May TAKOMÁPÁRI

A newsletter published by the City of Takoma Park, Maryland

Volume 60, No. 5 🔲 takomaparkmd.gov

Neighbors helping neighbors: Mutual aid networks rise to meet growing need

By Virginia Myers

If there is anything good that has come out of this year of pandemic, racial reckoning and economic distress, it could be the way communities have come together. Hit by job loss when businesses closed due to COVID-19 restrictions; slammed by the disease itself, which took the lives of 1,500 people in Montgomery County and sickened 67,000 others; and plagued by a litany of racially motivated violence and fear; many Takoma Parkers have struggled with the most basic needs.

Many others have stepped up to help. You may see them at the Takoma Park Silver Spring Co-op or the Takoma Park Adventist Church on certain days of the week, bagging groceries, dropping off casseroles and lining up in cars to take the food home.

These activities are part of Small Things Matter, a 100 percent volunteerrun organization that began as a club for teens and tweens at Takoma Park Middle



Small Matters volunteers at work

School. As part of the Difference Makers club, the students started out making soft toys for hospitalized children and then began a small food donation project. By 2017 it had grown so big that

Takoma Park wheeling out the bike lanes

By Sean Gossard

Takoma Park is currently in the planning stages of a major transportation development project that is hoping to expand the city's access to bike lanes. The New Ave Bikeway project is meant to "creatively redesign the underutilized service lanes on the southbound side on New Hampshire Avenue as a two-directional bikeway, while still providing vehicular access to properties," according to the City's website.

Housing & Community Development, Planning and Development Manager Rosalind Grigsby said the project is to focus on two major initiatives important to the City Council, race equality and climate change. "We feel strongly that this is a necessary next step to address the issues of inequality and climate change," Grigsby said. "We know a good portion of greenhouse gas in the City comes from transportation. We also know that the most underserved portion of the population in Takoma Park are people who, for all reasons including work schedules and opportunities, are those who tend to have

BIKE LANES 🗌 Page 3







May is **Bike Month!**

Bike to Work Day: Celebrate bicycling as a clean, fun, and healthy way to exercise on Friday, May 21. Bike to Work Day will have pit stops with social distancing. Come by Takoma Park to receive a free T-shirt and refreshments. For more information and to register, visit biketoworkmetrodc.com.

Takoma Park Bike Map: Takoma Park is a great place to ride a bike for your daily commute, running errands, or just for fun. Signed, on-street bike routes connect commercial districts, the Takoma Park Community Center, and transit facilities with regional multi-use trails. https://www.thenewave.com/_files/ docs/tpbikemap-online_2.pdf

Takoma Park Bike Repair Stations: Takoma Park has installed three bike repair stations, located at the Community Center outside the entrance to the Police Station, on New Hampshire Avenue near the Sligo Creek Trail, and on the Metropolitan Branch Trail across from Belle Ziegler Park. The stations include air pumps and the basic tools needed to make emergency bike repairs.

Capital City Bikeshare: Takoma Park has seven Capital Bikeshare stations. Pick up one of the iconic red bikes in the city and ride to any of Capital Bikeshare's 370+ stations in the Metropolitan Washington area. https://secure.capitalbikeshare.com/map.

Check the City webpage for bike information:

takomaparkmd.gov/government/ housing-and-community-development/community-development/ bikeways-program







Summer Camps



WHAT'S **NEW?** The New Cup

on the Block Details, page 11

Save the Date! Details, page 12

Meet the New Library Director Details, page 8

Memorial Day Monday, May 31 Holiday for City Staff

Trash/Recycling Collection Monday, May 31





throughout this issue

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

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Official City Government Meetings

REMOTE/VIRTUAL MEETINGS CONTINUE

We expect that meetings will continue to take place in a remote/virtual format. For the most current information, visit www. takomaparkmd.gov and click on "Events and Meetings." Information on any meetings taking place will be published there along with information on how the public can observe.

COMMENTING AT CITY COUNCIL MEETINGS

Individuals interested in commenting live during City Council meetings must sign up by 5 p.m. on the day of the meeting. The link to sign up will be published on the calendar and on the City Council agenda page. Written comments sent by email to clerk@takomaparkmd.gov or by U.S. mail will be shared with the full Council.

CITY COUNCIL MEETINGS IN MAY

- Wednesday, May 12, 7:30 p.m. City **Council Regular Meeting**
- Wednesday, May 19, 7:30 p.m. City **Council Regular Meeting**
- Wednesday, May 26, 7:30 p.m. City council Regular Meeting
- Wednesday, June 2, 7:30 p.m. City **Council Regular Meeting**
- The City Council is expected to meet in Administrative Function Session to conduct interviews for the City Manager position on May 11 and May 17. Administrative Function Sessions are closed to the public.

CITY BOARD, COMMISSION, AND COMMITTEE MEETINGS

Meetings will be held remotely for the duration of the public health crisis.

ARTS AND HUMANITIES COMMISSION Tuesday, May 25, 7 p.m. **BOARD OF ELECTIONS** Thursday, May 13, 7 p.m. **EMERGENCY PREPAREDNESS COMMITTEE** Thursday, May 27, 7 p.m.

FACADE ADVISORY BOARD Tuesday, May 11, 6:30 p.m. NUCLEAR-FREE TAKOMA PARK **COMMITTEE** Tuesday, May 11, 7:30 p.m. PARKING MANAGEMENT TASK FORCE Thursday, May 20, 7:30 p.m.

POLICE CHIEF'S ADVISORY BOARD Monday, May 17, 7 p.m.

RECREATION COMMITTEE Thursday, May 20, 7 p.m. **REIMAGINING PUBLIC SAFETY TASK** FORCE

Community Workshop on Draft Recommendations Monday, May 24, 5:30 p.m.

REIMAGINING PUBLIC SAFETY TASK FORCE **Community Workshop on Draft**

Recommendations Monday, May 24, 5:30 p.m.

Meetings

Tuesday, May 11, 5:30 p.m. Tuesday, May 18, 5:30 p.m. Tuesday, May 25, 5:30 p.m. Tuesday, June 1, 5:30 p.m.

TREE COMMISSION

Tuesday, May 11, 7 p.m. **YOUTH COUNCIL**

Sunday, May 16, 3:30 p.m. Sunday, May 23, 3:30 p.m. Individuals interested in receiving a

weekly Council agenda and calendar update by e-mail can sign up by sending an email to clerk@takomaparkmd.gov.

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 wishes to receive auxiliary aids, services, or accommodations at a City of Takoma Park public meeting or public hearing is invited to contact Jessie Carpenter, City Clerk, at jessiec@takomaparkmd.gov or 301-891-7267 at least 48 hours in advance.

CityCouncilAction

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

On March 17, 2021, the City Council approved installation of traffic calming on the 8000 block of Wildwood Drive (Ordinance 2021-10) and on Darwin Avenue (Ordinance 2021-11). First reading of the ordinances was held on March 10. Resolution 2021-9 was adopted to set forth stormwater management policies and goals. (Councilmember Smith voted no.) Ordinance 2021-13 was adopted to authorize a contract with Housing Initiative Partnership and use of \$200,000 from the Housing Reserve Fund for a housing

project at 320 Lincoln Avenue.

Ordinance 2021-12 was adopted on March 24, 2021. The ordinance amended Chapter 16.08, Stormwater Management Fee System, of the City Code. (Councilmember Smith voted no.) First reading of the ordinance was held on March 17.

The City Council approved FY21 Budget Amendment No. 5 by Ordinance 2021-14 on April 7, 2021. First reading was held on March 24.

VIRTUAL CITY COUNCIL MEETINGS

Due to the public health crisis, the City Council has been meeting remotely by video conference. This will continue as long as necessary. The meetings are available to watch live (or view afterwards) in all the usual ways:

- on the City Council Video Page of the City Website (https:/takomaparkmd.gov/government/city-council/ meetings-and-documents/city-council-video)
- on City TV

(RCN - Channel 13, HD Channel 1060 Comcast/xfinity - Channel 13 Verizon Fios - Channel 28)

- on Facebook (@TakomaParkMD/)
- on YouTube

(https://www.youtube.com/user/TakomaParkTV)

The public can comment live during the public comment portions of the meetings by registering and logging into the video conference. Anyone wishing to share a slide or video must make the request at least 24 hours before the meeting by contacting Mayor Kate Stewart.

The meeting link will be provided by weekly email from the City Clerk and on the City website. For those not able to comment at the meeting, written comments may be sent by email to clerk@takomaparkmd.gov to be circulated to the City Council.

Important City Department Phone Numbers

City Information	
City Clerk	
City Manager	
Finance	
Housing & Community Development	
Library	
Neighborhood Services	
Police	
Public Works	
Recreation/Facilities Rental	

BIKE LANE From page 1

less access to good transportation options."

According to Grigsby, biking is the right price point, has low impact on the environment and is broadly acceptable. And, if the City can make it safe and reliable, more people will use it. "We want to shift from being a very car-centric city to one more reliant on biking and public transportation," she said.

As for the environmental impact, the results could make a huge difference.

Takoma Park Sustainability Manager Gina Mathias confirmed that in general, greenhouse gasses from all types of transportation make up about half of all emissions in the city. "On-road transportation in 2018 contributed 64,012 MTCO2e (metric tons carbon dioxide equivalent) of the 151,435 MTCO2e total emissions city-wide," she said. "The Bikeway is an important connection that will improve the bikeability for our residents and the surrounding area."

The project is currently broken up in two sections that are in the planning process. Section A involves planning for a bike lane on New Hampshire Avenue, from Holton Lane to Auburn Avenue, and Section B is from Auburn Avenue to Poplar Avenue. "The connectivity of the transportation hubs and bike trails into DC may not be entirely clear, but to us we are trying to build the connectivity then people can choose to ride," Grigsby said. "We ideally want to get to the D.C. line when it's all finished."

The project is supported by a Maryland Bikeways grant to develop semi-final and final design documents. "It will provide design and consideration of pavement markings, signage, curb and sidewalk adjustments, vertical barriers between cyclists and vehicular traffic, and possible elimination of some curbside parking in the service lane," according to the City website.

This is part of a larger goal for the City to move toward more sustainable forms of transportation for its residents. "It's really interesting to look at how we look at how our infrastructure was built for cars and adapt and see how we need to move forward," she said. "There are parts that are very difficult, and how it will impact residents, but for the broader process as a step into the future, this is an important piece to it."

NEIGHBORS From page 1

then-eighth grader Lana Yamashita turned it into a nonprofit. Her mother, Roxanne Yamashita, now helps run the operation, but volunteer teens are still at its core, earning community service hours.

Small Things Matter has grown exponentially and last year distributed 1 million pounds of food, serving more than over 1,000 families two to four times each month with groceries, hot meals, casseroles and sandwiches as well as non-food items such as masks, toiletry kits, cleaning kits and clothing.

When people learn about food insecure families and children, "There's that feeling of helplessness," said Roxanne Yamashita. Volunteering "gives you a tangible way to connect with the people. We're all in it together and sharing whatever we've got."

That is the basic premise of mutual aid organizations. Set up as egalitarian and grassroots, they operate entirely outside of officialdom and now number 800 in the United States. One is the Silver Spring and Takoma Park Mutual Aid list, which has responded to some 3,000 requests for assistance since it came together last April.

Volunteers take calls and emails from

people who need anything from groceries to diapers to a ride to the doctor; some people call looking for odd jobs, money to pay utility bills or help with their taxes. Among the notes in weekly email updates:

- We need to raise \$7,700 this week to fill [grocery card] requests from 154 neighbors.
- Young man who lost his mother to cancer is in urgent need of funds.
- Size 5 diapers (9 boxes) **most quantity needed**

Like many mutual aid organizations, SSTP is "Inherently political," said Danna Pope, who coordinates volunteers there. Participants want to abandon the concept of whether someone is "worthy" of aid, and instead create "a world where our resources are distributed more equitably."

Mutual aid welcomes everyone, no questions asked. "If they say they need something, we give it to them," said Roxanne Yamashita. There is no paperwork to prove need, no ID required and no proof of citizenship-so undocumented immigrants feel safer.

Another local mutual aid group, Food Justice DMV, focuses on immigrant communities, in one year delivering "food jus-

NEIGHBORS 🗌 Page 4

Invasive vines: Thousands of trees at risk in Takoma Park according to new study

By Mike Tidwell

In what could be the first tree survey of its kind in the nation, an invasive plant specialist in February walked all 36 miles of the streets and adjacent areas of Takoma Park, Md., looking for non-native vines. What he found was startling. He directly identified nearly 5,000 trees in the City so overwhelmed by vines like English Ivy they could die in five to seven years.

The startling results in a small city known to highly value its tree canopy could signal that the scale of invasive vine destruction nationwide is far beyond previous assumptions. The study also identifies relatively low-resource, commonsense solutions to the problem. Most of the trees in the survey can be saved in 5-10 minutes by volunteers using common garden clippers and pruning saws.

My nonprofit, the Chesapeake Climate Action Network, commissioned the study. We're now organizing fun and effective volunteer efforts every Saturday morning this spring and summer to save the trees. We gather at the TPSS Food Co-op at 8:30 a.m. and provide coffee, tools, and training -then send folks on their way to save



NEWSLETTER Editor: Apryl Motley Assistant: Sean Gossard

www.takomaparkmd.gov Vol. 60, No. 5

The Takoma Park Newsletter is published 12 times a year as the official publication of the City of Takoma Park, takomaparkmd.gov.

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



Volunteers at work

some of the 5,000 trees in our city. We need your help. Sign up at https://bit.ly/ takomatreesaver.

The February survey found that a total 4,850 trees were so infested with climb-

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.

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The Newsletter does not accept commercial, classified or political advertisements.

The Newsletter is printed on recycled content paper.



Jesse Buff

ing vines that, absent intervention, they could die within five to seven years. Most of the affected trees were more than 20 years old, and some were beyond a century in age. Trees play a huge role in sequestering carbon dioxide, cooling urban neighborhoods, and beautifying property. Read the full tree survey at http://bit. ly/vine-study.

Many of us in Takoma Park knew nonnative invasive vines were a big problem for trees here, but I was still shocked by the findings in this study. Collectively, 5,000 trees in an urban setting can cover acres of land and, if lost, represent a huge amount of money, comfort, and climate benefits.

The tree survey was conducted by native plant specialist Jesse Buff of Takoma Park. The report highlights that planting 5,000 new trees and protecting them to the age of several decades - and some



One of the many trees in the City overrun by invasive vines

for over a century - would be a fantastically expensive undertaking for the City. Yet saving the same number of trees currently dying in plain sight from invasive vines would cost little beyond educating citizens and supporting local volunteer efforts already underway to eradicate invasive vines.

Last summer volunteers organized by CCAN eradicated deadly vines on over 700 trees in the City. Now our weekly Saturday morning program allows volunteers to sign up to "adopt" between 10 and 100 trees in the city – and then go out and rescue them.

The CCAN survey cataloged the exact location of troubled trees on residential, commercial, and park property. Saturday volunteers are given addresses and asked to to meet with homeowners and business



NOTICE TO LANDLORDS AND AGENTS

Rent Stabilization Allowance Annual Rent Increase Set at 2.6%

Effective: July 1, 2021 through June 30, 2022

The City of Takoma Park law (City Code Chapter 6.20 Rent Stabilization) maintains the affordability of rental units by limiting the number and amount of rent increases charged for a specific rental unit. Generally, the rent may be increased only once in any given 12-month period.

Multi-family rental units and rental condominium units are subject to Rent Stabilization. Rent increases are limited to the percentage change in the Consumer Price Index published by the Department of Bureau of Labor Statistics for the period of March 2020 through March 2021.

Beginning July 1, 2021 through June 30, 2022, the Rent Stabilization Allowance is 2.6%. Landlords are required to comply with Takoma Park's Rent Stabilization law and cannot increase the rent on occupied units any higher than this allowance.

Pursuant to the City Code, a two-month written notice must be provided to the tenant (s) before you can legally increase the rent. (City Code Chapter 6.20.050(C) No-

NEIGHBORS From page 3

tice" to more than 130,000 people. "100 percent of our funds go to our Black and Brown neighbors pushed off the economic cliff with no safety net," it states on its website.

Feed the Fridge stocks a network of community refrigerators with free meals prepared by local restaurants hungry for business due to pandemic restrictions; the restaurants are paid with donations made by contributors to the project. More informally, some Takoma Park residents have set up free fridges and food pantries on their own property, building networks of giving and receiving by word of mouth.

Traditional services still exist, but mutual

tice of Annual Rent Increases). A sample

rent increase notice is attached for your use. Please note that the following units may be exempt from Rent Stabilization upon application to the City. The exemption is not automatic and must be approved by the

- City. • Rental units leased to tenants under the
- Housing Choice Voucher Program; • Any rental facility where the rents are regulated under contract by a governmental agency that controls the rent levels of not less than one-half of the rental units in the rental facility and restricts the occupancy of those rental units to low and moderate income tenants; and
- Newly constructed rental units for a period of five years after construction.

For more information about the requirements of the City's Rent Stabilization law, please contact Jean Kerr, Housing Specialist at 240-672-1023 or email at jeank@takomaparkmd.gov.

Details about how to access donations and how to contribute can be found on the following websites.

- Small Things Matter:
- smallthingsmatter.org • SSTP Mutual Aid:
- sstpmutualaid.wordpress.com • Food Justice DMV:
- www.foodjusticedmv.org • Feed the Fridge: feedthefridge.org

aid-style support has filled in many gaps during these dark times, shedding some light where it is most needed.

Virginia Myers is the former editor of TP News.

Home Sharing in Takoma Park

Thinking about renting out a room in your home and have concerns about finding the right housemate? Just got your Accessory Dwelling Unit approved and licensed but don't know how to move forward finding tenants? The nonprofit Housing Initiative Partnership (HIP), with the support of Montgomery County, has launched a home-sharing program to successfully identify and match renters who are seeking affordable housing options with homeowners who have attractive and safe spare bedrooms in their homes, or Accessory Dwelling Units (ADUs) on their property, to rent long-term.

Join the City's Housing staff as we host a webinar with representatives from HIP to explain the details of the Home Share program and how to participate. The program will be held via Zoom on Thursday, May 20, at 7 p.m. Watch the City's social media, the Takoma Insider, and the City website for registration details, or contact Patti Mallin, Licensing Specialist, at pattim@ takomaparkmd.gov or 240-315-6721.

Grow Safely

Harmful chemicals are not necessary to beautify our surroundings. This is the reasoning behind the creation of the Safe Grow Act that the City enacted back in 2014. This law was created to protect ourselves and our environment from harmful pesticides.



Of the 30 most commonly used lawn pesticides, 17 are possible and/ or known carcinogens, 18 have the potential to disrupt the endocrine (hormonal) system, 19 are linked to reproductive effects and sexual dysfunction, 11 have been linked to birth defects, 14 are neurotoxic, 24 can cause kidney or liver damage, and 25 are sensitizers and/or irritants. Children are especially sensitive to pesticide exposure as they take in more pesticides relative to their body weight than adults and have developing organ systems that are more vulnerable and less able to detoxify toxic chemicals.

Back in 2019, Montgomery County enacted the Healthy Lawns Act, which

mirrors the City's Safe Grow legislation so that all Montgomery County residents can reduce their exposure to the unhealthy effects of harmful lawn care pesticides.

Organic lawn care isn't difficult. In fact, it can save you time and money, while protecting you, your family, your pets, and the environment. As we transition to Spring, remove winter debris, test soils, dethatch if thatch is greater than a half inch,

over-seed thin areas and apply corn gluten after snow melt for inhibiting germinating weeds. Also, consider aeration of your lawn and applying lime if needed for pH adjustment.

- For more information, visit:
- takomaparkmd.gov/government/ police/neighborhood-services/safegrow
- www.montgomerycountymd.gov/ lawns

Rent Relief for Takoma Park Tenants

On April 5, 2021, the District Court reopened to hear cases for Failure to Pay Rent. If you owe back rent, you should immediately seek assistance no matter how much money you owe to your landlord. You should also appear in court if you have received a summons and complaint. There are number of resources available to City of Takoma Park tenants to assist with paying off any outstanding rent balances and support if you appear in court.

Montgomery County launched Phase 3 of its COVID-19 Rent Relief Program on Thursday, April 15, 2021. Tenants who previously placed their name and contact information on the waitlist with the Department of Health & Human Services (DHHS) will receive an email (or telephone call), along with a link to the application and guidelines when it opens. If you have not received a call or email, apply for assistance by going to the County's COVID-19 Rent Relief site.

Eligibility Requirements

Tenants must be late on their rent and owe at least \$1,000. The County will assist with up to \$12,000 per household.

You will be asked to provide:

- Proof of COVID-19 related income loss (illness, lost job, cut hours, etc.)
- Proof of income for the last 30 days or your 2020 tax return
- Proof of rental debt or rent ledger
- Lease or other housing agreement
- Photo ID of the leaseholder
- Number of people in your household, their ages, and income
- Proof of residency in Montgomery County since August 2020 or earlier
- Social Security number or Tax ID number (if applicable)

City of Takoma Park tenants who are eligible for financial assistance from the County should also reach out to the City for help with bringing their rent balance to \$0. Tenants may also be eligible for rental assistance payments for up to three months. For more information, contact the City's Housing Department at housing@takomaparkmd.gov or at 301-891-7222 if you need help in completing the application or if you have any additional questions.

Free and confidential legal advice is available to assist with civil legal matters:

- Maryland Legal Aid 240-314-0373
- · Homeless Persons Representation Project - 410-387-3126

THE ARTS

Art on the Move Posters Bring Public Art to Local Bus Shelters

Bus shelters across Takoma Park are brighter now with large posters featuring a diverse range of artwork by regional artists in a project that transforms public transportation with public art.

Several bimonthly art exhibitions at the Takoma Park Community Center have been delayed since the Community Center closed last year due to coronavirus restrictions. The City of Takoma Park wanted to share some of that artwork now, so residents and visitors could enjoy it, Arts and Humanities Division Coordinator Brendan Smith said.

"Riding the bus is a great form of public transportation, and local bus shelters are small art galleries now that can brighten people's day with a fun and healthy dose of art," Smith said.

Smith worked with graphic designer Charlotte Mann to design seven different posters featuring 14 artists in the *Art on the Move* series. Four posters include work by individual artists, while three posters focus on groups of artists in upcoming exhibitions of figurative art and abstract art, as well as an exhibition highlighting four Black female artists.

The posters are located in bus shelters across Takoma Park, primarily on Maple Avenue between Philadelphia Avenue and Sligo Creek Parkway and New Hampshire Avenue between Eastern Avenue and University Boulevard. The featured artists are excited to share their work with the public in an unusual venue that takes art out of museums and directly to people where they live and work. The artists' names and websites are included on the posters to support their businesses.

Local resident Julius Kassovic (photojulius.com) has photographed nature along Sligo Creek for 15 years, creating rich, textural images through reflections in the shallow water. He said he looks a little crazy with a tripod and collapsible stool belted to his waist and two cameras slung around his neck. "This project is a fantastic opportunity to help people feel good about being in a bus shelter where they can see something beautiful and thoughtprovoking," he said. "It's also a great opportunity to promote community pride. Bravo to the Arts and Humanities Division for organizing it."

Samantha Viotty (viottycollection.com) paints portraits of famous Black artists in an homage to them. "A bus shelter with artwork transforms a place of waiting and impatience to provide a few moments of escapism," she said. "Art often feels so removed from the spaces that we occupy. The bus shelters ground the medium in a different way."



Shana Kohnstamm (shanakohnstamm. com) crafts beautiful felt sculptures, which can't be displayed outdoors, so the posters are an ideal way to reach the public. "It provides instant accessibility to my work and hopefully a nice surprise for those who are out and about," she said. "If there is any one lesson from this past year, it's that art in all its forms is essential to our wellbeing. It enriches our human experience. The posters are a brilliant method of outreach, and I'm so pleased to be a part of this project."

The posters will be on display for three months, and a map of the bus shelter locations is available at https://bit. ly/3ayuMev. In addition to the artists mentioned above, the posters feature work by Debra Ambush, Stephanie Firestone, Michelle Frazier, Deborah Grayson, Sarah Louise Hyde, Michael Hyman, Frederik Langhendries, Craig Moran, Doug Schulte, Michael G. Stewart, and G. Jackson Tanner.



Arts events in the *Takoma Park Arts* cultural series have moved online with new film screenings, concerts, poetry readings, and more. You can find more details and sign up for our weekly e-newsletter at takomaparkmd.gov/arts.

RECREATION

Virtual class links can be found on the Virtual Community Center page: takomaparkmd.gov/recreation/vcc.

IN PERSON CLASSES

YOUTH

ENVIRONMENT

Hands on Gardening with Carla

Students will enjoy hands on experiences gardening. Students will create their own container gardens to take home. They will learn to germinate seeds, create new plants from cuttings, care for plants and harvest flowers, herbs, fruits and vegetables. Instructor: Carla Perlo Takoma Park Middle School

7611 Piney Branch Road Outdoor Garden 7-13 years Saturdays, 12:30-1:15 p.m. June 5-June 26 Free

TEENS

ART

Art In The Park

Have fun drawing with black, white, and colored drawing materials, outside in two different parks, centrally located in Takoma Park, MD (Ed Wilhelm Field and the Plaza at old Philadelphia and Maple Aves). Subjects will include deep space and close-up landscape elements, botanical drawings, and floral studies. Beginning students welcome. The focus of the class is appropriate for students interested in developing a sketchbook for entry into the Visual Art Center at Albert Einstein High School. A list of optional drawing materials will be sent to registered students, but students are also welcome to draw with pencil, eraser, on sketch paper, or in a sketchbook. Instructor: Katie Dell Kaufman Ed Wilhelm 2 Darwin Avenue 12-15 years

Tuesdays, 3:30–5 p.m. May 11-June 15 Free

We will be following the latest CDC guidelines for small group classes while offering classes outside

Registration through ActiveNet is required as space will be limited. Masks will be required to be worn by all participants during class.

Please note there is no restroom access or water fountains - be prepared! Outdoor classes will be weather dependent. Keep your eye on ActiveNet for more classes to be added!

Outdoor Basketball Court 11-17 years Tuesdays and Thursdays, through May 20 5-6 p.m. Free

ADULT

FITNESS

Wellness Walk in The Park

Movement, mindfulness, and time in nature are all foundations for living a healthy lifestyle. Whether you want to lose weight, increase your activity, lower your stress, or just enjoy time outside, join us for weekly wellness walks in Sligo Creek Park. These low-intensity walks, led by National Board-Certified Health and Wellness Coach Peter Lane, will include a variety of activities such as

- · Focusing on breath and the senses while walking in silence
- Time to reflect on your wellness goals and practical steps you can take
- Short tips to enhance everyday wellness Light stretching to wake our bodies and prepare for the walk
- Building social connections and support for

wellness The wellness walk will begin at the corner of Maple Avenue and Sligo Creek Parkway. The walk will take place on paved paths only. Walkers should bring a water bottle with them. Instructor: Peter Lane

Maple Ave & Sligo Creek Pkwy 16 & Older Saturdays, 8:30-9:30 a.m. May 8-June 12 Free



Zumba with Griselda Participants will engage in a total body workout, combining cardio, muscle conditioning, balance and flexibility through Latin music. Zumba class will include a mix of low-intensity and high-intensity movements, but participants can modify as necessary. The judgment-free Zumba class is designed to bring communities together and form a support group to reach each participant's fitness goal. Instructor: Griselda Martinez-Valles Spring Park 6999 Poplar Avenue 16 & Older Saturdays, 11 a.m. -12 p.m. May 8-June 26 Free

55+

SOCIAL

Bingo is Back! We're ready this May for the premier in-person meeting of this popular game. We'll meet outdoors (following safety protocols) at the Takoma Park Community Center, 7500 Maple Avenue. More details to come. Drop-in. Join your friends and win a prize! For more information, contact Paula Lisowski at 240-687-4132 or paulal@takomaparkmd.gov. Takoma Park Community Center 7500 Maple Avenue Outdoors 55 and older Tuesday, May 25 (rain date May 27) 1 - 2Free

VIRTUAL CLASSES Class links available at takomaparkmd.gov/recreation/vcc.

YOUTH

DANCE

Youth Dance

We encourage you to join us as Ms. Charonne teaches a different dance technique weekly. Show off your skills in this free and fun class. Be sure to get to class a few minutes early. Clear the floor and get ready to move! Instructor: Charonne Butler 5-12 years

Sundays, 11:30 a.m.-12 p.m. Free

ART

Be Creative Arts and Crafts with Carla

Work with recycled materials to create usable artwork. Projects will include creating with paper, card stock, plastic bottles, yarn, string, boxes and more. Supplies needed can be found in your home or can be picked up at the instructor's home across from the Takoma Park Community Center. Students will learn to make block letters, origami, tie knots, braid and sew by hand. Instructor: Carla Perlo 6-13 years

Saturdays, 12-12:30 p.m. Free

FITNESS

FITNESS

Jen Langer-Smith

Ed Wilhelm Field

2 Darwin Avenue

Tuesdays, through May 27

Grades 6–12

4–4:45 p.m.

SPORTS

Basketball Skills

registration is required. Takoma Park Community Center

7500 Maple Avenue

Free

Mindful Movement for Teens

Mindfulness is paying attention in the present moment

with kindness. Practicing it can help you be calmer and

mindful listening, breathing, gratitude, and movement

James, Katy Perry, and Will Smith practice mindfulness.

McDonald at javontem@takomaparkmd.gov. Instructor:

practices. Come find out why celebrities like Lebron

This is an in-person class. Registration is required

via ActiveNet. For more information, contact Javonte

This class will teach the fundamentals of the sport.

Participants will be provided with excellent coaching and learn proper dribbling and shooting techniques. Please contact vincentc@takomaparkmd.gov for

happier, gain mental focus for sports or performing,

and learn to tame strong emotions. You will learn

Recess Break It's Zoom Recess! Join Ms. Charonne every Saturday for stretching and fun fitness. Spreading the word spreads more fun! Instructor: Charonne Butler 5-12 years

Saturdays, 10:30-11 a.m. Free

Let's Grow Gardening & Garden Art with Carla Develop your green thumb by learning about plants, starting your own container garden, germinating plants from seeds, creating new plants from cuttings and creating art projects with themes from the garden. Learn to make your own containers and garden tools from recycled materials. Necessary supplies (pots, soil, seeds and cuttings) will be provided by the instructor. Supplies can be picked up at the instructor's home across from the Takoma Park Community Center. Instructor: Carla Perlo

6-13 years Saturdays, 1-1:30 p.m. Free

TEENS

FITNESS

Commit 2 B Fit Get your yoga mat and water bottles and join us virtually on Saturday mornings at 10:30 AM for a fun and energized session to work out and get fit. Limited spaces available, registration required. For more information, please contact Leicia Monfort at leiciam@ takomaparkmd.gov. Grades 6–12 Saturdays, through June 12 10:30-11:30 a.m.

SOCIAL

Free

Friday Night Lights Join us every 2nd Friday of the month for a fun filled Friday Night. Each month we will host a different event to include movie watch parties, DJ dance offs, Minute to Win It games, trivia, and game nights. Prizes will be given, and you can enter to win a family pizza night on us! For more information, please contact Leicia Monfort at leiciam@takomaparkmd.gov. Grades 6-12 Fridays: May 14 & June 11 5-6:30 p.m. Free



Teen Talk Tuesdays

Join Ms. Leicia at 5 p.m. for Teen Talk Tuesdays. Grab your seats, and we'll bring the "tea." Let's talk about fashion, fads, guestions, advice, current events, etc. You eks we will quests join in on the conversations. This is a virtual session. For more information, please contact Leicia Monfort at leiciam@takomaparkmd.gov. Grades 6–12 Tuesdays, through June 8 5–6 p.m. Free

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more information. All skill levels are welcome, and

RECREATION

Virtual class links can be found on the Virtual Community Center page: takomaparkmd.gov/recreation/vcc.

VIRTUAL CLASSES Class links available at takomaparkmd.gov/recreation/vcc.

ADULT

ART

Pandamit Painting

Receive instruction in how to paint with acrylics with topics such as values, color mixing, complimentary colors and mixed media. The purpose is also to support and assist each other in this time of restrictions and to provide a fun and informative activity. The students are responsible for their own materials. Money saving tips will be given to students. A list of the supplies suggested will be given to students. Instructor: Alice Sims 16 and older Saturdays, 11 a.m.–12 p.m.

Free

FITNESS

Fitness for Life

This class is for anyone looking to reach their health, fitness and life goals. Whether you are an athlete, novice exerciser, or looking to enhance your current workout routine. Your coach will ensure you are performing the exercises in a safe and effective manner. This class is designed for you to work at your own pace. For more information contact Vincent Cain at 301-891-7289 or vincentc@takomaparkmd.gov.

18 and up Thursdays, through May 27 11 a.m.–12 p.m. Free

Foundational Fitness & Training II (FFT II)

FFT II is a fitness program for participants who have been or are currently involved in a fitness regimen. The program builds on the concepts of Classic FFT which utilizes various movements from numerous disciplines while utilizing minimal resistance and multiple repetitions. Advanced adds more resistance and incorporates floor or mat exercises using hand weights; bands/tubes; abdominal roller and exercise balls. All equipment will need to be provided by the participants. FFT II will enhance tone/strengthen all major muscle groups; increase stamina and flexibility. Instructor: Michael Williams 18 and older

Saturdays, 10:30–11:30 a.m. Free

Let's Move Caribbean Dance

Dance your worries away with this fun, energetic, and easy to follow dance workout. Afro-Caribbean fitness dance class is for all ages and will get the body moving to build cardio endurance and coordination. Instructor: KJ Total Fitness All Ages

Fridays, 6–7 p.m. Free

Meditation, Mudras & Yoga

Part class, part experience, dive into the world of guided meditation along with hand mudras, gestures that promote healing, psychological balance and spiritual awakening. The use of mudras has been used in almost all wisdom traditions throughout the world and notably in yoga. Yoga Asanas, or postures, will be broken down as well, going deeper into the postures in order to better holistically understand the asanas for yourself and enhance your practice. Great for curious folks who want more guidance in their meditation practice as a whole and who want to explore new ways of experiencing yoga. Instructor: Beth Mwano 16 and older Wednesdays, 7–8 p.m. Starts May 5

Free

ReVamp Fit Home Workout

This fitness class will entail movements to work on your total body endurance, strength, and flexibility. Move with us to get your day started on a strong note! Instructor: Abel Asafere 16 and older Wednesdays, 10–11 a.m. Free **Rise and Move** This class will strengthen your muscles (including your heart), increase mobility in your joints, provide you with energy and improve your coordination. Your coach will educate, guide and assist you throughout the entire class to ensure you are performing movements safely and effectively. Equipment needed: Floor space, high back chair, mat and weights (optional). This is a virtual class. For more information, contact Vincent Cain at 301-891-7289 or vincentc@takomaparkmd.gov.

18 and up Mondays, through May 24 10–11 a.m. Free

Spirit Group Fitness

Class will be geared toward supporting all members of the community, as each class spotlights trainers leading versions of the exercises for those standing, seated, progressed, and exercising alongside a supporter (which is a great option for those with limited mobility or with a developmental disability). Truly, a person of any fitness and ability level can get a meaningful exercise experience from these classes. Instructor: Spirit Club 16 and older

New videos uploaded to site each Wednesday Free

Stretch and Strengthen

Workout with a certified fitness coach that will lead you through a class that will increase your flexibility and help tone your muscles. This class is for all fitness levels and you are encouraged to work at your own pace. For more information, contact Vincent Cain at 301-891-7289 or vincentc@takomaparkmd.gov. 16 and up

Mondays, through May 24 6–6:30 p.m. Free

Sun Light Qi Gong

Sunlight Qi Gong is a powerful, beautiful series of movements designed to increase the practitioner's connection to the vitality, warmth, joy, and heart energy of the sun. As spring wakens flowers and beckons us outdoors, Sunlight Qi Gong helps us access our vital "Qi" energy within ourselves and in nature, balancing the Yin of winter with the bright, active Yang energy of Spring. Join today. Your health is in your hands. No experience needed. Instructor: Patrick Smith 16 and older

Tuesdays, 7–7:30 p.m. Free



Total Body Blast

This class provides a mix of calisthenics, balance, strength training and cardiovascular exercise in one dynamic session. Participants will work at their own pace to complete a workout that focuses on all major muscle groups. Instructor: KJ Total Fitness 16 and older Saturdays, 9–10 a.m.

Started April 3 Free

Yoga (Beginner)

This Zoom class will get you on your feet, stretching and reaching; energize you when you feel dull and bring calm on stressful days. Appropriate for seniors. No prior experience needed. Equipment: Yoga mat, 2 blocks, 2 blankets, 1 belt. Instructor: Tehseen Chettri 18 and older Wednesdays, 5:30–6:30 p.m.

Free

MARTIAL ARTS

Karate Self Defense Karate promotes physical fitness, self-defense, leadership and cultural exchange through the practice of a traditional Okinawan karate style, Isshinryu (which means One Heart Way). This class will consist of warm-ups, stretching, and learning and practicing Isshinryu Karate upper and lower body basics. For more information, contact Vincent Cain at 301-891-7289 or vincentc@takomaparkmd.gov.

16 and up Mondays, through May 24 6:30–7 p.m. Free

MULTIMEDIA



Voice Overs...Now is your time

In what could be the most enlightening two hours you've ever spent, this class will show you how you can begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfiling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead. Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. Instructor: Nicole Porsch 18 years and older

One Day Workshop Monday, 6:30–8:30 p.m. May 10 Free

EDUCATION & DEVELOPMENT Writing Life Stories

Are you at home thinking about life? This is a terrific time to write about your life. Whether you have been writing for years or are a beginner, this class is for you. We help each other with constructive feedback and complete optional homework. We will read *Writing the Memoir* by Judith Barrington. Bring a notebook and pen to each session. Instructor: Barbara Rosenblatt 16 and older

Wednesdays 7–8 p.m. Free

RECREATION 🗌 Page 9

2021 The Return of Summer Camps!

The COVID-19 pandemic wreaked havoc over the world last year, forcing the City of Takoma Park and many others to make the difficult decision to cancel all in-person summer camps for the 2020 summer season. The Recreation Department made this cancellation after carefully evaluating the state and local health guidelines related to COVID-19 and ongoing discussions with our local officials.

While we were successfully able to provide a free virtual summer program, allowing registered participants to have the opportunity to connect with friends and staff; we knew it wouldn't be able to take the place of a typical summer day camp. We are pleased to say that we will be returning to the building for inperson summer camps in 2021! We will offer three general recreation camps this summer (Camp Takoma {7500 Maple Ave}, New Ave Adventure Camp {7315 New Hampshire Ave} and Just Teens Camp {7500 Maple Ave}). Please note



that it will not exactly mirror the structure of camps from previous years. It is important to remember that we are still in an ongoing pandemic and must continue to follow all health and safety guidelines to ensure a safe environment. To ensure the proper social distancing, we will not offer contracted or specialty camps this summer. Registered participants will be divided into cohorts (groups). There will be eight participants to one staff person in each cohort. We will still offer traditional camp games and activities (with socially distanced adjustments), such as yard games, ladder toss, ring toss, freeze dance, jeopardy, bingo and so much more! Participants must wear masks and have their temperatures taken at drop-off each morning. All field trips and swimming trips have been canceled this year.

Like previous years, we will provide before and after camp care. Before care will be 7–9am, camps 9 a.m.–4 p.m., and after care 4–6 p.m. (except teen camp). Registration opens May 3 for current scholarship awardees and May 7 for all other City residents. Scholarship opportunities are available, and if you recently lost your job due to COVID, program fees may be waived. More information is available at takomaparkmd.gov/recreation.

LIBRARY



Our New Library Director Introduces Herself

Hello! My name is Jessica Jones, my pronouns are she/her, and I am your new Library Director at the Takoma Park Maryland Library.

In my first interview for this position, I was asked about #OwnVoices literature. #OwnVoices is a hashtag originated by the author Corinne Duyvis, and it describes works by authors who share a "marginalized identity with the protagonist." (Book Riot, 2017) One example is *I Am Not Your Perfect Mexican Daughter*, a young adult novel about a daughter of immigrants from Mexico by Erika L. Sánchez, herself a daughter of immigrants from Mexico.

This interview question was exciting because #OwnVoices is such an important and interesting aspect of storytelling. These are narratives that I seek out; I have a Goodreads shelf devoted to it! I could see the answer taking shape in my mind. And then the internet connection went out.

This was a Zoom interview because of the pandemic, so Internet access was kind of important. And I couldn't get back online. I ended up having to call back in on the phone and hope that my answers were enough to overcome the technological chaos. I am so glad that they were! I feel incredibly fortunate to have found a place whose values align so closely with my own, with such a talented and welcoming staff – despite the distance, a pandemic, and an unreliable ISP.

Here are a few subjects that we talked about, over the course of several interviews. This is where I am coming from and a little about where I hope to take the Library moving forward.

I first came to public libraries after trying out social work and finding that it was not for me. I still wanted to connect people with resources that improved their quality of life, and since I love books, I took a receptionist position at the San An-



Jessica Jones

tonio Public Library. This led to a library assistant position and then to graduate school applications, and a move to the University of Michigan's School of Information, where, as a history nerd, I studied a lot about preservation and conservation. (Please talk to me about old paper! I love it.)

After graduation, Northern New Mexico College hired me as a cataloger for academic texts. I worked my way up to the director position, and I also spent some time as adjunct faculty, teaching 21 sections of LT101: Introduction to Library Research. I especially loved teaching students how to research their unique cultural heritage as Pueblo peoples, and before we had the term #OwnVoices, where to find local authors and scholars who were documenting history on their own terms and reimagining what the historical record could look like if it were more inclusive.

Northern was also my first major construction project in a leadership role, and

LIBRARY DIRECTOR 🗌 Page 9

CALENDAR

The library building is closed, but we are continuing to offer several great library programs - weekly and monthly - via Zoom. To participate, go to https://zoom. us. Click on "Join a Meeting" and put in the Meeting ID (and Meeting PW, if any) listed with each program. Registration is not required for these programs, but, if you are registered, we will send reminders as well as notices of any changes or cancellations. To register, go to www. tinyurl.com/tplibraryprograms. Please refresh your browser first to ensure you get the most updated information. Also, please make sure you register for the "Zoom" version of these programs.

PROGRAMS: To keep up with all our programs, go to www.tinyurl.com/ tplibraryevents.

Zoom Circle Time: Wednesday mornings at 10:30 a.m. Meeting ID is 995-4901-8825 and Meeting Password is 178851.

Zoom Comics Jam: Once a month, generally on the second Wednesday at 4 p.m. The next date is May 19. To keep up with the schedule, please register for Zoom Comics Jam at www.tinyurl. com/tplibraryevents; we'll send an email with the next date to all registered. The Meeting ID for Zoom Comics Jam is 734-913-6285. No Meeting Password needed.

Zoom Spanish Circle Time: Thursdays at 10:30 a.m. To participate in Zoom Spanish Circle Time, go to: https://zoom.us/ Then put in Meeting ID: 959-5178-5847 and Meeting Password: 793725

Zoom Scribbler's Cabal: Fridays at 4 p.m. Meeting ID is 734-913-6285 (same as Comics Jam), no Meeting Password needed.

Outdoor Yoga Storytime: Most Sundays at 10 a.m. (May & June) outside the Takoma Park Recreation Center (7315 New Hampshire Ave.) The 30-minute program is for ages 3 and up, but supervised younger siblings are welcome. Face masks are required. Spaces are limited for social distancing, so registration is required. To register, go to: www.tinyurl.com/ tplibraryprograms.

The Friends Book Club's Next Book

By Tim Rahn, who leads the Friends Book Club

Viet Thanh Nguyen's award-winning debut novel, *The Sympathizer* will be discussed by the Friends Book Group on Thursday, May 27 at 7:30 in an online meeting.

Most writing and other media about the Vietnam war and its aftermath are told from the point of view of an American, and with Americans as the main the

characters. *The Sympathizer* breaks both these conventions by using a Vietnamese narrator who largely operates within a sphere of Vietnamese characters. To top it off, the narrator is a communist spy.

The narrator, whose name is never revealed, tells his story as a confession to an equally anonymous captor known as the Commandant. The story moves back and forth in time and place from the fall of Saigon to a grocery store in Los Angeles and a movie set in the Phillipines.



The Sympathizer "is a spy thriller, a philosophical exploration, a coming-ofage tale, the story of what it's like to be an immigrant, to be part-Asian, to be the illegitimate child of a forbidden liaison," Sarah Lyall wrote in her New York Times book review. "It's about being forced to hide yourself un-

der so many layers that you're not sure who you are."

Viet Thanh Nguyen teaches English, American studies, ethnicity, and comparative literature as a professor at the University of Southern California. He most recently published *The Committed*, a sequel to *The Sympathizer*.

If you are interested in the discussion and you do not receive Friends Book Group announcements, write to ftpmlbookgroup@gmail.com for information on how to join.

Copies of *The Sympathizer* can be borrowed from the library.

Some New Adult Books and How to Find More

Library staff continue to buy books for all ages. If you want to see what's new for adult readers, it's easy to browse them on our catalog. Just follow these simple directions:

- Once you are in the Library catalog, go to **Advanced search**
- Then choose the $\ensuremath{\textit{New Book}}$ icon
- Go to Collection, and check adult new books
 Under publication data anter "2020
- Under publication date, enter "2020-2021"
- Under "sorting" choose relevance, and click on acquisition date: newest to oldest

Here's a sampling of some of our newer fiction and non-fiction: Paris Never Leaves You, Ellen Feldman Latitudes of Longing, Shubhangi Swarup Separation Anxiety, Laura Zigman Greenlights, Matthew McConaughey Three Women Disappear, James Patterson & Shan Sarafin The Kingdom, Jo Nesbo The Book of Two Ways, Jodi Picoult Jack, Marilynne Robinson The Best of Me, David Sedaris The Silence, Don Delillo Keep Sharp: Build a Better Brain At Any Age, Sanjay Gupta The Lexington Six: Lesbian and Gay Resistance in 1970s America, Josephine Donovan Laughing to Keep From Dying: African American Satire in the 21st Century, Danielle Fuentes Morgan Make Me Rain: Poems and Prose, Nikki Giovanni Milk Street Cookish: Throw It Together, Christopher Kimball et all Hamnet, Maggie O'Farrell This Is Major: Notes on Diana Ross, Dark Girls, and Being Dope, Shayla Lawson







RECREATION

From page 7

Phone a Neighbor

Are you a senior who would like occasional phone calls while staying home? To be connected with a friendly volunteer, please contact Paula Lisowski at 240 687-4132 or paulal@takomaparkmd.gov.

Vital Living 55+ in Takoma Park

Enjoy this new cable show series designed for Takoma Park residents 55+ highlighting important topics, including interviews, presentations and performances. Vital Living is available Tuesdays 6:30 a.m.; Wednesdays 8 a.m.; Thursdays 8:30 p.m., and Fridays 7 p.m. on Comcast & RCN: Channel 13/ Verizon Fios: Channel 28. This schedule is subject to change because of the council or other live productions. Vital Living 55+ is also available on YouTube. For more information, please call Paula Lisowski at 240-687-4132 or email paulal@ takomaparkmd.gov

FITNESS

Classic Foundational Fitness and Training The program is designed to enhance strength; decrease fall risks; increase physical fitness level; improve cardiovascular capacity and range of motion; and enhance general sense of well-being. Class utilizes a high back chair, light hand weights and or a resistance tube. Equipment is not provided. Have a towel and water bottle nearby. Instructor: Michael Williams 55 and older

Tuesdays and Thursdays, 10–11 a.m. Free

LIBRARY DIRECTOR From page 8

it was intense. We stayed open throughout the process and had to find ways to be a study space despite the dulcet tones of jackhammers and nail guns. With the creative reorganization of available spaces, improvised acoustic insulation, and constant communication with campus that always included profuse thanks for everyone's patience, we made it through together. We came out the other end with a beautiful building that felt collectively owned by the Northern community. It became a gathering place, with spaces for students to read quietly or have research **Enhance Your Fitness**

A great total body workout using low-impact, aerobic movement and gentle resistance training. This class focuses on increasing strength, balance and flexibility through stretching, breathing, core training and proper posture alignment using standing and seated exercises including warm-up and cool down routines. Instructor: Adriene Buist 55 and older

Tuesdays, 8:45–9:45 a.m. Free



Introduction to Hula Dance This class is a wonderful way to exercise using traditional dance movement. Learn about Hula history, tradition, expression, ritual and introductory choreography of steps and hand movements. No experience necessary. A fun six-week virtual class just in time for summer vacation! Instructor: Dawn "Alaula" Felsen 55 and older



to provide their own yoga sticky mat, a straight-backed chair, access to a wall, a yoga belt (or equivalent, e.g., a necktie), a tennis ball, preferably a yoga block and blanket. Instructor: Carol Mermey 55 and older

Wednesdays, 2:15–3:15 p.m. Free

Mondays, 11a.m.-12 p.m.

Starting May 10

Free

Line Dance

Line Dancing is great physical and mental exercise. Strengthening of bones and muscles, weight loss, increased stamina and flexibility, and stress reduction are just some of the benefits of dancing. Learn how exercise can be fun with music. No experience necessary. Instructor: Barbara Brown 55 and older

Wednesdays, 1–2 p.m. Free

"Zoomba" Gold

Designed for active older adults who are looking for a modified Zumba class that recreates the original moves they love at a lower intensity, this class introduces easy-to-

follow Zumba choreography that focuses on balance, range of motion and coordination. Instructor: Yesika Flores 55 and older Fridays, 10–11 a.m. Free



to stay close with our community. I have a lot of practice in navigating this process, and the staff here are full of ideas and skilled in planning and logistics. In the short term, we are working to expand access to our collections and programs. In the long term, I hope to take what I learn about this unique community and shape our direction forward to complement it, with the help of our expert staff, useful technology, and a brand new, beautiful building.

As vaccinations continue and our options to interact with you expand, the library staff look forward to seeing you all again. They have missed you! And I can't wait to meet you.

poster fairs, or even watch World Cup matches between classes. When my husband was offered a spot

in a STEM PhD program at Texas A&M University, we returned to Texas, and I came back to public libraries as a Branch Manager for the Bryan + College Station Public Library System's Larry J. Ringer Library branch, where – surprise! – they were getting ready for a major construction project!

I have immaculate timing! Ringer's project was even more challenging than Northern's because while we had planned on being open throughout a phased construction, the architects broke the news about three months into the project that we had to close the building for safety. We had two months to figure out how we were going to stay engaged with our patrons, continue programs, and circulate the collection effectively.

We got creative. We took storytime "on the road" to other city facilities, partnered with the local school district to provide alternative book return locations, crosstrained staff to become temporary archivists at the local history center, and even did some new programs outside at the building site – like a stargazing night with our local astronomy club.

The design plans for the new Takoma Park Maryland Library are being finalized, and we are thinking outside the box

Community Quality of Life Grant Recipient Dance Exchange Celebrates Aging with Free Online Festival

"Festivals are joyful spaces," explains Judith Bauer, who will wear many hats during the upcoming Dance On Festival, brought to you by Dance Exchange, a nonprofit dance organization based here in Takoma Park. Throughout the two-day festival, Judith will be dancer, choreographer, performer, facilitator, and panelist. The one thing she will not be? Shy about her experience as an octogenarian. "For me it feels like a victory to have aging celebrated as a time of joy rather than a time of loss."

This spirit of celebration will ring true throughout the Dance On Festival, happening Friday, May 14 and Saturday, May 15. With virtual performances, dance classes, workshops, and panel discussions, the free online festival will celebrate aging with dance, creativity, and connection.

"With all that this year has held," explained Cassie Meador, co-creative director of the Dance On Festival and Executive Artistic Director at Dance Exchange, "we have been so inspired by the incredible creativity and resilience of the artists



ONLINE FESTIVAL

whose work contributes to the Festival." Among the participating organizations are KanKouran West African Dance Company, Arts for the Aging, and TimeSlips as well as creative aging leaders including Gay Hanna, Bruce Frankel, Anne Basting, and Dance Exchange's Founder Liz Lerman.

During the Festival Kick Off on Friday, May 14, Dance Exchange will celebrate its 45th anniversary with commissioned performances by artists from across Dance Exchange's history, ranging in age from 29 to 86. The following day, Saturday May 15, attendees can choose to attend classes in West African dance, Flamenco, or modern dance; workshops with Dance Exchange and other artists and organizations working in creative aging; or panels and discussions that celebrate the stories of older adults dancing on.

Additionally, Dance Exchange Resident Artist Corina Iona Dalzell and Nancy Havlik of Arts for the Aging are inviting Festival attendees to participate in the making of their new commissioned work premiering later this year. Drawing inspiration from postcards and recorded interviews with local residents, Corina and Nancy will lead a workshop that celebrates what it means to move through change in Takoma Park. Read more about the project and submit your own postcard at www.danceexchange.org/danceontakomapark.

The Dance On Festival is the culmi-

nation of a year spent expanding Dance Exchange's creative aging programming in and beyond Takoma Park—albeit completely online because of the pandemic. Cassie noted, "Our partnership with the City of Takoma Park has made it possible to offer vital ways for older adults to stay connected, build community, and create meaning across generations during this challenging time."

Dance Exchange's programming includes a free weekly online class for older adults, a creative aging workforce development program for Maryland-based artists, a new video series for older adults and caregivers called Movement Moments and now, the Dance On Festival! "We can't wait to share this festival," Cassie added, "and to dance on with our Takoma Park community!"

To join Dance Exchange and your Takoma Park neighbors for the online Dance On Festival, register for free at www.danceexchange.org/dance-on-festival.





THE FIREHOUSE REPORT By Jim Jarboe

Maryland fire deaths

The Maryland Fire Marshal Office reported as of May 3, 2021, 19 people have died in fires compared to 14 in 2020.

Hot vehicle deaths

As of May 3, 2021, 2 children have died in hot vehicles across the country. Grand total to 884 since 1998. With the hot weather around the corner, don't let your guard down. Make sure you check the back seat when you leave the vehicle. Everyone goes with you and lock the vehicle. Safety Message

- Can you open your windows?
- When was the last time you checked them?

Windows normally offer the best alternate escape route in the event of a fire emergency. Make sure all windows and screens open easily to permit escape through them. There may be a porch or roof below that can provide a pathway to safety. Families should have a fire escape plan that includes how to exit through a window safely. Check all your windows today, especially the ones in sleeping areas. Be prepared! Be safe!



Takoma Park's 2021 4th of July Celebration

Each January, the Takoma Park Independence Day Committee (TPIDC) meets to begin planning for Takoma Park's annual 4th of July Celebration, which traditionally includes a parade, evening program, and fireworks.

Given the ongoing public health crisis around the COVID-19 pandemic, potential ongo-

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de Takoma Park. Après avoir

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la barre de navigation, puis sé-

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Busque este ícono junto a los

artículos del boletín que puede leer

en línea en otros idiomas usando

l'aide du menu déroulant.

Spanish:

ing restrictions on crowd size, and the safety of all who join the celebration year, the Takoma Park Independence Day Committee has decided not to have a traditional 4th of July parade in 2021. Additionally, there will not be an evening fireworks show.

The committee is assessing what type of celebration might be possible. We are exploring all potential options. It will be different this year, but if there is a way to do so safely, we hope to celebrate the 132nd anniversary of the Takoma Park Independence Day Celebration with you all on Sunday, July 4, 2021.

To stay up to date on any decisions made about Independence Day 2021, please consider joining the committee or visit www.takomapark4th.org.Thank you for your support and please stay safe.



Editor's note

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. **French:**

rrencii

Recherchez cette icône à côté des articles du bulletin que

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:

ነታች ያስውን ይሁን አዶ ይሏልን የዚና መጽሄቶች እርስም ራስም ናቸወ በሌሎች ቋንቋዎች በመስመር ላይ ማንበብ ይችላል ትርንሙን በመጠቀም በ ታክማ ከተማ ውስጥ ያለውን ባህ/ የፓርክ ድር ጣቢያ. ጠቅ ካደረንን በኃ ለጽሑፉ ስንናኝ ላይ, ይመልከቴ በላይኛው ቀኝ ጥን ላይ ታንባለች የህብሳ ስሞሴን ይምረጡና ይምረጡ የሚጠቀሙበት ቋንቋ ተቅልቋይ ሳጥን.

Pet Preparedness

As we move into warmer weather and potential for severe storms, we need to remember our pets in the event of an emergency. Like other members of the family, our pets have special needs too.

If you leave your pets behind, they may be lost, injured – or worse. Never leave a pet chained outdoors or out in the severe weather, such as cold or heat. Indoor pets are at risk as well. Some options for planning the care of your pets include:

- Create a buddy system in case you are not home. Ask a trusted neighbor to check on your animals.
- Identify shelters. For public health reasons, many emergency shelters cannot accept pets. During a disaster, you can call 311 or listen to the news to find out which shelters will accept pets.
 - Find pet friendly hotels (www. gopetfriendly.com) along your evacuation route and keep a list in your pet's emergency kit.
 - Locate boarding facilities or animal hospitals near your evacuation shelter.
 - Consider an out-of-town friend or relative.
- Locate a veterinarian or animal hospital in the area where you may be seeking temporary shelter just in case your pet needs medical care. Add the contact information to your emergency kit.
- Have your pet microchipped and make sure that you not only keep

your address and phone number up to date, but that you also include contact



date, but that you also include contact information for an emergency con-

- tact *outside* of your immediate area.Call your local emergency manage-
- ment office, animal shelter or animal control office to get local advice and information.
- Have the proper size carrying case or cage for your pet.

If you are unable to return to your home right away, you may need to board your pet. Find out where pet boarding facilities are located.

Most boarding kennels, veterinarians and animal shelters will need your pet's medical records to make sure all vaccinations are current.

Gather supplies for your pet; food, cage, medicine, leash, favorite toy, and bedding are good items to take with you to a shelter.

Have a picture of you and your pet to help with reconnecting you and your pet.

If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in great danger!

Remember, during a disaster what is good for you is good for your pet, so get them ready today.

Takoma Park Safe Routes to School 5K (TKPK5K)

Plans are in the works for a Virtual TKPK5K! Since 2009, the TKPK5K has been held on the first Sunday in May (except for 2020). This year you can run any route at any time this month. Every precaution will be in place to ensure the safety of our community. Serious racers, first-time 5Kers, runners of all ages and abilities and friends and family from all over the world can run with us! Visit the TKPK5K page on the City website for more information. This is going to be fun!

INVASIVE VINES From page 3

owners to encourage them to eradicate the vines themselves using quick, simple methods. Or property owners can elect to have volunteers do it for them for free. By autumn, the goal is to have rescued all 4,850 trees in the city.

Surprisingly, CCAN could find no other survey like this anywhere else in the United States. The simple act of creating a baseline inventory of infested trees – by walking and making a visual inspection – just has not been done in any other city or county. It seems doubly odd since it was not a difficult task for Jesse Buff to conduct the survey, taking notes on his smart phone while spending 60 hours walking over a two-week period.

CCAN hopes the Takoma Park survey and volunteer system will become a model for other jurisdictions nationwide to save affected trees. CCAN is also registered to offer Montgomery County students community service hours for any work saving trees, so come on out and bring the whole family on Saturday mornings at 8:30. Let's make tree history.

A new coffee shop joins the neighborhood

By Taylor Dibbert

Lost Sock: Something that you look for in the morning, like a good cup of coffee. A new coffee shop has come to the Takoma community. Housed in the Takoma Theatre on 4th Street, Lost Socker Roasters opened its café in Takoma, DC on February 1. Nico Cabrera and Jeff Yerxa are its founders. The two became friends as undergraduates at American University. They were roommates from 2013 to 2019 and created Lost Sock in 2015.

"What's cool about us is that me and Nico kind of started this company from nothing," Yerxa said. Yerxa noted neither he nor Cabrera wanted a 9 to 5 job after college, and the two had become increasingly interested in the food and beverage industry. Through friendship and passion, a roastery was born. When they first got going, the focus was on coffee importers that shared his and Cabrera's values. From the beginning they were looking for quality and transparency (including how much money farmers are making).

The Lost Sock team is currently comprised of eight people. In addition to coffee, the café is offering pastries, empanadas, sandwiches, and toasts. "[W]hen we saw the Takoma theater, we were blown away and couldn't pass on the opportunity," Yerxa said.

Cabrera and Yerxa still have a roastery, which is not open to the public, on Kennedy Street in DC. They are now balancing selling coffee wholesale while managing a café, including staff. This is a small batch roastery; ten pounds of coffee are roasted at time. In that context, keeping up with demand has been a challenge. Yerxa mentioned that Lost Sock has "a coffee for everybody," from aficionados to those with less sophisticated tastes.



Photo: Taylor Dibbert Lost Sock Roasters founders Nico Cabrera (left) and Jeff Yerxa

According to him, most people in the food and beverage industry might open a café and then, if it's successful, see the opportunity of roasting one's own coffee. He and Cabrera essentially went in the opposite direction. Over the years, the duo has remained cognizant about making coffee ethically. "We are sourcing some really interesting coffees, while trying to do our best in terms of paying farmers their fair share," Cabrera noted. "We're just trying to do coffee right."

Quite unsurprisingly, opening a coffee shop during a

pandemic has come with a range of challenges. There have been an inordinate number of delays, as well as operational issues to consider. For example, only four customers are allowed in the store at a time. Everything is to go. Staff wear gloves and clean regularly; they try to maintain social distancing whenever possible. "All of the operational changes are fine, but the most challenging part is not allowing our customers to enjoy the space for very long," Cabrera said. He also said that the team wants to "become more part of the community and share a meal, but because of the pandemic, we have to keep our employees and community safe" by remaining socially distant.

Takoma Parkers (and others) have welcomed the store's opening. The Takoma community has been extremely supportive. Julia Hainer-Violand, a Takoma Park resident, is a big fan. She's excited for more local business to come to the Takoma area and had enjoyed drinking Lost Sock coffee at other places. "When I heard that Lost Sock was going to open up a shop in Takoma, I was stoked," she said.

The shop is open Tuesday through Friday from 7 a.m. to 2 p.m. On Saturday and Sunday, it is open from 8 a.m. to 3 p.m. "With time, we plan on extending our hours, rolling out online ordering, having our [Americans with Disabilities Act] ADA access ramp installed ... and having outdoor seating," Cabrera said. "We are just getting used to our new space and figuring out the best process without compromising quality."

Coffee. Community. Care. Adhering to ethics and standards. Paying farmers and coffee growers fairly. Focusing on sustainability. These are certainly ideas that Takoma Parkers of all stripes can get behind. This new coffee shop already looks like a terrific addition to a food and drink scene that just keeps getting better.

Fakoma Bicycle Going in High Gear

By Sean Gossard

When the pandemic began last year, many were looking for ways to keep active while staying socially distanced. And, for many of them, taking up bicycling as a hobby seemed to be the perfect way to do so.

"It seems like it was the appropriate socially distance activity to do while gyms and other things are so restricted," said Bruce Sawtelle of Takoma Bicycle. "It's been a great option for people." Sawtelle said that since March 2020, his shop has seen an explosion in demand for bicycles along with repairs, sometimes leaving him with little inventory or time to get to all the maintenance needs. "We've seen this unusual surge in the interest in bikes and bike riding," he said. "For us as a bike shop, it's an incredible surge for demand for bike repairs and new bikes at the same time."

And, according to Sawtelle, bikes have not been the only market to see surges in demand since the pandemic began last year. "Other outdoor activities have seen a similar surge along with inventory and supply problems," he said. "A lady who worked at a running store said this winter they didn't have any running tights and had so many disappointed customers."

Ahead of National Bike Month in May, Sawtelle noted there are still plenty of ways to get a bike if you are interested, including by swinging by his shop at 7030 Carroll Ave. Most of the manufacturers have bike locators on their websites," he said, "so we are seeing people from all



Bicycling has become a popular way to stay fit and remain socially distant.

over, driving several hours sometimes to buy a bike—people from West Virginia, Pennsylvania. People do a lot of online searching and track down the bikes they want. It takes a little bit of work. Used to be you had to call every bike shop, now it's right there."

Even over a year into the pandemic, sales and need for repairs remain strong. "In March and April, we've had a tremendous interest in people buying bikes," Sawtelle said. "It's been a great time to be in the bike business, especially seeing so many people loving or falling back in love with cycling."

But, he says, things could be better as inventory has been difficult to keep up with the increased demand. "The selection isn't what we usually like to have," he said, so the situation is that the bikes we're receiving now we ordered many months ago, and we had to guess back then what we thought would be popular bikes now. Our focus has been bikes for beginners and causal riders. And we have a line of children's bikes."

Friday, May 21.

As for keeping safe on the streets while out biking, for Sawtelle making sure bicyclists are seen is the biggest key. "We sell a lot of the flashing lights," he said. "One of our helmets has a light; that's a newer safety accessory. Visibility is so important."

For National Bike Month, Sawtelle doesn't have anything specific planned due to the pandemic, but will be participating in Bike to Work Day on Friday, May 21. Takoma Bicycle will be one of three pitstops in Takoma Park, along with the Gazebo downtown (located at 7035 Carroll Avenue) and the Sligo Creek Trail Pit Stop.

"We sponsor a bike to work pitstop; that's our traditional thing," he said. "It's a little more limited. We're mostly a t-shirt pick-up point this year. We've just been super busy and fixing a lot of bikes for people and getting people riding."

Takoma Bicycle will be hosting a pit stop for Bike to Work Day on

There will be over 100 pit stops in the D.C. area for Bike to Work Week this month, including the three in Takoma Park. For more information on the event, visit www.biketoworkmetrodc.org.

Takoma Park Bike to Work Pit Stops

- Takoma Bicycle
- The Gazebo (Takoma Urban Park)
 Sligo Creek Trail at New Hampshire Avenue

May 2021 Calendar

We have been using this space to feature city resources and provide important updates on city services. We will continue to do, and we will provide updates as more in-person events become feasible. In the meantime, let us know if you have a virtual, or in-person, nonprofit event that would be of interest to City of Takoma Park residents, and we will consider it for inclusion in the calendar.

Deadline for the June issue is May 14, and the newsletter will be distributed beginning May 31. To submit virtual calendar items, email tpnewseditor@ takomaparkmd.gov.

Due to COVID-19 concerns, please be advised that most events and meetings held in City facilities remain cancelled or postponed until further notice. Updates will be provided when events have been rescheduled.

The Police Department is open 24/7 for emergency services.

For information on Takoma Park Arts online events, visit takomaparkmd.gov/initiatives/arts-and-humanities.

SHARE IDEAS Attend virtual City Council meetings!

Wednesday, May 12, 7:30 p.m. City Council Regular Meeting

Wednesday, May 19, 7:30 p.m. City Council Regular Meeting

Wednesday, May 26, 7:30 p.m. City council Regular Meeting Wednesday, June 2, 7:30 p.m. City Council Regular Meeting

Detailed agendas are available for review online at www.takomaparkmd. gov/citycouncil/agendas.



For More Information and to Sign Up for Activities Please Visit: www.letsplayamerica.org

Contact us: info@letsplayamerica.org | www.letsplayamerica.org

STAY ACTIVE

All virtual class links can be found on the Virtual Community Center page: www.takomaparkmd.gov/recreation.

Rise and Move

This class will strengthen your muscles (including your heart), increase mobility in your joints, provide you with energy and improve your coordination. Mondays, 10–11 a.m.

Sunlight Qi Gong

Adult Fitness – Learn gentle movements to increase mobility and flexibility. Tuesdays, 7–7:30 p.m.

Yoga for Healthy Aging

Using a series of seated, standing, and floor poses, this class helps build strength and endurance, increase flexibility and range-of-motion, improve posture and balance while aiding in the prevention bone loss related to osteoporosis.

Wednesdays, 2:15–3:15 p.m. Fitness for Life

Adult Fitness – Reach your fitness goals. Thursdays, 11 a.m. – 12 p.m.

Zoomba Gold/Zumba Gold 55+ Fitness – Move your body to the Zumba beat. Fridays, 10–11 a.m.

Recess Break

Join Ms. Charonne on Saturday mornings for stretching, fun and fitness! Spreading the word spreads more fun! Instructor: Charonne Butler Saturdays, 10:30–11 a.m.

COMMUNITY ACTIVITIES

Home Sharing in Takoma Park

Thursday, May 20, 7 p.m.

Virtual via Zoom

The nonprofit Housing Initiative Partnership (HIP), with the support of Montgomery County, has launched a home-sharing program to successfully identify and match renters who are seeking affordable housing options with homeowners who have attractive and safe spare bedrooms in their homes or Accessory Dwelling Units (ADUs) on their property to rent long-term. Join the City's Housing staff as we host a webinar with representatives from HIP to explain the details of the Home Share program and how to participate. Watch the City's social media, the Takoma Insider, and the City website for registration details, or contact Patti Mallin, licensing specialist, at pattim@takomaparkmd.gov or 240-315-6721.

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Parkinson's and Movement Disorder Support Group

Do you have Parkinson's or another movement disorder? Or are you a caregiver? If so, you might be interested in our informal support group which meets monthly to share resources and experiences. Our meetings are virtual via Zoom, but soon we hope to return to in-person meetings at the Takoma Park Community Center. It is free, and you don't have to be a resident of Takoma Park. For further information, contact Tom Bigford at tebigford@gmail.com or 301-580-4056.

