New businesses rise during pandemic

By Sean Gossard

While the pandemic continues across the country, more and more businesses struggle to survive in the new normal. But all news isn’t so bleak. Several new businesses have been able to open all around Takoma Park. From restaurants to hair studios, entrepreneurs have been working hard to provide jobs and services to residents in the city.

In May, Trattoria da Lina owner Marcello “Mitch” Minna opened Carpe Diem Pizza at 7000 Carroll Ave. “You give your word and tell people you’ll do certain things,” said Hair studio Sugar Braids has implemented precautions to keep both customers and employees safe.

Curbside electric vehicle charging permits now available

Residents thinking about buying an electric vehicle but who don’t have a garage, driveway, or parking pad where they can install a charger now have a solution. Takoma Park is offering residents a new permit option for curbside electric vehicle chargers. The new permit is available to residents who do not have any off-street

Information and Resources: Covid19

takomaparkmd.gov

Questions, Comments and Suggestions

askus@takomaparkmd.gov

#TogetherTKPK

The Public Works Department is excited to announce the completion of a new and improved Approved Tree Species List to guide tree planting efforts in the City. The list’s main function is to specify which trees the City has approved for planting and for replacement plantings required for residents to receive Tree Removal Permits. Our hope is that this list can also serve as a resource for all residents interested in planting trees.

The list documents a broad selection of tree species native to Maryland as well as some found more broadly in the Eastern United States that are well-suited for planting in Takoma Park. With this list, we hope that residents will become more aware of native species options suited for a variety of planting sites and design goals. If your site is wet or dry, shady, or sunny, and your design goals are to provide shade, privacy, flowers, food, or wildlife benefits, then the list should have a tree for you.

While the list provides several helpful traits about each tree species, for the sake of brevity, it does not attempt to cover every detail. Some additional traits you may want to consider may include the tree’s expected lifespan, its growth rate, its rooting habit, and what specific services it may provide to native wildlife. Additionally, it is important that species selection occur along with a holistic approach to designing your landscape. How will the quality of the soil be improved or maintained? What potential future landscape or construction work might impact the roots of the tree? What activities near the tree might lead to increased soil compaction? It can be valuable to work with local extension agents, landscape designers, and arborists to appropriately plan for trees in your landscape.

With increasing urbanization and development, natural forest communities are experiencing elevated press-
PUBLIC HEARINGS

Wednesday, February 24, 7:30 p.m.

The City Council will hold public hearings on Wednesday, February 24, beginning at 7:30 p.m.
1. Public Hearing to take comments on a series of traffic calming requests.
2. Public Hearing on the proposed new Stormwater Management Fee System.

Residents are encouraged to sign up to comment at the public hearings.
(The link to sign up will be found on the Council agenda page of the website.)

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

Important City Department Phone Numbers

City Information..........................................................301-891-7100
City Clerk.................................................................301-891-7267
City Manager............................................................301-891-7229
Finance.................................................................301-891-7212
Housing & Community Development....................301-891-7219
Library.................................................................301-891-7259
Neighborhood Services........................................301-891-7119
Police.................................................................301-270-1100 / Emergency 911
Public Works.....................................................301-891-7633
Recreation/Facilities Rental....................................301-891-7290

REMOTE/VIRTUAL MEETINGS CONTINUE

We expect that meetings will continue to take place in a remote/virtual format into the new year. 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 or U.S. mail will be shared with the full Council.

CITY council MEETINGS IN FEBRUARY

- Wednesday, February 3, 7:30 p.m., City Council Regular Meeting
- Wednesday, February 10, 6 p.m., City Council to hear presentation on Bibliotecha Remote Library Locker System
- Wednesday, February 10, 7:30 p.m., City Council Regular Meeting
- Wednesday, February 17, 7:30 p.m., City Council Regular Meeting
- Wednesday, February 24, 7:30 p.m., City Council Regular Meeting
- Wednesday, March 3, 7:30 p.m., City Council Regular Meeting

CITY BOARD, COMMISSION, AND COMMITTEE MEETINGS

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

BOARD OF ELECTIONS
Thursday, February 11, 7 p.m.

COMPLETE SAFE STREETS COMMITTEE
Thursday, February 11, 7 p.m.

EMERGENCY PREPAREDNESS COMMITTEE
Thursday, February 25, 7 p.m.

FACADE ADVISORY BOARD
Tuesday, February 9, 6:30 p.m.

GRANTS REVIEW COMMITTEE
Wednesday, March 3, 6:30 p.m.

NUCLEAR-FREE TAKOMA PARK COMMITTEE
Tuesday, February 9, 7:30 p.m.

PARKING MANAGEMENT TASK FORCE
Thursday, February 4, 7:30 p.m.
Thursday, February 18, 7:30 p.m.
Thursday, March 4, 7:30 p.m.

POLICE CHIEF’S ADVISORY BOARD
Monday, February 22, 7 p.m.

RECREATION COMMITTEE
Thursday, February 18, 7 p.m.

TREE COMMISSION MEETING
Tuesday, February 9, 6:30 p.m.

YOUTH COUNCIL
Sunday, February 14, 2:30 p.m.
Sunday, February 28, 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.
Research has shown that while public infrastructure is necessary, home charging accounts for 75 to 80 percent of EV owners charging (Source: www.mckinsey.com/industries/automotive-and—assembly/our-insights/charging-ahead-electric-vehicle-infrastructure-demand#). Simply put, without the ability to charge their car at home, most people will not choose an electric vehicle.

Home EV chargers are Level 1 or Level 2 chargers with a small size and can be mounted on a 4 x 4 wooden post or metal pole. The sustainability manager has developed installation guidelines for owners based on recommendations from other cities, Montgomery County, and advocacy organizations. Currently, there is no local regulation to prevent cars from blocking an on-street private EV charger. This may change. If you would like to share your opinion on how Takoma Park should or should not regulate parking for private on-street EV chargers, please email ginam@takomaparkmd.gov. There may be some situations where alternative placement is considered. The City has the right to refuse a permit if conditions cannot or for reasons not listed. Any refusal will be explained. Full details and the permit application can be found at takomaparkmd.gov/services/permits/curb-side-electric-vehicle-charging-permits.

For now, the best thing the community can do is to continue to support local businesses any way they can. “Our small businesses continue to struggle and need the community’s continued support,” said Laura Barclay, executive director of the Old Takoma Business Association. "Making purchases, taking online classes, ordering take-out, getting services done and purchasing gift cards will all help ensure that our businesses make it through this difficult time.”
Improving indoor air quality and comfort while reducing utility bills

Does your home feel cold during the winter? Too hot in the summer? Do your energy bills seem abnormally high? No cost grants are available to help homeowners, who meet certain income requirements, make energy efficiency upgrades to their homes. Upgrades that the grants cover include insulation, draft reduction, caulking, weatherizing, and heating and cooling equipment as well as some major appliances. In past years grant recipients have reduced their monthly utility bills by $65 or more. Rebates for the same types of improvements are available up to $500 for residents who earn more than the grant threshold.

As so many people are stuck at home and suffering the many health and financial complications from COVID-19, energy efficiency and indoor air quality improvements are more important than ever. These types of home improvements can help improve indoor air quality by reducing dust, combustion gases, extreme drafts, and more, which can trigger asthma, allergies, and other conditions. Another way to reduce indoor air irritants is to remove combustion appliances from your home. When that is not possible, ensure there is proper ventilation being used.

According to Sara Hayes of the American Council for an Energy Efficient Economy, “Insulation and air sealing save energy, but they also protect people from heat waves and other harmful effects of climate change.” Combining these services with strategies to identify and address a person’s asthma triggers—such as pest management and removal of indoor irritants—can reduce asthma symptoms and even prevent hospital visits. Once we start thinking of energy programs as health programs, there is huge potential to save lives and improve quality of life.

The City’s investment to provide rebates and grants to improve energy efficiency support the City’s goal to reach net zero greenhouse gas emissions by 2035. About half of emissions in Takoma Park come from existing buildings, with a significant portion coming from homes. Helping residents improve their living conditions through energy efficiency is just one way the city is working to help. For a full list of resources available, visit takomaparkmd.gov/sustainability. To apply for a sustainability grant, visit takomaparkmd.gov/sustainability.

Let It Snow! (And Be a Good Neighbor!)

We just had some snow, and we may have more. With the potential for snow comes an opportunity for residents and business owners to show what good neighbors they can be. When it snows, we need to remove snow and ice from sidewalks, so neighbors, children, and customers can travel safely.

When sidewalks are not clear, people must walk in the street or try to navigate dangerous patches of ice, so please be considerate of neighbors and the community and keep your sidewalks clear. Would you be willing to help your neighbor? If your neighbors need some assistance clearing off their sidewalks, offer to give them a hand after you finish clearing yours.

The City has regulations regarding snow removal:
• Residents have until noon after a night of snowfall and until 9 p.m. after a day of snowfall to remove snow and ice from their sidewalks.
• Businesses will need to keep their sidewalks clear between 9 a.m. and 5 p.m.
• The full width of your sidewalk must be cleared unless full-width clearing is not feasible, in which case at a minimum a continuous three-foot-wide path of the paved sidewalk must be cleared.
• Lastly, to protect our sidewalks and trees, the use of salt is strictly prohibited on sidewalks or within 10 feet of any trees.

Tune in for a Special Black History Month Program

Celebrate Lee Jordan Day 2021

Honoring the legacy of “Mr. Lee” Jordan, legendary Takoma Park community leader, coach, and mentor

“Preserving Stories from Takoma Park’s African American Community”

Highlights from a multiphase project documenting the community’s past through oral history interviews with longtime residents. Elders, who grew up during segregation and its aftermath, reflect on life and work, identity and values, and the forging of a vibrant community in the face of racial and economic challenges.

Celebrate Lee Jordan Day 2021

WOWD RADIO 94.3 FM
Tuesday, February 23
2:30–3:30 p.m.
B.Y. Morrison Park Transformed into Kid-Friendly Space

Kids and kids at heart should visit B.Y. Morrison Park to play games, eat lunch, or share their creativity on a chalkboard mural.

The new public art project organized by the City of Takoma Park’s Arts and Humanities Division has enlivened the aging park at the Takoma Junction at the corner of Carroll Avenue and Ethan Allan Avenue. The pavilion features a new chalkboard mural outlined by colorful flowers that artist Chris Pyrate painted. Chalk and erasers will be available at the park, or people can bring their own chalk.

Pyrate said his design was inspired by the need to get children outside for exercise and social interaction during the coronavirus pandemic. “It’s been difficult for kids because many of them are stuck at home staring at computer screens all day for online learning,” Pyrate said. “Play is important for children. I wanted the mural to be interactive, so kids could draw and write to express themselves, and they can meet other kids outside.”

City of Takoma Park employees painted colorful stencils on the concrete floor of the park, including a giant hopscotch robot, balloons to jump on, and animal tracks to follow. The picnic tables in the park also have been painted with colorful designs to encourage people to eat or relax there.

Pyrate was born in Washington, D.C., and has been a professional artist for a decade. He has created murals and other artwork in the D.C. area, Miami, New York City, and other locales. You can see more of his work at chrispyrate.com.

Public art is an important source of inspiration, creativity, and solace during difficult times, especially during this ongoing pandemic, Arts and Humanities Division Coordinator Brendan Smith said: “We all need to get outdoors and take a break during the day, especially kids. Anyone who wants to have some fun or just a place to relax should check out B.Y. Morrison Park. People should still wear masks and practice social distancing as long as those restrictions are in place.”

Above: Artist Chris Pyrate’s design was inspired by the need to get children outside for exercise and social interaction during the pandemic.

At left: A younger resident enjoys the “balloons to jump on,” which are among the color stencils City employees painted.

We Need Your Poems for Our Sidewalk Poetry Contest

Would you like to see your poem imprinted in a city sidewalk? Current Takoma Park residents of all ages may enter their short original poems in English or Spanish in this public art project. No poetry experience is needed so just write a poem and enter it! Winners will receive a $100 award and a chance to have their poem immortalized in concrete. You can find more details in the online submission form at takomaparkmd.gov/sidewalkpoetry. The contest deadline is Feb. 28.
**VIRTUAL CLASSES**

### TOTS

#### FITNESS

**Creative Movement & Literacy with Carla**
These 30-40 minute classes will include creative movement, dance, music, songs and books. Classes will be fun and will enhance body awareness, physical fitness, creativity, ability to follow directions, sequencing, number and reading readiness. Children that are six will be asked to be leaders for the classes and demonstrate for the younger children. Instructor: Carla Perlo 6-12 years

*Sat, 12-12:30 p.m.*
Through February 20
Free

#### ART

**Be Creative Arts & Crafts**
Have fun being creative. Turn household recycled items into art and useful projects. Each week we will create a new project using paper, plastic bottles, cans, yarn, embroidery thread, magazines and more. Learn to braid, sew, embroider, make paper beads and more.
Instructor: Carla Perlo 5-12 years

*Sundays, 11:30 a.m.-12 p.m.*
Through March 21
Free

### 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

*Saturdays, 10:30-11 a.m.*
Through February 27
Free

#### FITNESS

**Recess Break**
It’s Zoom Recess! Start your weekend right. Join Ms. Charonne every Saturday for stretching, fun and fitness! Spreading the word spreads more fun!
Instructor: Charonne Butler 5-12 years

*Saturdays, 11:30 a.m.-12 p.m.*
Through March 21
Free

#### TEEN

#### EDUCATION & DEVELOPMENT

**Entrepreneurship for Teens 101**
This virtual class engages teenagers, teaches them to follow their passions, and inspires teens to create their own businesses. George Washington University professor Ellen M. Zavian leads students to use their new entrepreneurial skills and work in teams to develop a venture idea that creates economic and social value. Registration via ActiveNet is required for this class. Upon signing up, you will receive a link for access to the virtual class.
Instructor: Ellen M. Zavian 11-14 years

*Wed, 4-5 p.m.*
Through February 17
Free

**Entrepreneurship for Teens 102**
If you took the 101 class last season, join us for 102! This is the higher level class of Teen Entrepreneurship. This virtual class builds upon the introductory session and dives deeper into the tools needed to start your own business. George Washington University professor Ellen M. Zavian leads students to use their new entrepreneurial skills and work in teams to develop a venture idea that creates economic and social value. Registration via ActiveNet is required for this class. Once signed up, you will receive a link for access to the virtual class.
Instructor: Ellen M. Zavian 11-14 years

*Wed, 4-5 p.m.*
Through February 17
Free

### ADULT

#### ART

**Pandamit Painting**
Enjoy instruction in how to paint with acrylics, including topics such as values, color mixing, complementary 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; a list of suggested supplies will be given to students.
Instructor: Alice Sims 16 and older

*Sat, 11 a.m.-12 p.m.*
Through February 20
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. This is a virtual class.
Instructor: Sergio Quisquinay 18 and older

*Thurs, 11 a.m.-12 p.m.*
Through March 18
Free

**Foundational Fitness & Training II (FFT II)**
FFT II is a fitness program for participants who have been off or are currently involved in a fitness regimen. The program builds on the concepts of Classic FFT, which incorporates 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 rollers and exercise balls. All equipment will need to be provided by the participants. FFT II will enhance tone, and strengthen all major muscle groups; as well as increase stamina and flexibility.
Instructor: Michael Williams 18 and older

*Sat, 10:30-11:30 a.m.*
Through March 27
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 18 and older

*Fri, 6-7 p.m.*
Through March 5
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. Mudras have 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 to holistically understand the asanas for yourself and enhance your practice. This class is great for those who are new to the limitations in their own practice, or those who would like more guidance in their meditation practice as a whole and who want to explore new ways of experiencing yoga.
Instructor: Beth Mwando 16 and older

*Wed, 7-8 p.m.*
Through March 3
Free

**More Five Animal Qi Gong**
Five Animal Play Qi Gong is one of the most ancient continuously practiced healing exercise systems in the world. Enjoy peaceful movements modeled on the crane, bear, monkey, deer and tiger. While this class is a continuation of our class from the fall, this is not a hindrance to joining. Participants will develop more strength, grace, flexibility, balance and healing in a relaxed group setting. You will feel the effects in your body, mind and spirit as you find harmony with nature and yourself. No experience necessary.
Instructor: Patrick Smith 16 and older

*Tues, 7-8:30 p.m.*
Through March 2
Free

**ReVamp Fit Home Workout**
This fitness class will incorporate movements to work on your total body endurance, strength, and flexibility. Move with us to get your day started on a strong note.
Instructor: Abol Allaf 16 and older

*Sund, 10-11 a.m.*
Through March 3
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.
Instructor: Sergio Quisquinay 18 and older

*Mond, 10-11 a.m.*
Through March 22
Free

### SPIRIT GROUP

**Spirit Group Fitness**
Class will be geared toward supporting all members of the community, as each class spotlights trainers leading various classes of interest to those standing, seated or progressing, 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: Sport Club 16 and older

*Free*

#### TOTS

**Meal Prep Mondays**
Meal Prep Mondays is a fun and interactive hour course about basic cooking and kitchen skills as well as healthy recipes to make at home. Teens will be able to learn some nutritional components and how to create their own recipes as well as meal prep for the week. For more information, contact Leica Monfort at leicaim@takomaparkmd.gov.
This is a virtual class. Registration via ActiveNet is required for this class.
Grades 6-12

*Mond, 5:30-6:30 p.m.*
February 1-March 29
Free

**Meal Prep Tuesdays**
Join Ms. Leica weekly. Grab your seats, and we’ll bring the “tea”! Let’s talk about fashion, fads, questions, advice, current events, etc. You name it! Some weeks we will have experts or special guests join in on the conversations. This is a virtual session on Zoom. For more information, contact Leica Monfort at leicaim@takomaparkmd.gov.
Registration required via ActiveNet.
Grades 6-12

*Tues, 4-5 p.m.*
February 2-March 30
Free

**Commit 2 Fit**
Get your yoga mats and water bottles and join us virtually for a fun and energized session to work out and get fit. This is a virtual class. Limited spaces available; registration via ActiveNet is required.
Grades 6-12

*Sat, 10:30-11:30 a.m.*
Through March 27
Free

**Five Animal Play Qi Gong**
Five Animal Play Qi Gong is one of the most ancient continuously practiced healing exercise systems in the world. Enjoy peaceful movements modeled on the crane, bear, monkey, deer and tiger. While this class is a continuation of our class from the fall, this is not a hindrance to joining. Participants will develop more strength, grace, flexibility, balance and healing in a relaxed group setting. You will feel the effects in your body, mind and spirit as you find harmony with nature and yourself. No experience necessary.
Instructor: Patrick Smith 16 and older

*Tues, 7-8:30 p.m.*
Through March 2
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.
Instructor: Sergio Quisquinay 18 and older

*Mond, 10-11 a.m.*
Through March 22
Free
**RECREATION**

**VIRTUAL CLASSES**

**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 the workout that focuses on all major muscle groups. Instructor: KJ Total Fitness

**Martial Arts**

**Karate Self Defense**
Promote physical fitness, self-defense, leadership and cultural exchange through the practice of a traditional Okinawan karate style, Isshinryu. This class will consist of warm-ups, stretching, and learning and practicing Isshinryu. Karate upper and lower body basics. This is a virtual class. Instructor: Ellen Marcus

**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

**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 the workout that focuses on all major muscle groups. Instructor: KJ Total Fitness

**Mobile Photography**
Learn the secret formulas to capturing beautiful moments and memories for any occasion season on your phone. This course will cover manual mode; composition portraits; landscape; street photography; lighting; group photography; selfies and storytelling. Instructor: Vinny Mwano

**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 adults and seniors. No prior experience needed. Equipment: Yoga mat, 2 blocks, 2 blankets, 1 belt. Instructor: Tesehn Ghetti

**Phone a Neighbor**
Are you a senior who would like occasional phone calls while staying home? To be connected with a friendly volunteer, contact Paula Lisowski at 240-687-4122 or paula@takomaparkmd.gov

**Multimedia**

**Digital Marketing**
We are all experts of something, and someone is looking to benefit from your expertise. Learn the key digital marketing skills that can help you monetize your expertise. In this course you will learn how to

**Creative Writing**

**One Day Workshop**
Our Feet: Haiku & Short Poetry. The City of Takoma Park will use selected poems of Takoma Park’s Poet Laureate at giving an in-person experience: creating breakout rooms. Grab a cup of coffee and join the friendly, TPTalk55

**Yoga for Healthy Aging**
This class helps build strength, endurance, flexibility and range-of-motion and improve posture and balance, and aids in preventing/reversing bone loss related to osteoporosis using seated, standing, and floor poses and breathing and relaxation techniques.

**Yoga Style, Isshinryu**
Practice Isshinryu and learning and exchanging through leadership and cultural fitness, self-defense, and warm-ups, stretching, and storytelling.

**Mindfulness for Teens**

**Teen stress is an important health issue. When we discussed our winter classes, we took this as an opportunity to address this concern. The result was the creation of Mindfulness for Teens. This class is taught by longtime Takoma Park Resident, Jen Langer-Smith. Mindfulness is paying attention in the present moment with kindness. Practicing it can help you be more calm and happy, gain mental focus for sports or performing, and learn to tame strong emotions. Each Wednesday day at 4 pm, teens can join and learn mindful listening, breathing, gratitude, and movement practices. Although this is a virtual class, Mrs. Jen works hard at giving an in-person experience: creating breakout rooms, using polling, and guiding meditative experiences.

The Mindfulness for Teens class promotes personal reflection. Pushing the participants to apply a personal connection to the challenges they face. This outlook inspires self-discovery, empowerment and happiness. Join us for this virtual class through February 24. This class is quickly filling up, so register today via Ac-tivenet!**
February is Black History Month, so it's an especially terrific time to check out winners of the Coretta Scott King Book Award. This award is given annually to the books for kids and teens by African American authors and illustrators that best "demonstrate an appreciation of African American culture and universal human values."

The award is administered by the Ethnic and Multicultural Information Exchange Round Table (EMIERT), which is part of the American Library Association. Established over 50 years ago, the award-winning books offer a broad spectrum of great writing and illustration for kids ages newborn through the teen years. To see a full list of all the winners, go to: www.ala.org/rt/emiert/cskbooksawards/coretta-scott-king-awards-all-recipients-1970-present.

LIBRARY BRIEFS

WinterQuest Continues: If you haven’t yet tried our WinterQuest reading game, you’ve still got plenty of time to do so. Just pick up a paper gameboard and story on Saturdays from 12–6 (look for the purple cart) or use the online version, which can be found on the Friends of the Takoma Park Maryland Library’s website: https://tpmlr.org/winterquest2020-2021. WinterQuest is a wonderful way to shake up the winter reading doldrums; the game continues until the first day of spring.

Zoom Caldecott Club: Please join us on Tuesday, Feb. 23 at 7:30 p.m. The book is The Turner House by Angela Flournoy.

LIBRARY BRIEFS

Updated Hours: We recently greatly expanded the pick-up hours for our “Books-to-Go” curbside service program. Now, you can pick up your books from 2–8, Monday - Friday and 12–6 on Saturdays.

Hold: You may now place a hold on an item that is CHECKED OUT. Just go to our catalog https://takoma.bywatersolutions.com.

• Log in and then type what you are searching for into the search box at the top.

• Click “Go.” A list of matching items will come up – look through that list to find what you want.

• If it says CHECKED OUT (it says this in red capital letters), you can click the “Place Hold” button right there, or open up the actual catalog record for the book and look it over to be sure this is what you want. There is a hold button there too.

• Note: You cannot place a hold if there are copies available. Instead, you can click the “Place Hold” button right there, or open up the actual catalog record for the book and look it over to be sure this is what you want. There is a hold button there too.

• To request delivery, send an email with your book requests to librarytakomapark@gmail.com or call 240-507-0229 Monday, Tuesday, Thursday, and Friday 12–3. No delivery on Wednesday.

3. Book Delivery: We are now offering a pilot “Books-to-You” program to provide limited book delivery for Takoma Park residents only — who can’t make it to the library to pick up their books. Delivery hours are 12–3 Monday – Thursday and 2–4 on Sunday.

- To request delivery, send an email with your book requests to librarytakomapark@gmail.com or call 240-507-0229 Monday, Tuesday, Thursday, and Friday 12–3. No delivery on Wednesday.

- If it says CHECKED OUT (it says this in red capital letters), you can click the “Place Hold” button right there, or open up the actual catalog record for the book and look it over to be sure this is what you want. There is a hold button there too.

- We will call from this phone number: 240-856-0255 – when we are on our way to ensure there will be someone to receive the books. There may be some delay between your request and our delivery schedule, depending on the volume of response and day of the week, so be on the lookout for our call. (Books that are not able to be picked up at the door will be checked back in and returned to circulation.)
The City Council is considering changes to the stormwater utility fee. This fee, which has been in effect since 1996, is billed annually to every property in the city and the funds are used to manage and improve the City’s public stormwater system. For many years, the City mailed the stormwater bill out to each property. For the past two years, the stormwater fee has been included as a separate item on the Montgomery County tax bill.

The stormwater system is a key piece of the City’s commitment to improving the health of the Anacostia Watershed and the Chesapeake Bay and helps improve community resilience as we face the impacts of longer storms due to climate change. The stormwater utility fee was established to provide for a stable funding source for stormwater management and is charged to all properties with impervious surfaces – even those that are tax exempt. Impervious surfaces include the foot print of all buildings and structures, concrete, asphalt or gravel driveways, and hard surfaced walkways and paths. The rate charged to single family property owners has been a flat fee based on the average size of impervious area on those properties. The rate charged to commercial, institutional and industrial properties is based on the actual square footage of impervious area.

The stormwater utility fee generates $700,000 annually for the City’s stormwater programs. The annual revenue provides funding for system inspection and repairs, monitoring and water quality testing, repairs and maintenance of the existing system, design and construction of new facilities, and engineering oversight. Information about the program can be found at: takomaparkmd.gov/government/public-works/stormwater-management-program.

In 2018, the City hired Black & Veatch to complete an impervious area review of properties in the City and recommend fee options. The study, published in January 2019, can be found on the web page referenced above. Their analysis found that the average impervious area on those properties is based on the actual square footage of impervious area. The stormwater utility fee generates $700,000 annually for the City’s stormwater programs. The annual revenue provides funding for system inspection and repairs, monitoring and water quality testing, repairs and maintenance of the existing system, design and construction of new facilities, and engineering oversight. Information about the program can be found at: takomaparkmd.gov/government/public-works/stormwater-management-program.

In 2018, the City hired Black & Veatch to complete an impervious area review of properties in the City and recommend fee options. The study, published in January 2019, can be found on the web page referenced above. Their analysis found that the average impervious area on those properties is based on the actual square footage of impervious area. The stormwater utility fee generates $700,000 annually for the City’s stormwater programs. The annual revenue provides funding for system inspection and repairs, monitoring and water quality testing, repairs and maintenance of the existing system, design and construction of new facilities, and engineering oversight. Information about the program can be found at: takomaparkmd.gov/government/public-works/stormwater-management-program.

The tiered fee structure provides a more equitable approach as those properties with larger impervious areas would be charged more than properties with smaller impervious area. Additionally, a tiered fee structure might provide an incentive to a property owner to reduce the amount of impervious area on their property which would reduce potential run-off as well as their fee.

To find out what the proposed fee would be for your single-family property, please refer to the color-coded map located at takomaparkmd.gov/government/public-works/stormwater-management-program/stormwater-fees-frequently-asked-questions-faq.

The City Council will be discussing the proposed change to the stormwater utility fee at its February 10 meeting. A public hearing is scheduled for February 24. If the Council approves of the fee structure change, the new rates would become effective in the FY22 budget billing cycle.

If you have questions about the proposed fee or the City’s stormwater management program, please contact the public works director at darylb@takomaparkmd.gov.

Our book is The Turner House by Angela Flournoy. The book describes “the fate of African Americans who have seen their hard-won success in reaching the middle class in a single generation blown to bits by continuing economic malaise. Viola and Frances Turner arrived in Detroit in 1844 as part of the Great Migration and bought a house in 1951, raising 13 children there. Now ailing, widowed Viola must leave the house, which she discovers is worth a tenth of its mortgage. All her children converge — as past, present and future collide.”

(From Library Journal)
COVID-19 Vaccines Q & A: What You Need to Know
By Ron Hardy, Emergency Preparedness Manager/ Police Planning, City of Takoma Park

Everyone has questions about the vaccines that help prevent COVID-19. Be sure to do your own research now to prepare yourself for when your profession, age group, or target population gets notified or eligible for the vaccine. For a majority of us, it will be the Moderna vaccine, which will require two shots 28 days apart. Pfizer is being given to hospitals and long-term care facilities. Other vaccines are still in clinical trials. Below we address some frequently asked questions about the vaccines.

Q: How does the vaccine work?
A: The COVID-19 vaccines we will receive are mRNA vaccines. Unlike many vaccines that put a weakened or inactive germ in our bodies to trigger an immune response, mRNA vaccines teach our cells how to make protein or a piece of a protein that triggers an immune response. When the vaccine triggers that immune response, our bodies produce antibodies, which then protect us from getting infected if we are exposed to the real virus.

Q: How do I know it is safe?
A: The COVID-19 vaccines are being held to the same rigorous safety and effectiveness standards as all other types of vaccines in the United States. Because of the pandemic, testing and production of the vaccine have happened simultaneously, but none of the safety steps were skipped.

VACCINE Q&A Page 11

Common side effects that people may or may not get
• In the arm where you get the shot: pain, swelling and/or redness
• Throughout your body: chills, tiredness, and/or headache

These side effects usually start within a day or two of getting the vaccine. They might feel like flu symptoms and might even affect your ability to do daily activities, but they should go away in a few days.

If you suffer severe allergic reactions or may be allergic to any of the ingredients of the vaccine, talk with your health care provider, or go to www.md.gov and search Moderna vaccine.

A Note from the City Manager: Vaccinations and Sharing Good Information

The topic on so many of our minds is vaccinations. So many of us want to get a vaccination and the information that is out there on vaccinations is so very confusing. It’s confusing for us, too.

Although the State of Maryland is putting out information on all who are eligible to receive vaccinations at this time, there is not enough vaccine availability for those who are eligible and the various vaccination sites each have their own criteria or process for registration. We keep trying to get good information to share and then the information changes right away!

Please be careful about where you register for vaccines. Don’t use links forwarded to you from others. There are scams out there to steal your personal information. And, if you go to a vaccine site that someone else forwarded you information about, you will likely be turned away and not get the vaccine – sometimes after a long wait. Although some folks have registred at county sites outside of Montgomery County, some of those sites are now barring non-residents. Go to the Maryland Vaccine website (coronavirus.maryland.gov/pages/vaccine) or the Montgomery County Vaccine website www.montgomerycountymd.gov/covid19/vaccine) for information and links. Obviously, this confusion is terrible for everyone and disproportionately hurts members of our community who are more vulnerable to COVID-19. I know the State and County governments want to be doing the right thing and are working hard to straighten things out.

In the meantime, please know we are trying to learn and help, and we are strenuously advocating for the residents of Takoma Park. We will share good information as we obtain and verify it.

—Suzanne Ludlow

Window Guard Bill Introduced to Prevent Child Falls in Montgomery County

In response to the recent tragic falls of young children from apartment windows, Montgomery County Council President Tom Hucker introduced Bill 51-20 – Landlord Tenant Relations – Window Guards. The bill would require landlords to provide and install window guards in each window of habitable rooms above the ground floor of a dwelling in which a child age 10 or younger lives, or if a tenant requests such guards. The guards would be supplied and installed at the landlord’s expense. Public comments were presented to the County Council in January, and the Planning, Housing, and Economic Development Committee (PHED) has a work session tentatively planned for March 1, 2021.

Vehicle deaths
As of January 29, 2021, 24 children have died. Keep in mind, it doesn’t matter the weather, hot or cold. It can happen if you don’t check the back seat when you get out of your vehicle.

Firehouse Flashback
Have you ever wondered what was in the space between the U.S. Post Office and Pizza Movers on Laurel Avenue? Well, it’s been 60 years since that space was occupied. At that time the Pizza Movers was Tony’s Barber shop, and the post office was a Safeway store. Well, the space in between these two establishments was a large toy store, and before that it was a Woolworth store.

On February 11, 1960 at 12:44 a.m., a fire alarm came in at a fire at the toy store at 6903 Laurel Avenue. Firefighters from Takoma Park and surrounding area responded to the third-alarm fire. The last unit left the fire scene around noon. The entire building was destroyed. The Safeway and Barber shop were both saved. I was on the first Engine to arrive on the scene, along with the crew, driver Mikey McBreide, Captain John Baker, firefighter Ted Jarboe, and Herbie Carpenter.

—Jim Jarboe

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:
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.

Spanish:
Busque este ícono junto a los articulos 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.

Amharic:
болезнخ

February 2021

Page 10	Takoma Park News
A Pearl of a Place: Takoma Park’s New Bubbly Bar, Noshery, and Tuck Shop

By Rick Henry

For Leandra Nichola, an idea that has been brewing since childhood has finally bubbled into fruition. At the end of last month, Nichola, a long-time Takoma Park resident and retail veteran (Takoma Bev, TPSS Co-op), opened her first business, Main Street Pearl, a self-described “bubble bar” at 2050 Carroll Avenue, in the space formerly occupied by Great Shoals Winery. According to Nichola, the idea of opening her own business has been “brewing” since she was 9-years-old and started operating a pretend business in her play time. “Since I was a kid, I wanted to have my own brick and mortar joint,” she said.

Closer to the present, Nichola began formulating business ideas and the concept behind Main Street Pearl over the last “five or so” years after she left her previous career working in nonprofits and academia to focus on community development and retail operations. When the Carroll Avenue retail space became available, she was ready for action. “The opportunity presented itself to build something new that my beloved Takoma Park needs right at this time,” she said.

That something new – a self-described “bubbly bar, noshery and tuck shop” – offers a little bit of everything, a potentially perfect match for the eclectic demographic and interests that define Takoma Park. “There are a lot of things (offered),” Nichola agreed, “but there are central themes: Bubbles (carbonated or shaken), anything micro or hyper local, and anything super thoughtful about packaging or worker ethics.”

Main Street Pearl’s main feature is its bubbly drinks bar, featuring bubble tea, scratch sodas, kombucha, beer, cider, and sparkling wine. In terms of food, Nichola explained that a noshery is simply another word for restaurant or snack bar, serving small meals and snacks. It will feature offerings from local micro foodpreneurs with a frequently changing menu to support as many businesspeople as possible.

Main Street Pearl’s most unique component may be its “tuck shop,” defined as a place where young people can buy treats and other necessities, featuring grab-and-go snacks and youth-made crafts. It will be operated by the “Pearl Squad,” a group of young Takoma Parkers (ages 8–15) interested in business. “I hope that many kids will get to have their first jobs at Main Street Pearl,” she said enthusiastically.

The decision to include a youth component in the business arose out of Nichola’s own experience as a mother and educator. She has two children, ages 8 and 11, and spent the last decade teaching and facilitating educational programming in Takoma Park and DC. “My kids are growing up (they are 8 and almost 11 now), and I started feeling the pull to build something that is a safe and welcoming space for them to spend their free time with friends,” she said.

Plus, she joked, “There was no other way to get them on board with mom having to throw herself into something.” It’s not just Nichola’s kids who have gotten on board. As with most new businesses, getting Main Street Pearl up and running has been a community effort. “Never in my life have I been as supported as I am right now in large part because of my new living arrangements,” Nichola said.

Along with Holly Harper and Herrin Hopper, Nichola co-owns a multi-family, co-housing property on Carroll Avenue and their close relationship and conversations were instrumental in the creation of Main Street Pearl. “At our ‘Front Porch Society’ meetings, we were constantly collaborating as neighbors, real estate investors, and friends about how to make our aspirations and dreams come true,” said Harper. “Leandra mentioned early on that she had always wanted to own her own food and beverage establishment, so we began hammering out details in October. By December, she had a full plan in place, and we hit the ground running.” Harper, a small business marketing consultant, has stepped into the project management, marketing, and brand management role, while Hopper, a corporate attorney, handles legal, contracts, operating agreements, and other advisory roles.

Beyond her immediate circle, Nichola also reached out to the community, creating a fundraising campaign via indiegogo (www.indiegogo.com/projects/open-main-street-pearl-s-doors#). “For me to be brave enough to pull off a project like this, I need to be doing it in community, so we asked the community for support, and they really came through (raising more than $15,000),” Nichola said.

Overcoming all of these challenges has been, of course, the pandemic, which has left Nichola conflicted, but undeterred. She admitted to feeling a little embarrassed to open her business, of which she was so proud, “But, that only makes me feel more resolved to do it and say ‘no’. At every stage, I’d come up with reasons it could never work, and then those reasons would resolve, and I’d come up with other reasons,” she said.

“However, I do feel like there were just too many reasons to do it to say ‘no’. At every stage, I’d come up with reasons it could never work, and then those reasons would resolve, and I’d come up with other reasons,” she said.

“However, I do feel like there were just too many reasons to do it to say ‘no’. At every stage, I’d come up with reasons it could never work, and then those reasons would resolve, and I’d come up with other reasons,” she said.

“However, I do feel like there were just too many reasons to do it to say ‘no’. At every stage, I’d come up with reasons it could never work, and then those reasons would resolve, and I’d come up with other reasons,” she said.
February 2021 Calendar

For the foreseeable future, we’ll use this space to feature city resources and provide important updates on city services. However, let us know if you have a virtual, 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 March issue is Feb. 12, and the newsletter will be distributed beginning Feb. 26. To submit virtual calendar items, email tpnewseditor@takomaparkmd.gov.

Due to COVID-19 concerns, please be advised that all events and meetings held in City facilities have been 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.

PUBLIC DAYS OF NOTE

President’s Day - City Offices Closed

Monday, Feb. 15

All City offices and facilities will be closed for President’s Day. The Takoma Park Police Department is open 24/7 for emergency services.

SHARE IDEAS

Attend virtual City Council meetings!

Wednesday, February 3, 7:30 p.m.
City Council Regular Meeting

Wednesday, February 10, 7:30 p.m.
City Council Regular Meeting

Wednesday, February 17, 7:30 p.m.
City Council Regular Meeting

Due to the public health crisis, the 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 City TV (RCN - Channel 13, HD Channel 1060 Comcast/Xfinity - Channel 13 Verizon Fios - Channel 28, and Comcast/Xfinity HD Channel 997)
- on Facebook (@TakomaParkMD/)
- on YouTube (https://www.youtube.com/user/TakomaParkTV)
- on Facebook (https://www.facebook.com/takomaparkmd)

The public can comment live during the public comment portions of the meetings by registering and logging into the video conference. The link will be provided by weekly email from the City Clerk and on the City website. For those not able to do so, written comments may be sent by email to clerk@takomaparkmd.gov to be circulated to the Council.

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.

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.

Qi Gong

Adult Fitness – Learn gentle movements to increase mobility and flexibility.

Tuesdays, 7 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.

FLOWER ACTIVITIES

Takoma Park Recreation Park

Community Art Contest Extended to February 7

If you have not participated in the Takoma Park Recreation Center Community Art Contest yet, there is still time. We have extended the deadline for submissions to February 7. All participants will be entered into a raffle for prizes and final winners will have their art displayed at the new Recreation Center. Prizes will include $25 Visa gift cards and gift cards for local, Takoma Park-based merchants, which will be awarded in a random drawing at the close of the contest. For more information and to participate in the Community Art Contest, visit https://engage.takomaparkmd.gov.

Yarrow Mamout and His Family: A Remarkable American Success Story

Thursday, Feb. 11, 2-3:15 p.m.

Brought to Maryland on a slave ship in 1752 and enslaved for the next 40 years, Yarrow (his last name) didn’t become a free man until he was 60 years old. He then acquired a house in Georgetown and enough money to retire on the interest from loans to white merchants and on stock dividends. In 1819, the great portrait painter Charles Willson Peale painted a portrait of him as a testament to racial equality. Our presenter for this fascinating story will be Jim Johnston, the author of From Slave Ship to Harvard: Yarrow Mamout and the History of an African American Family. This program is offered in collaboration with the Montgomery County Historical Society. Open to all; registration required. Go to villageoftakomapark.com, “Upcoming Events” list to register and receive Zoom link information.

COMMUNITY ACTIVITIES

Let’s Play America Virtual Mid-Winter Play Day

Sunday, Feb. 14, 1 – 5 p.m.

The event will feature circus acts, storytelling and exercise classes in English and Spanish, crafts with Jennifer Byrne, as well as Sporcle trivia and karaoke. More info: Visit letsplayamerica.org

Celebrate Lee Jordan Day 2021

WOWD RADIO 94.3 FM

Tuesday, Feb. 23, 2:30-3:30 p.m.

Tune in for a special Black History Month program, “Preserving Stories from Takoma Park’s African American Community.” This program will feature highlights from a multiphase project documenting the community’s past through oral history interviews with longtime residents. Elders, who grew up during segregation and its aftermath, reflect on life and work, identity and values, and the forging of a vibrant community in the face of racial and economic challenges.

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 with a Zoom call, but soon we hope to return to in-person meetings at the Takoma Park Municipal Building. It’s 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.

Takoma Park News February 2021

n

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.

Qi Gong

Adult Fitness – Learn gentle movements to increase mobility and flexibility.

Tuesdays, 7 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.

FLOWER ACTIVITIES

Takoma Park Recreation Park

Community Art Contest Extended to February 7

If you have not participated in the Takoma Park Recreation Center Community Art Contest yet, there is still time. We have extended the deadline for submissions to February 7. All participants will be entered into a raffle for prizes and final winners will have their art displayed at the new Recreation Center. Prizes will include $25 Visa gift cards and gift cards for local, Takoma Park-based merchants, which will be awarded in a random drawing at the close of the contest. For more information and to participate in the Community Art Contest, visit https://engage.takomaparkmd.gov.

Yarrow Mamout and His Family: A Remarkable American Success Story

Thursday, Feb. 11, 2-3:15 p.m.

Brought to Maryland on a slave ship in 1752 and enslaved for the next 40 years, Yarrow (his last name) didn’t become a free man until he was 60 years old. He then acquired a house in Georgetown and enough money to retire on the interest from loans to white merchants and on stock dividends. In 1819, the great portrait painter Charles Willson Peale painted a portrait of him as a testament to racial equality. Our presenter for this fascinating story will be Jim Johnston, the author of From Slave Ship to Harvard: Yarrow Mamout and the History of an African American Family. This program is offered in collaboration with the Montgomery County Historical Society. Open to all; registration required. Go to villageoftakomapark.com, “Upcoming Events” list to register and receive Zoom link information.

COMMUNITY ACTIVITIES

Let’s Play America Virtual Mid-Winter Play Day

Sunday, Feb. 14, 1 – 5 p.m.

The event will feature circus acts, storytelling and exercise classes in English and Spanish, crafts with Jennifer Byrne, as well as Sporcle trivia and karaoke. More info: Visit letsplayamerica.org

Celebrate Lee Jordan Day 2021

WOWD RADIO 94.3 FM

Tuesday, Feb. 23, 2:30-3:30 p.m.

Tune in for a special Black History Month program, “Preserving Stories from Takoma Park’s African American Community.” This program will feature highlights from a multiphase project documenting the community’s past through oral history interviews with longtime residents. Elders, who grew up during segregation and its aftermath, reflect on life and work, identity and values, and the forging of a vibrant community in the face of racial and economic challenges.

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 with a Zoom call, but soon we hope to return to in-person meetings at the Takoma Park Municipal Building. It’s 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.

Takoma Park News February 2021

n

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.

Qi Gong

Adult Fitness – Learn gentle movements to increase mobility and flexibility.

Tuesdays, 7 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.