/goals. Come join us!

### **Q: Will I need to bring anything with me to ReVampFIT Men's Boot Camp class (i.e. fitness equipment, props)?**

**A:** ReVampFIT will provide everything you will need as far as supplies are concerned! Just bring your energy and your will to get better!

### Q: How does this class differ from any other Boot Camp class?

**A:** ReVampFIT is special because we believe health education alongside with fitness is necessary. With that being said, we will provide weekly health guidelines that include nutrition, health and exercise tips. We also have workout logs that have a list of exercises we will be doing during each class. This will ensure every member will safely and effectively exercise and get the most out of every session. I look forward to meeting you in class soon!

### RECREATION

From page 6

you are a lifelong writer or a beginner, this class is for you! I will help you jump-start your memories, organize your ideas and edit your work. Prepare to have fun! Bring a notebook or laptop to each class and be ready to have fun. We use the book *Writing the Memoir* by Judith Barrington. Instructor: Barbara Rosenblatt Takoma Park Community Center

Rose Room 7500 Maple Avenue 16 and older 8 Week Session Wednesdays, September 4-October 30 (No class: 10/09) 7–8:30 p.m. Resident: \$135 / Non-resident: \$155

### FITNESS ReVampFIT Men's Boot Camp

This class offers you an adaptive interval training sequence with low- to high-intensity exercises. The class builds cardiovascular fitness in addition to helping you to improve muscular strength and endurance. People are challenged to push their limits and walk out feeling strong. Join us on our journey of self-betterment! This class is open to all those identifying as male. Instructor: Abel Asafere

Heffner Park Community Center 42 Oswego Avenue 17 and older 9 Week Session Monday, September 10-October 31 6:30–7:30 p.m. Resident: \$95 / Non-resident: \$105

### Zumba

Come out and enjoy an hour of Zumba. Zumba is a total workout, combining all elements of fitness with cardio, muscle conditioning, balance and flexibility. Zumba takes the work out of workout, by mixing low and high intensity moves. The class will incorporate Latin music that will easily move you through your workout. Instructor: Laura Stewart Takoma Park Recreation Center

Gymnasium 7315 New Hampshire Avenue 16 years and older 6 Week Session Saturdays, September 7-October 12 11:45 a.m.–12:45p.m. \$50

Drop in: \$10

### MULTI MEDIA

**How to Manage Your Digital Photos** Do you know how many photos you have on your smart phone? Can you locate them? This class will teach you how to organize, store, protect, enhance and use hundreds, possibly thousands of photographs on your computer, tablet and smart phone. Students will be introduced to programs that make it easier to work with digital photos. Students will learn how to scan old family photos for the purpose of retouching and restoring. This includes Adobe Lightroom and Photoshop. You will be able to use these programs on the iMac computers in the Multi Media Lab. It is recommended that students have an external memory drive of at least three gigabytes to store photos used in the class. Written material will be provided. Instructor: Barry Hinderstein

Takoma Park Community Center 7500 Maple Avenue Multi Media Lab 18 and older 8 Week Session



Wednesdays, September 4-October 23 6:30–8:30 p.m. Resident: \$80 / Non-resident: \$90

### **Video Production & Editing**

From pre-production techniques and how to properly videotape with any device and techniques of editing, learn the art of video production. Participants will edit a project using FCPX or Premiere Pro. Instructor: Isaac Asare

Takoma Park Community Center 7500 Maple Avenue Multi Media Lab 14 and older 4 Week Session Thursdays, October 17-November 7 7:30–9 p.m. Resident: \$165 / Non-resident: \$185

**SPORTS** Takoma Park Volleyball Club

Join the Takoma Park Volleyball Club! Grab a friend or make a new one on the court. The club will meet weekly at the Takoma Park Recreation Center for pick-up games of volleyball. Registration is required to participate, and all skill levels are welcome. Registration opens Aug. 15 for residents and Aug. 22 for non-residents. For more information please email, tpsports@ takomaparkmd.gov. Takoma Park Recreation Center Gymnasium 7315 New Hampshire Avenue 16 Years and Older 7 Week Session Wednesdays, October 9-November 20 6:30-8:30p.m. \$10

### 55+

### **DROP-IN**



### FITNESS Heart & Core

Move to the high energy beat to pump up the heart rate followed by 20 minutes of Pilates core floor workout to strengthen the area from shoulders through hips. Registration is required. Instructor: Nancy Nickell. Takoma Park Recreation Center Gymnasium 7500 Maple Avenue 55 and older Saturdays, September 7-November 23 9:15–10:15 a.m. \$5



\$5

Kundalini Yoga will introduce participants to integrating mind, body and spirit using meditation, sound vibrations (chanting) and modified poses to help increase strength, flexibility and tranquility. Please bring a yoga mat. Limited space. Instructor: Polly Matthews Takoma Park Recreation Center Gymnasium 7500 Maple Avenue 55 and older Tuesdays, September 3-November 19 2:30–3:30 p.m.



### After the Bell

The After the Bell program has been a long-time after school program at the Takoma Park Recreation Center. This program has grown in number of participants, program offerings and diversity in the last five years. This program was developed to serve as an after school program where kids can have a fun and safe place to go after school. The three main principles of the program are education, nutrition and recreation. Staff is happy to greet the kids at the bus stop near the Recreation Center. Homework assistance is the one of the main priorities for the program. The kids are served a snack before heading to the gym for some physical activities, such as basketball, soccer and a host of fun activities.

During the course of the year, we were treated to a variety of art activities with Ms. Alice Simms, president of Art for the People. With Ms. Simms the kids had the opportunity to paint ceramic butterflies for Mother's Day as well as bowls for the "Empty Bowls Project." Ms. Simms said, "The kids are so creative, and I am looking forward to working with them again next school year." Dave Burbank, a librarian with the City of Takoma Park, treated the kids to a "read a long" where kids had the opportunity to express themselves in a creative way. Yoga with Brandon Copeland from Khepera Wellness was always a popular activity. The kids learned the importance of relaxing and stretching their bodies.

Uma Delzell-Jha, who has been in the program for the last two years, says her favorite things to do were eating snacks and playing games. Dr. Kopal Jha, her dad, said, "I've had my three kids in many of our local child care programs over the years, and After the Bell has been my favorite. It has a wonderful balance between free play and structured supervision. The staff are very good with the kids. It is always hard to get my daughter disengaged and ready to come home, and she is always happy to go back. She is able to talk to the staff when anything comes up. There is a great deal of diversity in the kids and staff, which is important. Finally, the staff are friendly and approachable, and take feedback very well, highly recommended!"

We anticipate The After the Bell program continuing to grow, so if you are looking for childcare for your kid(s), for the 2019–2020 school year, please feel free to stop by the Recreation Center for more details.

# LIBRARY /



### **Fall Author Visits**

Mark your calendars! We've got a great line-up of children's authors coming this fall, thanks to our partnership with Politics & Prose Bookstore.

First up, on Tuesday, Oct. 1 at 7 p.m., are Jenni and Matt Holm, siblings who write and illustrate books together, including the bestselling Baby Mouse and Sunny comic book series. Jenni also has won three Newbery Honors for her kids' novels, Our Only May Amelia, Penny from Heaven, and Turtle in



BRAVE

ennifer L Holm Marzhew Holm

Next, on Tuesday, Oct. 15 at 7 p.m., au-

thor Julie Fogliano will showcase her new

picture book, Just in Case You Want to Fly.

The book is illustrated by Christian Rob-

inson, who won a 2016 Caldecott Honor

bubbly

for his art in Last Stop

on Market Street. In

its review, Publishers

Weekly noted: "This

by the team behind

When's My Birthday? celebrates parents' impulse to give their children the world: 'Just in case you want to fly/ here's some wind/ and here's the sky' .... The verse and images fol-

low a bedtime trajectory... but contain enough energy to be read anytime.... Robinson extends

Politics & Prose

programs are free,

and no purchase is

required to attend.

excursion

Jenni and Matt Holm

Paradise. At our event, the Holms will present their new picture book, The Evil Princess vs. The Brave Knight. In the book, two siblings find themselves at odds until they decide - albeit temporarily - to join forces in a quest. In its review, Publishers Weekly noted: "The sly contrast between words and pictures is the source of much of the story's fun: 'He freed the fair maiden from her prison' shows the Brave Knight crossing the bathtub to rescue their cat. It's a droll portrait of the love-hate sibling bond-both medieval and modern."

On Thursday, Oct. 3 at 7 p.m., popular

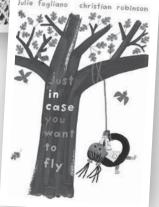


Photo: Jodi Palinkas

Julie Fogliano

comics author/illustrator Kevin McCloskey returns to the library to spotlight his newest book, Ants Don't Wear Pants, part of the Giggle and Learn comic book series for young readers ages 4-8. After tackling worms, snails and

other creatures, McCloskey focuses on the wonders of ants, who hear with their legs and smell with their antennae. As always, McCloskey provides an entertaining mix of humor and facts, allowing kids to laugh as they learn.



More author events are likely to be scheduled in the fall, so keep checking the "Events" page on our website, www.takomapark.info/library, and our Facebook page for updates.

### CALENDAR

**Circle Time** 

Tuesdays, 10 a.m. OR 11 a.m. **Spanish Circle Time** Thursdays, 10:30-11 a.m.

Led by Senora Geiza

**Get Ready for Kindergarten Storytime** The program will be offered twice; please choose one: Saturday, Aug. 3 at 11 a.m. or Saturday, Aug. 18 at 1 p.m. Registration

encouraged. **LEGO Club** 

Sunday, Aug. 4, 1:30-3 p.m. Building fun for ages 3–10.

**Bedtime Stories & a Craft** Tuesday, Aug. 6, 7 p.m. Join Ms. Kati for this fun monthly program of stories, songs and a craft.

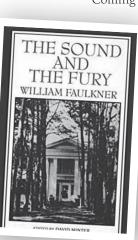
**Caldecott Club** Monday, Aug. 12, 7 p.m.

### LIBRARY BRIEFS

 SummerQuest "Campfire" Our annual SummerQuest

"Campfire" program will take place on Monday, Aug. 19 at 7:30 p.m. This year, SummerQuest creator Dave Burbank will offer a special nighttime version of our popular monthly Comics Jam program. Dave will read comics as they are shown on the big screen, so all can see the illustrations, and he'll finish the

evening by taking "drawing requests" from the audience. We won't have a real campfire, of course, but will send everyone



We'll be reading and discussing books that are great possibilities for the 2020 Caldecott Medal. Lemonade and cookies served.

### SummerQuest "Campfire"

Monday, Aug. 19, 7:30 p.m. Come join us for a special evening version of our Comics Jam program.

### **Alternative Games**

Saturday, Aug. 24, 2-4 p.m. Join Dave Burbank for a rousing session of Dungeons & Dragons. Ages 8 up.

**Kids Art** Sunday, Aug. 25, 2–3 p.m. Come make art with Ms. Kati.

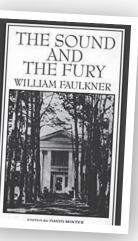
### COMING UP...

LEGO Club, Sunday, Sept. 8, 1:30-3 p.m. Ages 3-10.

Caldecott Club, Monday, Sept. 9, 7 p.m. Comics Jam, Tuesday, Sept. 10, 4 p.m.

Friends Big Book Group

home with the makings for s'mores, that popular campfire treat! No registration, and all are welcome.



Coming in October! The Friends Big Book Club has voted to discuss The Sound and the Fury by William Faulkner. Discussion dates and information about our guest lecturer will be available in late summer. Stay tuned also

for information about the next selection of the Fortnightly Book club this coming Fall. Meanwhile, copies of Faulkner's landmark

American novel in a Norton Critical Edition are now available at the library. All are welcome to attend the Friends book discussions.







### **Summer Reading Selections**

We have new summer reading booklists created by the Association for Library Service to Children, the children's librarian division of the American Library Association. Each booklist spotlights two dozen or so books published in the last couple of years. There are four booklists in all: Birth-

Preschool; Grades K-2; Grades 3-5; and Grades 6-8. Please come pick one or more up to add some great books to your child's summer reading! Thanks to the Friends of the Takoma Park Maryland Library for providing funding to print the booklists.

classic picture book scenes of play and home life to show all sorts of children finding magic in all kinds of places." will be selling books at each event, but the

# A reusable Fourth of July

### By Sean Gossard

It is estimated that humans use nearly 4 trillion plastic bags worldwide annually, and of those only 1% are turned over for recycling, according to the Earth Day Network. In the U.S. alone, people throw away 1 billion plastic bags annually.

While Montgomery County and Takoma Park are trying to get residents to cut down on using single-use bags, one neighborhood is going a step further in promoting a low-waste way of living.

That's why for the past several years the Long Branch-Sligo neighborhood has been throwing a low-waste Fourth of July party in which guests are asked to bring their own reusable utensils, plates and cups. They also put beverages in large dispensers instead of individual containers and compost the food that isn't eaten and can't be stored.

"The idea is to use reusables and not disposables," said Lori Hill, a "recovering event planner" and neighborhood resident who helps host the block party. "We encourage people to bring their own utensils and cups, but we do have tiny paper cups available that we compost."

The event also features a special zero-waste area that volunteers monitor where people can sort their waste into recyclables, compostables and, more rarely, things destined for the landfill. "This year, we diverted about 82% of our waste to compost or recycling," Hill said.

Last year, of the nearly 75 pounds of waste that the event accumulated, 54% was compost, 30% was recycling, and only 16% was sent to the landfill.

They have volunteers to help people determine where the waste should go because there are still lots of misconceptions about what is recyclable and what isn't.

"One thing I noticed is that many times when you're trying to be low waste for an event [like bigger street festivals], the problem is that nobody was monitoring the waste areas, so people were just putting things in the wrong places," Hill said.

"A lot of people don't realize that those red and blue Solo cups aren't usually recyclable," she said. "Nine times



Credit: Lori Hill

Mateo, Jaxson and Ella Tomas demonstrate how to go zero waste at neighborhood gatherings by using a reusable dispenser for liquids instead of single-use bottles and cups.

out of ten they aren't able to be recycled."

So, volunteers help with the distinctions and even sorting through the waste once the event is over, making sure everything is in its proper place. "Even though you have someone standing there, things still get misfiled," Hill said. "Someone could come up and quickly throw things away and walk away, or the volunteer could be unsure about an item."

Hill also wishes she could bring the idea to more street festivals in Takoma Park.

"I would love to see it; I had this dream that we would have a zero-waste crew that's volunteers and any event could call on this crew to staff zero-waste stations to educate people on what goes where."

The biggest key to keeping low-waste is to prevent single-use items from coming to the events in the first place, according to Hill. "We put signs up, basically campaign signs, that remind people to bring their own plates, cups and cutlery," she said.

And that promotion helped manage people's expectations of the event. "Everyone was really happy about it, and it was really encouraging and heartwarming to see so much enthusiasm," Hill said. "And some people were even watching and monitoring the zero-waste station while I couldn't."

Hill, who has a series of YouTube videos that help educate people on ways to not use single-use items, hopes to bring her low-waste message beyond local events. "Most people think about using reusable bags only for groceries, but it should be for everything, be it grocery store, hardware store or anything," Hill said. "When you're at the farmers market, there's no need for plastic, even for produce, just keep it loose or bring your own reusable produce bags."

Hill says there are even reusable options for items like dry-cleaning bags, and using cloth bags for carrying bread works just fine. Hill is hoping to voice her concerns when Takoma Park reviews its single-use bag policy in 2020. Right now, there are still exemptions for dry-cleaning bags, newspaper bags and "non-point of sale bags such as those used for raw or bulk items like produce, grains, candy and small hardware items," according to the City's website.

"I hate to use the term, but we need to be stricter about it," Hill said. "Our fast-moving economy is just so geared to all this waste."

If you're interested in becoming more conscious about your waste and where it should be going, Hill said a good resource is the Takoma Park Waste Wizard service. The tool on the City's website allows users to find out if "something can be recycled curbside, should be thrown out, brought to Public Works, or should be safely disposed of during our annual Household Hazardous Waste Drop-off Day."



TUESDAY, AUGUST 6, 2019 6:00 PM – 9:00 PM PINEY BRANCH ELEMENTARY SCHOOL 7510 MAPLE AVENUE

## NATIONAL NIGHT OUT

An annual event hosted by the police department to bring the community together as a whole to increase awareness in safety and crime prevention; to support locally-based businesses, groups, and organizations; and to strengthen relationships among the community members and between the community and local police department.

### COME OUT AND KNOW YOUR NEIGHBORS AND HAVE SOME FUN!



We'll have:

Police Vehicles on Display MD National Park Police Horses McGruff the Crime Dog Child ID Kits & Fingerprinting Moon Bounce



Dunk Tank Face Painting Games & Prizes Food & Ice Cream ...AND MUCH MORE!!!







### THE FIREHOUSE REPORT By Jim Jarboe

As of June 30, the Takoma Park Volunteer Fire Department and Montgomery County Fire and Rescue personnel assigned to the station responded to 258 fire-related incidents in 2019. The department also addressed or assisted with 1,552 rescue or ambulance-related incidents for a total of 1810. Totals for 2018 were 285 and 1,451, representing an increase 74 incidents.

During June, Takoma Park volunteers put in a total of 1,102.5 hours of standby time at the station, compared to 835.5 in 2018. Grand totals as of 2019 were 6,549.5 hours compared to 6,730.5 in 2018, a decrease of 181 hours.

### **Maryland fire deaths**

The Maryland State Fire Marshal Office reported as of as July 29, 2019 37 people have died in fires, compared to 42 in 2018.

### Hot vehicle deaths

As of July 29, 2019 23 children across the country have died in hot vehicles. Don't forget! When you leave your vehicle, everyone goes with you and lock your vehicle. We must not let it happen, a child dying in a horrible way... here or anywhere.

### Safety message

### Microwave Use

- Always supervise children when they are using a microwave oven.
- Use only microwave-safe food containers or dishes.
- Never use aluminum foil or metal in a microwave oven.
- If you have a fire in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

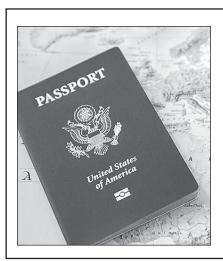
**FACT:** Scald burns are the leading cause of injury from microwave ovens.

### Kudos

EMS Lieutenant Jorge Alfaro received recognition from the MSFA for being TPVFD's Top Responder for 2018. He rode on 525 emergency calls. A job well done!



#OneCommunity - TakomaParkMD.gov



### **Passport Services**

Passport services are available on first come, first served basis Monday through Thursday from 9 a.m. to 1 p.m. at the Takoma Park Community Center on the second floor. Takoma Park staff encourage calling the City's main phone number at 301-891-7100 and checking if the office is open before departing for the Community Center for passport services.

For additional information, visit takomaparkmd.gov/services/passports.

# Emergency preparedness for people with disabilities

#### By Mary Jane Muchui, member, Emergency Preparedness Committee

"Old timers" may remember the story of the canaries in the mines. These birds were caged and kept under observation since they were usually the first living creatures to succumb to unhealthy conditions.

People with disabilities, especially those whose brains are affected, may be in a similar situation as the canaries during an emergency. Like the birds they are more vulnerable to changes in their environment. Their "cages" are the limitations caused by their disabilities.

Social isolation can be a by-product of having a disability. To combat this isolation, it can be helpful if people talk with their neighbors in person, especially with those who have disabilities or are caregivers. Please remember that not everyone has a computer and/or smart phone. Neighborhood list serves and organizations such as the Village of Takoma Park can be helpful, but sometimes people can be left out.

Communication is important for everyone faced with an emergency situation. It is especially important for those with disabilities. Those with disabilities that affect their ability to communicate may have extra difficulty expressing themselves. When speaking with them, please take the time to listen and make sure they have received your message as intended.

Sometimes people with developmental disabilities, such as autism, will seem to understand what you said in an attempt to fit in and not be a "complainer" even when they don't totally comprehend. A vivid example occurred when my grown son (who has Asperger's Syndrome – higher functioning autism) was in high school on a class trip. The class went on a caving expedition where he was temporarily lost. The teachers incorrectly assumed that he had followed them. They also forgot that people with autism sometimes wander off without telling anyone. Luckily they were reunited.

When it comes to emergency preparation, people with challenges, and their caregivers, may have extra work to perform. They may have to organize and pack more medications and/or medical devices. Some may use assistive technology such as digital communication systems. Written instructions may be difficult or impossible to read if they have visual impairments. If they have limited mobility, someone must make transportation arrangements for them. Unless adequate backup power is available, electronic doors may not work.

If a person has difficulty speaking, someone should provide a pen and paper or an electronic notebook such as an IPad (if one is available and Wi-Fi is working.) Those with visual challenges should try to keep their canes and other equipment handy and make arrangements for any service dogs. Electronic n

Electronic notebooks such as IPads are often attractive to those with challenges. Alexa voices may be

helpful to those with visual and other communication disabilities. Sometimes those with developmental challenges find it easier to communicate via text on a cell phone rather than through a land line. It is hoped that electricity and Wi-Fi will be available in shelters.

The Autism Society suggests the following preparedness tips for families:

- 1. Practice calm.
- 2. Prepare for immediate needs before disaster.
- 3. If disaster strikes, look for items that may have been broken or misplaced that could cause a hazard.

All of these suggestions should be followed by everyone in an emergency situation not just people with disabilities. For instance under suggestion 2, everyone should try to set aside at least two gallons per person of water per day. However, people with challenges and their caregivers will probably have to work harder to attain these goals.

However, Suggestion No.1 – Practice calm – may pose a special challenge for those with a severe psychiatric illness or a developmental disability. Those with disabilities that affect their brains may behave in a manner that others may interpret as annoying or even dangerous, such as flapping their arms or talking to themselves. It is important to remember that they may be facing sensory overload. It may be especially difficult for them to remain calm if they are in a shelter with people they're not familiar with. Also, many are extra sensitive to lights, sounds, touch and the perceived emotions of others.

Parents of Special Needs Adults (POS-NA) was formed in Takoma Park over three years ago under the auspices of the Village of Takoma Park. One of our main goals is safety for our grown children. You don't have to be a parent to join. Our special emphasis is on helping those with disabilities that affect their brains.

POSNA has established a liaison with the Takoma Park Police Department. They often are the first responders in the case of psychiatric emergencies. Many of them have taken Crisis Intervention Training (CIT), but as the saying goes, "It takes a village." Everyone should be involved. We usually meet on the first Thursdays of the month in the Takoma Park Community Center. Please e-mail me if you have questions/comments at muchui@aol.com.

Contact us at tpepc@takomaparkmd. gov or 301-891-7126. Listen to Bea(trice) Prepared the first Sunday of the month on WOWD/ Talk of Takoma, 1 p.m.

### **Dockless E-Scooter pilot Jaunches in Takoma Park**

Curious about the green scooters you may be seeing around the City? Takoma Park is participating in Montgomery County's Dockless Bikeshare pilot program to continue to expand sustainable transportation options around the City and surrounding region. This pilot includes dockless e-bikes and e-scooters and expands to other areas of the County east and west of the original service area. A map of the expanded pilot area is located here. The project is expected to last 6 months with an option for extension.

"Dockless" means that, unlike Capital Bikeshare, these vehicles can be parked in multiple locations rather than fixed stations. There are two companies currently operating in Takoma Park, Lime and Lyft. Lime provides both e-bikes and e-scooters while Lyft operates only scooters.

Unlocking an e-bike or e-scooter from either company follows the same basic steps:

- 1. Download the dockless mobile application.
- 2. Open the mobile application, create a profile, and locate a bike or scooter using GPS.
- 3. Unlock a bike or scooter by scanning a code and start the ride.
- 4. Park your bike or scooter in a responsible location and close your lock to end the trip.

Scooter rentals are restricted to individuals that are 18 years of age with a valid driver's license. Users cannot begin a ride between the hours of 10 pm and 5 am. This decision was made by Montgomery County based on data which indicates that the majority of accidents occur in the early morning hours. The e-scooters are



Dock-less E-Scooter ready for travel at the Takoma Park Community Center

also capped at a maximum speed of 15 miles per hour.

You can find more information on the dockless program on the county's website (www.montgomerycountymd.gov/ dot-dir/commuter/bikesharingCSS.html.) The county currently has a survey open to solicit resident feedback on the program: www.surveymonkey.com/r/Mo-Coe-scooter).

Please direct any additional concerns to Montgomery County 311 and directly to Lime and Lyft.

A slightly different version of this article originally appeared on the City's website: takomaparkmd.gov/news/dockless-escooter-pilot-launches-in-the-city-of-takoma-park.

### **Best Practices**

- Don't block sidewalks or driveways when parking your e-bike or e-scooter. This program works best if we all take responsibility and park in places that don't block car traffic, impede pedestrian access or encroach on private property. Scooters can be picked up and moved short distances without penalty if parked incorrectly. If you see a bike or scooter in a place it should not be, you can also contact LimeBike or Lyft.
- Direct feedback to the county's 311 line. Do this by calling 240-777-0311 or visiting www.montgomerycountymd.gov/mc311.
- Visit the dockless bikeshare company's website for more information. Visit LimeBike or Lyft.
- **Ride safely.** Wear a helmet, reflective clothing and obey all traffic laws wherever you go. Audibly signal when passing a pedestrian or bike. This is especially important with faster moving e-scooters.

### CRAFT SHOW ■ From page 4

crafter community, which led to a large number of new applicants for the limited show space, said organizers. As a result, the festival will showcase an unusual number of new artists this year, said Janet Stollnitz, a Crafts Committee member. "Some of our new artists are Yulia Semchenko, who designs clothing and accessories made from handwoven Uzbek silk fabrics; Michelle Puhl-Price, who creates hand-made puppets; Brian Long, who makes electric guitars from cigar boxes; David Richards, who creates wooden bowls and serving utensils; and two metalsmiths, Yandong Wang and Arnold Hoffman, who make decorative metal works," she said.

The 2019 Takoma Park Folk Festival will be at Takoma Park Middle School on Sunday, Sept. 8, starting at 10:30 a.m. As always, it's free and family-friendly. Full information about the music and dance program and Crafts Show can be found at www.tpff.org.

### FILM SCREENING ■ From page 1

to them by supporters of the occupation."

Inside the community center, it was standing room only as City staff members made an overflow room available to accommodate everyone who came to see the film. The presence of the Takoma Park Police Department was subtle but apparent throughout the evening.

Attendees viewed the shorter version of the film, which lasted approximately 45 minutes. At its conclusion, some applauded while others waved signs in protest. As advertised, a panel and discussion followed the showing of the film, and staff distributed cards to attendees so that they could pose questions to the panel.

The moderator for the evening, Theo Brown of Public Engagement Associates, opened the panel/discussion portion of the program by explaining that unfortunately, individuals invited to participate on the panel to represent voices of dissent, Rabbi Shmuel Herzfeld and Maharat Ruth Friedman of Ohev Shalom Synagogue, had opted not to attend. Instead, criticism of the film was read to the audience, including a statement from Ambassador Dennis Ross, who serves as a counselor at The Washington Institute for Near East Policy.

Next, Brown asked panelists Matthew Mayers of J Street and Taher Herzallah of American Muslims for Palestine to make opening statements of five minutes or less. "The film is obviously an advocacy piece," said Mayers, "but it's not anti-Semitic. Takoma Park wouldn't have shown it if it was."

"At the heart of this debate is a claim on

land from two different groups of people," he continued. "It will take a long conversation to hear and acknowledge both [their] narratives, and that's not what the film does." Mayers invited attendees to continue the conversation at an upcoming J Street event in October. For information, visit jstreet.org.

In his remarks, Herzallah thanked Takoma Park Mayor Kate Stewart for "her strength and perseverance despite the vicious attacks she has faced" for her decision to move forward with showing the film. He also said, "Opponents of the film's screening prevent us from questioning the Israeli/U.S. alliance, and their opposition proves the point of the film."

The remainder of the time allotted was devoted to taking comments from the audience and addressing questions they had submitted on a wide range of topics. The program concluded with closing remarks from the panelists and Brown, who reiterated his earlier advice to attendees. "Listen deeply," he said. "Even if you hear something you don't support, these are [all] legitimate points of view."

City Manager Suzanne Ludlow echoed these sentiments in her comments during the City Council Meeting the next day: "The Occupation of the American Mind film screening and panel discussion attracted a very large turnout but still was able to go a long way towards meeting the goal of providing a safe space for people to listen, critique, discuss and learn from each other." She also noted that moving forward, City staff will work with the Arts and Humanities Commission and City Council to develop the process and criteria by which films are screened as part of Takoma Arts programming.



### Mark your calendar! Lunch with the Mayor!

Join Mayor Kate Stewart as she hosts lunches at the Crossroads Farmers Market and other restaurants in the Takoma Langley Crossroads area. All lunch times are from 12 - 2 p.m.

### **Locations:**

Friday, August 16 Pupuseria el Comalito 1167 University Blvd E Takoma Park, MD 20912

### Friday, September 6

El Marinero Comida Latina & Grill 1319 University Blvd E Takoma Park, MD 20912 Friday, September 27 El Campeon Rotisserie Chicken & Bakery 902 Merrimac Dr. Takoma Park, MD 20903

**Friday, October 11** Tijuana's Mexican Cafe 949 University Blvd E Takoma Park, MD 20912

# AUGUST '19

### Do you have an item for the city calendar?

Do you have an item for the city calendar? Let us know if you have a nonprofit event that would be of interest to City of Takoma Park residents, and we'll consider it for inclusion in the calendar. Deadline for the September issue is Aug. 9, and the newsletter will be distributed beginning Aug. 23. To submit calendar items, email tpnewseditor@takomaparkmd.gov. "TP Community Center" is the Takoma Park Community Center, 7500 Maple Ave., Takoma Park. All addresses are in Takoma Park or Takoma, D.C., unless otherwise noted.

### **PUBLIC MEETINGS OF NOTE**

#### **City Council**

No City Council meetings scheduled for August Detailed agendas are always available for review online at www.takomaparkmd.gov/citycouncil/agendas.

### Labor Day — City Offices Closed

Monday, Sept. 2

All City offices and facilities will be closed Monday, Sept. 2, for the Labor Day holiday. The Takoma Park Police Department is open 24/7 for emergency services.

#### Takoma Park Emergency Food Pantry

First Saturdays, noon – 3 p.m. Grace United Methodist Church, 7001 New Hampshire Ave. Bi-weekly and monthly food supplements for needy families 240-450-2092 or educare\_ss@yahoo.com www.educaresupportservices.org

### **COMMUNITY ACTIVITIES**

#### **Circle Time**

Tuesdays, 10 a.m. and 11 a.m. A beloved local tradition, the 30-minute program of songs, fingerplays, rhymes, movement exercises and stories teach early literacy concepts in a fun way. The program is geared for infants through preschoolers and their grown-ups. Takoma Park Maryland Library

#### Spanish Circle Time

Thursdays, 10:30 a.m. Join Senora Geiza for a 30-minute program highlighting basic Spanish vocabulary through songs and rhymes.

Takoma Park Maryland Library

#### The Spirit Club

Wednesdays, 6:30 – 7:30 p.m. Takoma Park Community Center Therapeutic recreation class for Takoma Park residents 17 and older This class is designed for adults with developmental/ neurologic challenges. For more information, contact Jared Ciner at jciner@spiritclub.com or 303-883-4364.

#### Kid's Night Out

First and third Fridays, 7:15 – 8:30 p.m. Takoma Park Recreation Center Fun and games for kids

#### Teen Night

Second and fourth Fridays, 7:15 – 8:30 p.m. Takoma Park Recreation Center Games and activities just for teens

### Takoma Park Farmers Market

Sundays, 10 a.m. – 2 p.m.

Year-round

Laurel and Carroll avenues in Old Town Every Sunday in the historic business district of the city, local, seasonal produce, breads, pasture-raised meats, artisan cheese, eggs, baked goods and more from farms located within 125 miles of Takoma Park are offered.

### **Crossroads Farmers Market**

Wednesdays, 11 a.m. – 3 p.m., through Nov. 27 On Anne Street at University Boulevard East (next to Mega Mart), Takoma Park The season's freshest fruits and vegetables, freerange eggs, local herbs, honey, locally-roasted coffee, fresh-cut flowers, potted plants and prepared foods, drinks and healthy snacks. There is also live music, healthy food demos, kids' art activities, health screenings and free exercise sessions. SNAP and WIC accepted, and those shopping with federal nutrition benefits receive up to \$20 in free fruits and vegetables every week. Visit www. crossroadscommunityfoodnetwork.org.

### Top Notch Toastmasters

Second and fourth Tuesdays, 7:15 – 8:30 p.m. TP Community Center Improve your communication and leadership skills. Top Notch Toastmasters meetings provide opportunities for positive, supportive development of personal and interpersonal skills that make you a better communicator, a better leader. Come to our meetings to sharpen your abilities, meet new friends, and make a difference in your life.

#### **Community Self Defense**

Wednesdays, 10:30 – 11:30 a.m. 6836 New Hampshire Ave., Takoma Park Certified Gracie Jiu Jitsu Black Belt instruction Free and open to all

### Parents of Special Needs Adults (POSNA)

First Thursdays, 7 p.m.

TP Community Center This support and advocacy group of parents and other loved ones of adults with special needs including autism, Down's syndrome, and severe chronic psychiatric challenges usually meets the first Thursdays of every month. For more information, contact Mary Muchui at muchui@aol.com.

### National Night Out

Tuesday, Aug. 6, 6 – 9 p.m. Takoma Park

National Night Out is held by individual communities to demonstrate their commitment to being partners in the fight against crime. National Night Out Against Crime is designed to heighten awareness, strengthen neighborhood spirit and enhance policecommunity relations.

### Lunch with the Mayor

Friday, Aug. 16, 12 – 2 p.m. Pupuseria el Comalito 1167 University Blvd E Join Mayor Kate Stewart as she hosts lunches at the Crossroads Farmers Market and other restaurants in

### the Takoma Langley Crossroads area. SummerQuest "Campfire"

Monday, Aug. 19, 7:30 p.m.

Takoma Park Library

The library's annual SummerQuest "Campfire" program will offer a special night-ime version of its popular monthly Comics Jam program. SummerQuest creator Dave Burbank will read comics as they are shown on the big screen so all can see the illustrations, and he'll finish the evening by taking "drawing requests" from the audience. No registration, and all are welcome.

### The Takoma Horticultural Club Presents—Bioluminescent Mushrooms: Neon Signs on the Forest Floor

Wednesday, Aug. 21, 7:30–9 p.m. (Doors open at 7:00 pm; Talk starts promptly at 7:30.)

Historic Takoma, Inc. 7328 Carroll Ave. Have you ever taken a night walk through the woods and seen a greenish glow on the forest floor? It might have been our friends the fungi calling for insects. Join us for a talk about the fantastic world of bioluminescent fungi, the phenomena called "fox fire." Learn about the species that might be hiding, hard at work in your garden. Meet these exciting species and learn about their role in your garden ecosystem. Our speaker is Serenella Linares. As school programs manager at Audubon Naturalist Society and co-chair of Naturally Latinos, Linares is dedicated to sparking nature curiosity and nature stewardship through environmental education. Bring a recycled/crafted name tag, a friend, and a snack/beverage to share. This fascinating talk is free and open to the public, but you are welcome to join or pay your Takoma Horticultural Club dues for 2019 (still only \$12). Correct change or check (made out to THC) will work. Don't be late; seating is limited!

### **ARTS AND LITERATURE**

People's Open Mic Sundays, 9 p.m. Republic restaurant, 6939 Laurel Ave. www.republictakoma.com Drum for Joy! with Jaqui MacMillan Mondays, 7 – 8:30 p.m. Electric Maid, 268 Carroll St. Learn hand drumming

### Blues Mondays

Mondays, 7:30 – 10:30 p.m. Republic restaurant, 6939 Laurel Ave. www.republictakoma.com

### Open Mic Night

Tuesdays, 9 – 11 p.m. Busboys and Poets, 235 Carroll St. NW

Jazz Jam Tuesdays, 7 – 10 p.m. Takoma Station, 6914 14<sup>th</sup> St. NW Open mic for jazz musicians

### Wednesday Night Drum Jams

Wednesdays, 7 – 9:30 p.m. The Electric Maid, 268 Carroll St. NW Hosted by Katy Gaughan and friends

#### Puppet Lab

First Saturdays, 10 a.m. – noon Rhizome DC, 6950 Maple St NW Puppet Lab's purpose is to be a hub for all those interested in puppet theater who would benefit from boosting creative power, honing puppetmanipulation skills, cross-pollinating ideas, receiving feedback about works in progress, and building local puppet community. Suggested \$5-10 donation

### Third Thursday Poetry Reading

Thursday, Aug. 15, 7:30 – 9:30 p.m. TP Community Center Auditorium The popular "Third Thursday" poetry series features the work of a wide range of poets from across the region. Held in the Takoma Park Community Center Auditorium, the free readings are followed by a light reception and an opportunity to meet the featured poets.

#### **Carpe Diem Revels Community Singing**

Wednesday, Aug. 21, 6:30 – 8 p.m. singing; 8 – 8:30 p.m. refreshments Seekers, 276 Carroll St.

Join Carpe Diem Arts and Washington Revels for an evening of song and celebration! We'll sing songs in honor of Arab American Heritage Month and Earth Day, with special guest singers and song leaders: Nadine Foty, Wendy Lanxner and Robin Porter (from Takoma Radio), and others. Welcoming all ages. No experience needed. \$5 – \$10 suggested donation

#### **Student Violinist Concert**

Sunday, Aug. 25, 11 a.m. – noon TP Gazebo

Around 30 student violinists (many from D.C. Youth Orchestra Program) and guitarists will perform, led by music teacher Ken Giles. Free concert of classical, folk, blues and a medley of civil rights songs. We also will play the Bach "Double Violin Concerto."

### **UPCOMING EVENTS**

#### Takoma Park Folk Festival

Sunday, Sept. 8, 10:30 a.m. – 6:30 p.m. Takoma Park Middle School The Takoma Park Folk Festival is an annual event to immerse in the traditional and trending folk arts and the communities they create. Enjoy music and dance on six stages, special activities for kids, a juried craft show, community tables and international food. Parking on-site for handicap permits. Free Shuttles from Takoma's Metro and Montgomery College's East Garage. See tpff.org for more info.

