A dream as big as the City!

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?

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-

Note de l’éditeur

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:
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.

Amharic:
Busqeste icôno jineto alos articulis do boletin, 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.

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.

Film screening sparks debate and dialogue

By April 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...
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 $30,000 to MAMUP (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 literacy skills for immigrant children ($7,000), CREATE Arts Center: smARTfuls 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 ($8,200), 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 ($8,000).

Ordinance 2019-21 authorized the purchase of a leaf vacuum for the Public Works Department from Old Dominion Brush Co. for $35,408. Also adopted on June 19, 2019, Resolution 2019-20 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 5097 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 Mazycz (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.

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 takomapark.md.gov/government/boards-commissions-committees. 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 Jesse Carpenter (301-891-7267 or jessie@takomaparkmd.gov) for additional information.

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

1. To access the Project Directory from the City of Takoma Park website, on the home page under initiatives, select “Project 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 classification based on their purpose.

3. Then click on the name of the project that interests you. In this example, a resident wanted more information about Police Facility Improvements.

Important City Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
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</tr>
</thead>
<tbody>
<tr>
<td>City Information</td>
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<td>City Clerk</td>
<td>301-891-7267</td>
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<tr>
<td>City Manager</td>
<td>301-891-7229</td>
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<tr>
<td>Finance</td>
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<td>Housing &amp; Community Development</td>
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<td>Library</td>
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<td>Neighborhood Services</td>
<td>301-891-7113</td>
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<td>Police</td>
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<td>301-891-7633</td>
</tr>
<tr>
<td>Recreation / Facilities Rental</td>
<td>301-891-7290</td>
</tr>
</tbody>
</table>
Older adults benefit from participating in group activities.

DANCING
From page 1

Dancing, a form of physical activity and social engagement, is particularly beneficial for older adults. It improves physical health, enhances mental well-being, and fosters a sense of community. The Takoma Park Community Center offers a variety of dance classes for seniors, including ballroom dancing, line dancing, and zumba. These classes are taught by experienced instructors and are designed to be accessible to all levels of experience. The center also hosts dance events such as the annual Senior Prom, which provides a fun and social experience for older adults.

A DREAM
From page 1

Henok Atakilt came to the United States from Ethiopia at the age of 18. He completed his high school education in Takoma Park and attended American University, where he earned a degree in business administration. After graduation, he worked for several years in the community before deciding to pursue a career in law enforcement. 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 PInrey Branch Elementary School, Takoma Park Middle School, and Blair High School. During his younger years, Atakilt enjoyed spending a lot of time at the Takoma Park Community Center and dreamed of one day serving his community as a police officer.

Greg Clark, Director of Recreation, said, “Henok Atakilt came to the Community Center as a youth every day. He would be in the game and in the gym, always working hard. He was a great kid 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.”

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 for years to come. Atakilt is a very kind and dedicated person.”

Atakilt truly enjoyed working with others and it was very clear that he is an impressive individual. It’s the best job ever to be working in the City for years to come. Atakilt is a very kind and dedicated person.

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AUGUST IS....

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.
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 culturally-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.

Crafts show adds extra appeal to folk festival

By Kevin Adler

Visitors to the Takoma 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 groups sharing information about their activities. The Crafts Show and Sale has 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 prominent, with works in silver and copper that are ornamented with crystals, stones, hardwoods. Works in fiber will include clothing, totes, scarves, and puppets and dolls. Pottery selections will include with functional items such as bowls and mugs, but also whimsical artworks for the home or garden.

The Crafts Show was moved indoors to the main gym at Takoma Park Middle School last year, which was highly popular with the crafters and visitors. Word got around in the

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 brightly-colored 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 breaks 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 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 Fatti Mallin at patti.mallin@takomaparkmd.gov.
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.

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

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!

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.
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. Being physically fit has significantly improved my 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 who 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 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 member helps push one another to reach their desired goals. We are really here for each other! The workouts are functional fitness-based, dynamic, and fast-paced, and every workout is different. Every workout is a full body attack. We address every area of fitness, including cardio/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: At ReVampFIT, we provide fitness boot camps that focus on attention 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!
FITNESS
ReVamp/FT 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 Asare
Hefner Park Community Center
42 Oswege 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
Saturday, 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 smartphone? 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 smartphone. 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 your smart phone? Can you locate them? Do you know how many photos you have on your smartphone? Can you locate them? How to Manage Your Digital Photos

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
Wednesday, October 9-November 20
6:30–8:30p.m.
$10

DROP-IN
AUGUST 27
BLOOD PRESSURE: 11:30am-12:30pm
BINGO: 12-2pm
In the Senior Room, TPCC

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
Saturday, September 7-November 23
9:15–10:15 a.m.
$5

Kundalini Yoga and Meditation
Kundalini Yoga will introduce participants to integrating mind, body and spirit using meditation, sound vibrations (chanting) and modified exercises 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
Tuesday, September 3-November 19
2:30–3:30 p.m.
$5

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.
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 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 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 bear 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.

Next, on Tuesday, Oct. 15 at 7 p.m., author Julie Fogliano will showcase her new picture book, Just in Case You Want to Fly. The book is illustrated by Christian Robinson, who won a 2016 Caldecott Honor for his art in Last Stop on Market Street. In its review, Publishers Weekly noted, “This bubbly excursion 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 follow a bedtime trajectory… but contain enough energy to be read anytime… Robinson extends classic picture book scenes of play and home life to show all sorts of children finding magic in all kinds of places.”

Politics & Prose will be selling books at each event, but the programs are free, and no purchase is required to attend. 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.

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

This month, our Friends Book club this coming Fall. Meanwhile, copies of Faulkner’s landmark American novel in a Norton Critical Edition are now available at the library.

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

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.

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.
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 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 missed,” 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.

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.
Maryland fire deaths

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 6,730.5 in 2018, a decrease of 181 hours. Grand totals as of July 29, 2019 were 6,549.5 hours compared to 835.5 in 2018. A job well done!

Takoma Park News August 2019

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—high functioning autism) was in high school on a class trip. The class went on a caving expedition where he was temporarily lost. The teacher 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 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 of water per person for 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 behaviors 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 (POSNA) 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 are often 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 301-891-726: Listen to Beatrice.

Prepared the first Sunday of the month on WOWX Talk of Takoma, 1 p.m.
Dockless E-Scooter pilot launches 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 without a valid driver’s license. Users cannot begin a ride with an individual that are 18 years of age with a valid driver’s license.

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) and 311 line.

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

FILM SCREENING

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

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

Curator 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 Stollniitz, 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.tpfdf.org

City of Takoma Park Presents

Lunch with Mayor Stewart

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.

Mark your calendar! Lunch with the Mayor!

Locations:

Friday, August 16
Pupuseria el Comalito
1167 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

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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. 8, 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, 7900 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, 7801 New Hampshire Ave.
Bi-weekly and monthly food supplements for needy families
240-450-2692 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 Goica 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 Cimer at jciner@spiritclub.com or 301-482-4384.

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, free-range 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.
6306 New Hampshire Ave., Takoma Park
Certified Grace Ju 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 Muchuch at muchuch@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 police-community relations.

Lunch with the Mayor
Friday, Aug. 16, 12 – 1 – 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 p.m. Talk starts promptly at 7:30.
Historic Takoma, Inc. 7228 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 garden beds, at dusk, alluring 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 14th 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, 6900 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 puppet-manipulation 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 Revives Community Singing
Wednesday, Aug. 21, 8:30 – 9:00 p.m.
ing; 8:30 – 9:00 p.m.

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 Siles. Free concert of classical, folk, 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 trendy 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/Silver Spring Metro and Montgomery College’s East Garage. See tpff.org for more info.

Presented by Let’s Play America and the City of Takoma Park

EVERYONE DESERVES TO PLAY!

11th Annual Play Day
Takoma Park Middle School
7611 Pinchley Road, Silver Spring, MD 20910
Saturday, September 14, 2019
10am-2pm
Volunteers 8am-4pm
Fun, FREE event for all ages with lots of opportunities for play!
www.letsplayamerica.org
301.928.9992
plays@playlady@gmail.com

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