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Data Driven

#### A newsletter published by the City of Takoma Park, Maryland

#### Volume 60, No. 11 🔲 takomaparkmd.gov

# WHAT'S NEW?

**City Careers** Details, page 12

**Alternative Gift Fair** 

Details, page 4

**City offices and** facilities closed Veteran's Day, Nov. 11

Thanksgiving, Nov. 25 – 28

#### **Trash holidays Veteran's Day**

Thursday, Nov. 11 Trash, food waste and recycling collected on Friday

#### Thanksgiving Day

Thursday, Nov. 25 Trash, food waste and recycling collected on Wednesday, Nov. 24

#### **Day after Thanksgiving**

Friday, Nov. 26 Trash, food waste and recycling collected on Saturday, Nov. 27

> Look for this lcon throughout this issue

> > See page 10

Transparent Community Informed and Equitable We are comitted to making the redistricting process transparent. make sure residents of all backgrounds are



fairly represented

# Participate in ward redistricting

https://bit.ly/tkpk\_redistricting

Takoma Park's Approach to 2021 Redistricting

The City of Takoma Park has begun the process to redraw the boundaries of the six city council wards. Redistricting takes place every 10 years after the U.S. Census when district boundaries for federal, state, and local elected offices are redrawn to re-

**Community Engagement** Session #2 Thursday, December 2, 2021

6:30 p.m. on Zoom

flect new and shifting population data.

Preliminary draft redistricting maps will be presented at the City Council meeting on Wednesday, November 10. A community engagement session will take place on Thursday, December 2, beginning at 6:30 p.m. via Zoom. At the session, residents will review the maps presented to the city council as well as other draft map scenarios and provide suggestions and feedback.

For those who cannot attend, the meet-

**REDISTRICTING D** Page 3

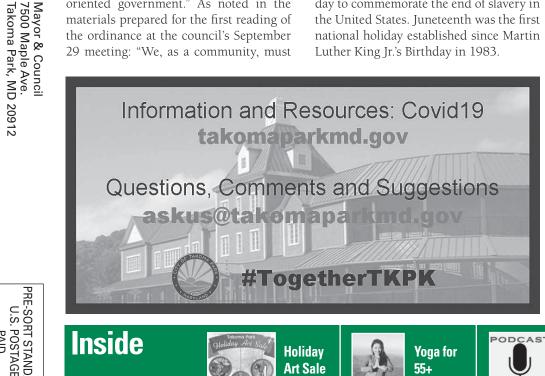
# **City of Takoma Park recognizes** Juneteenth as paid City holiday

On October 6, the City Council adopted Ordinance 2021-41 to recognize Juneteenth as an annual day of remembrance and a paid holiday for city employees. The complete text of the ordinance is included on page 3.

Adoption of the ordinance coincides with the City Council's priority of fostering "an engaged, responsive, and serviceoriented government." As noted in the materials prepared for the first reading of the ordinance at the council's September 29 meeting: "We, as a community, must continue to reflect on the history of racism in our Country, to acknowledge the ongoing systematic racism that still occurs today, and to work to eradicate injustices in today's society."

On a historical note, President Joe Biden signed legislation on June 17, 2021, to make Juneteenth a federal holiday. Moving forward, June 19 will be the national day to commemorate the end of slavery in the United States. Juneteenth was the first national holiday established since Martin Luther King Jr.'s Birthday in 1983.

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### **New Grants Available in Takoma Park! For everyone!**

#### By Gina Mathias, **Sustainability Manager**

The new Takoma Park Electrification and Energy Efficiency Grants are now available and can assist you in making improvements to the environmental sustainability and energy efficiency of your space. Such projects help you manage utility usage and reduce costs, improve efficiency, improve indoor air quality, reduce waste, improve the comfort and function of your space, and help the city reach its climate and sustainability goals. This is a grant, not a loan that you will need to pay back.

#### **Grant Awards**

- 1. Multifamily buildings up to \$30,000 per project.
- 2. Small businesses and commercial property owners - up to \$30,000 per project.
- 3. Homeowners and renters -\$5,000 - \$15,000 per home, depending on household income:
  - Tier 1 income homeowners may apply for up to \$15,000 grant. The grant may cover up to 100% of total project cost.
  - Tier 2 income homeowners may apply for up to \$10,000 grant. The grant cannot exceed more than 50% of total project cost.
  - Anyone earning more than the area median income, or that wishes not to verify income, may apply for up to \$5,000 grant. The grant may not exceed more than 25% of total project cost.

Household Size	Tier 1 income limits (up to 85% area median)	Tier 2 income limits (up to 100% area median)
1	\$59,234	\$69,688
2	\$67,681	\$79,625
3	\$76,128	\$89,563
4	\$84,575	\$99,500
5	\$91,375	\$107,500
6	\$98,122	\$115,438
7	\$104,922	\$123,438
8	\$111,669	\$131,375

#### **Eligible projects for everyone**

The grant can be used for projects that improve energy efficiency and support the transition away from fossil fuels. Preferred projects include but are not limited to:

**ENERGY GRANTS** Page 3







Podcast

Review

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CUSTOMER

# DOCKET

# Official City Government Meetings

#### **REMOTE/VIRTUAL AND HYBRID MEETINGS**

Meetings will continue to be held remotely through December. A few board and committee meetings may be held in a remote/ virtual or hybrid in-person/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**

The time limit per comment is three minutes. Requests for additional time, or requests to share slides or video at a City Council meeting, must be directed to the Mayor at least 24 hours in advance. Email kates@takomaparkmd.gov.

Written comments sent by email to clerk@takomaparkmd.gov or by U.S. mail will be shared with the full Council.

**Commenting over Zoom:** Individuals interested in commenting live during City Council meetings (over Zoom) must sign up before 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.

**Commenting in person:** If the Council is meeting in person in the Auditorium, advance signup to comment *in person* will not be required.

#### **CITY COUNCIL MEETING SCHEDULE**

- Wednesday, November 3, 7:30 p.m.
- Wednesday, November 10, 7:30 p.m.

• Wednesday, November 17, 7:30 p.m.

After the November 17 meeting, the City Council will be on recess until January 12. However, the Council will meet with the 20th District Delegation on Wednesday, December 1. There will be a sign up for public comments on legislative priorities.

# CITY BOARD, COMMISSION, AND COMMITTEE MEETINGS

ARTS AND HUMANITIES COMMITTEE (TENTATIVE) Tuesday, November 16, 7 p.m. TPCC Hydrangea Room

**BOARD OF ELECTIONS** Thursday, November 18, 7 p.m.

NUCLEAR-FREE TAKOMA PARK COMMITTEE Tuesday, November 9, 7 p.m.

POLICE CHIEF'S ADVISORY BOARD Monday, November 15, 7 p.m.

**RECREATION AND COMMUNITY ENGAGEMENT COMMITTEE (TENTATIVE)** Thursday, November 18, 7 p.m.

**TREE COMMISSION MEETING** Tuesday, November 9, 7 p.m.

#### YOUTH COUNCIL

Sunday, November 7, 3 p.m. Sunday, November 21, 3 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 September 22, 2021, the City Council authorized the purchase of an EV Street Sweeper by Ordinance 2021-38. The purchase cost is \$499,970. Councilmembers Kostiuk, Seamens, and Searcy voted against. By Resolution 2021-31, the Council established a short-term Sustainable Investment and Banking Task Force to define and identify steps to implement sustainable banking and investment policies that fulfill both the City's nuclear-free and climate change goals, and to review and recommend updates to the implementation specifics of the nuclear-free ordinance, to best fulfill the purposes of the ordinance and to coordinate with the City's greenhouse gas emissions reduction goals and other priorities.

At the meeting on September 29, 2021, the City Council adopted Resolution 2021-32 establishing criteria to be used in the redistricting process. They include: 1) Each ward shall have substantially equal populations, but in no case shall the difference between the largest and smallest ward populations be more than 10 percent; 2) If practicable considering other criteria, the Council has a goal of reducing the difference between the largest and smallest wards to five percent or less; 3) Wards shall be compact; 4) Wards shall be composed of adjoining territory that is geographically contiguous; 5) Wards shall recognize natural boundaries where practical; 6) No ward shall be gerrymandered to ensure the election or defeat of any incumbent candidate or potential candidate; 7) Using information gathered from residents during the community meetings and other engagement opportunities, ward boundaries may be drawn so as to keep a particular neighborhood or community within one ward as opposed

to dividing the neighborhood or community among multiple wards, but only if possible in light of the applicable legal criteria. **Ordinance 2021-39** was adopted revising the Takoma Park Code related to boards and committees. Councilmember Smith voted against. (First reading of the ordinance took place on September 22.)

On **October 6, 2021**, the City Council adopted **Ordinance 2021-40** approving FY22 Budget Amendment No. 2. (First reading took place on September 29.) **Ordinance 2021-41** was adopted recognizing Juneteenth as an annual day of remembrance and a paid City holiday. (First reading was held on September 29.)

At the **October 13, 2021,** City Council meeting, the Council adopted **Ordinance 2021-42** authorizing traffic calming on the 7900 block of Takoma Avenue and **Ordinance 2021-43** approving traffic calming on Auburn Avenue. (First reading of both ordinances took place on October 5.)

# VIRTUAL CITY COUNCIL MEETINGS

Due to the public health crisis, the City Council has been meeting remotely by video conference. 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
  - (@TakomaParkTV)
- 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.

# CITY OF TAKOMA PARK, MARYLAND ORDINANCE NO. 2021-41

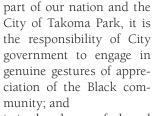
# RECOGNIZING JUNETEENTH AS AN ANNUAL DAY OF REMEMBRANCE AND A PAID CITY HOLIDAY

WHEREAS, Black people have experienced oppression and suppression since they were stolen from their homes and brought to the United States of America over 400 years ago; and WHEREAS, the first enslaved Africans were brought as captives to what is now the Commonwealth of Virginia in 1619; and WHEREAS, Black people were bought and sold as slave labor for 250 years and suffered unspeakable acts of violence; and WHEREAS, Black people have endured violent slavery, Jim Crow era laws and lynching, the Civil Rights era, modern day lynching, institutional and systemic racism, and anti-Blackness within their communities and workplaces; and WHEREAS, for a Black person in this country, navigating life does not come with the same privileges experienced by white people. Everyday tasks may result in a racist interaction; and WHEREAS, in the workplace, Black staff may experience racism, yet these occurrences can be difficult to substantiate, and Black employees are often forced to seek alternate employment, accept the labels "aggressive"

endure the racism silently; and WHEREAS, the Black community has experienced displacement WH due to gentrification, redlining, gaslighting, career suppression, police brutality, racial profiling, discrimination, and the psychological trauma of these experiences; and WHEREAS to demonstrate the Black

or a "troublemaker", and

WHEREAS, to demonstrate the Black community is an integral



- WHEREAS, it is the charge of elected officials to ensure the physical and emotional safety and the equitable treatment of Black people in the City of Takoma Park as a workforce and community; and WHEREAS, Black people are faced with the moral and economic conflict of supporting government institutions that have perpetuated systemic racism, at a time the nation is still grieving and outraged over the repeated murders of Black people; and
- WHEREAS, June 19<sup>th</sup> marks a significant opportunity to renew our collective commitment towards healing and dismantling anti-Black racism within the workplace and community. June 19<sup>th</sup> is Juneteenth, the oldest nationally celebrated commemoration of the ending of slavery in the United States of America; and
- WHEREAS, President Abraham Lincoln first issued the Emancipation Proclamation effective January 1, 1863, freeing the enslaved people in the South and such order was ignored by southern slave owners; and
- WHEREAS, on June 19, 1865, Union soldiers arrived in Galveston, Texas to enforce the president's order, freeing the enslaved two and a half years after it was first decreed. This day has since come to be known as Juneteenth; and

WHEREAS,	the City Council of Takoma Park, Maryland recognizes the history of racism in our country and how it has led to many current-day dis- parities in education, job attainment, housing, and healthcare, as well as dis- proportionate incarcera- tion rates for Black people; and	WHERE
WHEREAS,		WHERE
WHEREAS,	on June 18, 2021, President Joseph R. Biden proclaimed	
	June 19 <sup>th</sup> as Juneteenth Day of Observance, to celebrate the emancipation of Black Americans and commit to	WHERE.
WHEREAS,	eradicating systematic rac- ism that still undermines our ideals and collective prosperity; and as an initial step the City of Takoma Park formally rec- ognizes and apologizes for the atrocities Black people have suffered in this nation and is committed to restor- ing trust, deconstructing institutional and systemic	WHERE

#### **REDISTRICTING** ■ From page 1

ing will be recorded for later viewing. Vis-

it the redistricting web page for more information: https://bit.ly/tkpk\_redistricting.

Before and after the meeting residents can also provide comments through the comment form available on the redistricting web page. The City Council will receive final recommendations for ward boundary maps in January and a public hearing will be scheduled.

#### ENERGY GRANTS From page 1

#### **Electrification projects**

• Replacing natural gas, propane, or heating oil equipment and appliances with electric or non-fossil- fuel based alternatives. This includes EnergyStar Certified high efficiency heating and cooling (HVAC), heat pump water heaters, electric dryers, induction and electric cooktops, electric convection ovens. EnergyStar certified options are required unless there is a financial or availability hardship to consider. Inracism, and working towards a more just future for the Black community in Takoma Park and the nation; and

EAS, City staff are encouraged to spend time self-educating on anti-Black racism and the negative impacts of white supremacy with fifty-eight percent of City staff identifying as people of color; and

EAS, City staff and residents are encouraged to support Black-owned businesses and community organizations on Juneteenth. The intention of the day will be to grieve, listen, learn, engage, and heal; and

EAS, essential employees who work on Juneteenth will receive a deferred holiday; and

EAS, the City Council encourages the community to participate in anti-Black racism trainings, in collaboration with Black community members, leaders, and voices on workplace culture, public safety, mental health, housing, income inequality, economic development, and prosperity.

Takoma Park encourages residents to participate and stay informed about this process, including drawing their own proposed ward boundaries using the mapping tool on the redistricting web page and submitting this information to the city for consideration. To learn more about the redistricting process and ways to get involved, visit the Takoma Park Redistricting Project Page on the City website. For more information, contact Jessie Carpenter, City Clerk at jessiec@takomaparkmd.gov or 301-891-7267.



### THE TAKOMA PARK NEWSLETTER

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grades or rewiring not part of an electrification project are not eligible. Improvements to the building enve-

lope that increases energy efficiency such as insulation, air sealing, and replacement of inefficient windows.

clude any reason in your application.

· Electrification project costs may in-

clude panel and wiring work if they are required. Stand-alone electrical up-

### *Multifamily and business additional eligible projects*

• Covered, secure bicycle parking and

ENERGY GRANTS 🔲 Page 11



Takoma Park Minor Master Plan Amendment Boundary



# Montgomery County Planning Board approves Takoma Park Minor Master Plan Amendment Scope of Work to reimagine Washington Adventist Hospital and University campuses as well as surrounding area

On September 30, the Montgomery

County Planning Board, part of The Maryland-National Capital Park and Planning Commission (M-NCPPC), approved the Takoma Park Minor Master Plan Amendment Scope of Work. This plan will be created in partnership with the City of Takoma Park and Montgomery Planning (M-NCPPC) to reimagine the Washing-

ton Adventist Hospital and University campuses as well as the surrounding area along Maple Avenue.

The Takoma Park Minor Master Plan Amendment, which will update a small part of the 2000 Takoma Park Master Plan, will guide the area's future growth with a focus on equity and climate impact, including reviewing housing options, considering access to parks and open space, and achieving Vision Zero walkability goals.

To ensure the plan is strongly rooted in the community's identity and core values, Planning staff will implement an inclusive Takoma Park Minor Master Plan Amendment engagement strategy

over the two-year planning process. The Planning team hopes to pilot new ways of reaching stakeholders and has been working with staff from recently completed plans to hear their "lessons learned" from reaching diverse popula-

tions thoughtfully. Engagement will be car-

ried out in four phases listening, visioning, refining, and sharing—to involve the community during all critical stages of the project. This process will incorporate in-person and virtual community meetings that will be crafted to address the specific needs of the community and will be accessible in multiple languages. You can learn more about this plan and how to get involved by visiting montgomeryplanning.org/takomapark.

You can also tell us how you envision the future of this area by taking this questionnaire at https://www.surveymonkey. com/r/takoma-park-mma or by using the QR code above.

# **Gifts of Donation to Local Charities**

The 1st Annual Virtual Alternative Gift Fair was a wonderful success. Last year we were able to raise more than \$53,000 for charities bringing support to those in need. Beginning Monday, November 22, the Alternative Gift Fair (www.aggw. org) is returning for our 23rd Alternative Gift Fair season. This year you can give holiday gifts that help others less fortunate in your community and around the world at the touch of a button.

Alternative Gifts fill a direct and tangible need, such as one week of school with a daily lunch for a child in rural Northern Ghana or a journal for recording thoughts, feelings, and dreams for a girl. Family members and friends will be touched to know that the gift they have just received will have a very real and meaningful impact on people and communities in need, especially in these extremely challenging times!

Did you know that most people are not satisfied with the standard holiday gift exchange? Each year, millions of people face holiday shopping with stress, anxiety, and dread. A recent poll found that 84% of Americans would prefer a less materialistic holiday. The good news is that with a gift purchase from the Alternative Gift Fair you can express your love through gifts of donation and make shopping meaningful, enjoyable, and even inspirational. More than 45 different alternative gifts will be sold online for six full weeks through January 3, 2022.

This year you can connect with rep-

# <text><text><text><text>

resentatives from 15–16 different locally run, small direct-service charities. On Saturday December 4, the staff and volunteers of participating nonprofits will share details about their mission and how your generous purchases will contribute to making their goals of bettering the world a reality.

This year's gifts are priced from about \$10 to \$100 and include such items as sponsoring a small business loan application or providing one month of fresh, local veggies for a low-income family. All gifts are tax-deductible and include a gift description like the one shown. Your charities get 100 percent of the donations you give for gifts, and those funds are specifically earmarked for those gifts.

Please join us for our Alternative Gift Fair Season kickoff event at the Takoma Park Farmers Market Sunday, November 12 from 10 a.m.–2p.m. to get a sneak peek at this year's shopping list and meet our nonprofit volunteers. For information or to volunteer, contact Mimi Ikle-Khalsa, fair director, at 301-613-6830 or aggw\_inc@yahoo.com.

# What Can We Do with Leaves?

Shredding leaves with a mulching mower will save you time and money. Mulching is faster and easier on the back than raking. Studies have shown that mulching leaves can return nutrients and organic matter to the yard and have longterm positive effects.

#### Four Best Practices for Making Shredded Leaf Mulch

- 1. The turf must be mowed high.
- 2. The leaves should be dry, not wet, and matted down.
- 3. Leaf mulching should be done weekly. If done too infrequently, the thickness of the leaf litter will be too much for the mulching effort to be effective. You will create a layer of smaller leaves.
- 4. Leaf mulching early in the fall, while the soil temperature is still warm, will lead to rapid decomposition of the litter. Waiting until the end of fall is counterproductive as the soil temps have cooled, and decomposition is slower.

In conclusion, fall lawn care doesn't have to include the tedious job of raking leaves. Follow these simple steps for how to mulch leaves and your lawn and your back will thank you!



# THE ARTS

# **Don't Miss Free** *Takoma Park Arts* **Events at the Community Center**

Please join us for free film screenings, an artist talk, and our Holiday Art Sale at the Takoma Park Community Center at 7500 Maple Avenue. Masks will be required. The events are organized by the City of Takoma Park's Arts and Humanities Division. You can find more info and sign up for our *Takoma Park Arts* e-newsletter at takomaparkmd.gov/arts.



#### *The Invalid Corps During the Civil War* Film Screening Thursday, Nov. 4, 7:30 p.m.

Please join us for a free screening of two short films that reveal the untold story of the Invalid Corps during the Civil War. The Invalid Corps was comprised of Union soldiers, who were disabled by battle wounds or disease. They were mocked as cripples but served as the last line of defense when a Confederate force of 15,000 soldiers advanced toward the capital in 1864. Directed by Day Al-Mohamed, *Invalid Corps* is a documentary that reveals the moving true stories of these men.

In an intimate drama directed by Julia Neill, *Union* portrays a father who must face his past when his daughter, a surgeon in the Union army, returns home with a soldier whose arm she amputated. The soldier's character was inspired by the Invalid Corps. The film directors will lead a Q&A with the audience after the screening.

#### Uniting US Artist Talk with "Warrior Artists"

#### Friday, Nov. 12, 7:30 p.m.

In a celebration of Veterans Day, a group of "warrior artists" will speak about their many years of honorable military service, the hardships they have endured, and how creating art has helped them heal from past wounds of both body and spirit. The artist talk is part of the Uniting US art exhibition now on display at the Takoma Park Community Center featuring more than 70 pieces of artwork created by 32 active military, veterans, or family members from across the country. The compelling work includes paintings, sculpture, wood carving, pottery, and mixed media.



Endowed by Her Creator by Christina Polosky



The artwork is for sale with all proceeds benefitting the artists.

Puzzles also will be available to purchase featuring artwork by three veteran artists, including Maria Carrion, Christina Polosky, and Bethany Ryan. Their featured artwork also is on display in the Community Center.

Uniting US is a nonprofit organization, which works with veterans and their families to create therapeutic art and build a sense of community. You can learn more at unitingus.org.

#### SHORTS NIGHT Film Screening

#### Thursday, Nov. 18, 7:30 p.m.

Showcasing the talents of four local film directors, this screening of short films will cover a wide range of topics with the film directors leading a Q&A with the audience.

Directed by Oriana Oppice, *Go Go, Boy!* features a teenage boy who escapes into his fantasy world where he dances to his own beat. Two other short films by Oppice also will be shown. *Sensei Fran Kicks* Ass (www. nerdsmakemedia.com/sensei-fran) features the inspiring true story of octogenarian Fran Vall who holds black belts in judo and Japanese sword fighting. Directed by Simone Fary, the film celebrates healthy aging and the lifelong pursuit of learning.

In *Isolated in Motion*, Olga Aru performs a dance on the Mall in Washington, D.C. which offers a creative expression of the emotional experiences of the COVID pandemic. Directed by Sangeeta Agrawal, *Five O'Clock Shadow* (www.sangeetaagrawal.com) tells the story of an Indian-American mother who suffers racial abuse.

#### Takoma Park Holiday Art Sale

**Saturday, Dec. 4, 10 a.m.-4 p.m.** The Takoma Park Holiday Art Sale will return for its 15th year at the Takoma Park Community Center on Dec. 4. The juried sale will feature 25 vendors selling a wide range of fine art, photography, pottery, jewelry, hand-designed clothing, and other crafts. This popular event is free to the public. Don't miss your chance to get your holiday shopping done early!

# RECREATION



Virtual class links can be found at takomaparkmd.gov/recreation/vcc.

#### YOUTH

#### **CAMP** - Winter Break

Winter Break Camp - Ice Ages Come explore the Ice Ages at Winter Break Camp! Campers will have the opportunity to add some excitement to their break with games, group activities and crafts. This winter break is set to be a whole lot of fun! Morning/After care will be available. Participants will meet at the Community Center, 7500 Maple Avenue. Participants must bring masks, a lunch, snacks and labeled water bottle. Registration is required. Space is limited; sign up early. Paperwork will need to be completed prior to the first day of camp. Takoma Park Community Center 7500 Maple Avenue 5–12 years 4 Day Session

Monday-Thursday, 9 a.m.- 4 p.m. December 27-30 Resident: \$140 / Non-resident: \$160 **Extended Care** Before Care, 7–9 a.m. Resident: \$40 / Non-resident: \$50 After Care, 4–6 p.m. Resident: \$40 / Non-resident: \$50

#### **EDUCATION & DEVELOPMENT**



#### Takoma Park Kids Chess Meet Up

Kids Kindergarten through 8th grade are welcome to attend the Takoma Park Kids Chess Meet Up, which occurs on Sundays from 1:45-3:30 p.m. at Heffner Park Community Center. Sessions may begin with a brief lesson, but general play will begin by 2 p.m. Beginners are welcome. Bring your own tournament board if you have one, but there will be extra. For more information, please contact Adam Winship at takomachess@gmail.com. Heffner Park Community Center 42 Oswego Avenue Grades: K-8 Saturdays, 1:45-3:30 p.m. Thru December 19 (No class on 11/28) Free

#### WINTER CLASS REGISTRATION

- Residents with an approved scholarship can begin registering on 12/15/21.
- All other Residents can begin ~ registering on 12/22/21.
- Non-residents can begin registering on 12/29/21.
- On all three dates, registration opens at 9 a.m. in person at our office as well as online via ActiveNet.



### **SCHOLARSHIPS FOR CITY RESIDENTS**

Scholarships that were approved for 2021 will expire at the end of December 2021. If you would like to continue receiving the discounted rates toward future enrollments, be sure to reapply for 2022. And if you haven't applied before, now is the time!

Visit takomaparkmd.gov/recreation/recreationscholarships or stop by our office to receive a copy of the application.

#### DANCE

**Pre-Ballet** Pre-Ballet for ages 9–12 is a combination of music and movement that emphasizes learning basic ballet vocabulary, movement patterns and musicality in a creative movement. By introducing students to the basic shapes, positions, postures and traditions of classical ballet, the Pre-Ballet curriculum enhances both cognitive and physical development at this important time.

Takoma Park Community Center 7500 Maple Avenue Dance Studio 9–12 years , Saturdays, 12:30–1:15 p.m. Thru November 20 Resident: \$65 / Non-resident: \$75

#### **ENVIRONMENTAL**

Hands On Gardening with Carla Learn how to cultivate plants from seeds and cuttings, care for plants, and grow flowers, vegetables, fruits, and house plants. Parents are welcome to participate with their children and/or teens. There is fun for the entire family. Class will be held at the Takoma Park Middle School Green House. Instructor: Carla Perlo Takoma Park Middle School 7611 Piney Branch Road Green House 6-10 years Thursdays, 4:15–5:30 p.m. Thru November 18 Resident: \$20 / Non-Resident: \$30

#### **SPORTS**

Futsal League 2022 Futsal, a sport that is like soccer, offers the perfect

combination of learning and fun. It is designed to improve fundamental technique and skill development during the winter months. It's also a great opportunity to meet new friends, stay in shape and prepare for the upcoming season. Please note that program registration is first come, first serve. Parents are encouraged to volunteer as coaches. 8-game season. Practices will begin on Saturday, January 8. Games are on Sundays and begin January 23. There will be no games on January 16 and February 20. Takoma Park Recreation Center

Gymnasium 8 Week Season Games: Sundays January 23-March 20

2022 The Winter Basketball League is a developmental, community league. Program goals are to the fundamentals of basketball and

\$70





in this league will focus on personal improvement, sportsmanship, and fun.

\*Practice times (1 hour a week) vary throughout the week at various local schools. Games are held on Saturdays, times vary. Specific details regarding each league will be available at takomaparkmd.gov/ recreation/sports/winter-basketball-league. Coaching Information: Volunteer coaches are always needed. Please contact the Takoma Park Recreation Department if interested (301-891-7282). Team Assignments: K–2nd grade divisions will reflect gender equity based on number of

participants. Special Requests: Requests must be made in writing and submitted through ActiveNet at time of registration, though requests are not guaranteed. Games played at various local school gymnasiums Grades: K-8

8 Week Season Games: Saturdays, January 15-March 5 Resident: \$80 / Non-resident: \$90

#### TEENS

#### DRAMA

#### **Dungeons & Dragons**

They creep through the twilight, quiet as shadows muttering a language long forgotten, a language only spoken by ghosts. Use your imagination and storytelling ability in this classic fantasy role-playing game. Roll dice to cast spells and battle monsters. Creativity and cooperation help the group "survive." Instructor: Dave Burbank Takoma Park Community Center 7500 Maple Avenue Auditorium 12–18 years Thursdays, 4-6 p.m. Thru November 11 Resident: \$55 / Non-resident: \$65

#### **DROP-IN**



**Teen Talk Thursdays** 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. For more information, please contact Leicia Monfort at leiciam@takomaparkmd.gov. \Takoma Park Community Center Teen Lounge 7500 Maple Avenue Grades 6–12 Thursdays, 4:30-5:30 p.m. Thru December 21 Free with membership

#### **EDUCATION & DEVELOPMENT Power Hour**

Take advantage of our homework power hour focusing on academic support. We are the perfect balance of academics and fun. Students are given quiet time to complete homework or to read. Staff

is available to assist and can review the completed assignments. Registration is not required. Takoma Park Community Center Teen Lounge 7500 Maple Avenue Grades 6–12 Ongoing Monday-Thursday 3:30-4:30 p.m. Free

#### **SPECIAL EVENTS**

**Cornucopia Celebration** Join the Teen Program for a night to celebrate a season of gratitude. Participate in creating thankful crafts, silly games, and fun activities. End the evening with a family style dinner courtesy of the Takoma Park Recreation Department's Teen Program. Transportation is not provided. Meet us there! Takoma Park Recreation Center Gymnasium

7315 New Hampshire Avenue Grades 6-12 Friday, 7-9 p.m. November 12 Free with membership

#### **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. Takoma Park Recreation Center 7315 New Hampshire Avenue Grades 6-12 2nd Fridays, 7–9 p.m. November 12 & December 10 Free with membership

#### **Teen Ugly Sweater Holiday Party**

Come out and see who wins the prize for the Ugliest Sweater! The evening will include dreidel games, gingerbread houses, Kwanzaa gift exchange, food, music, fun and more! Transportation is not provided. Meet us there! Takoma Park Recreation Center 7315 New Hampshire Avenue Grades 6–12 Friday, 7–9 p.m. December 10 Free with membership

#### ADULT

Writing Life Stories Do you want to share important life experiences through your writing?

Our stories are part of what makes us human. Whether you are a lifelong writer or a beginner, this class is for you. I will help you to jump-start your memories, organize your ideas and edit your work. We use the book Writing the Memoir by Judith Barrington. Bring a notebook to each class and be ready to have fun! Registration

is required; a link will be provided on your receipt. Instructor: Barbara Rosenblatt Virtual Class 16 and older Wednesdays, 7-8:30 p.m.

Current Session: thru December 8 Next Session: starting in January

### **FITNESS**

\$60

Yassa (African Dance) Yassa means joy. Yassa is



designed to get your heart rate up and boost your cardio endurance while having tons of fun and enjoying international music. Yassa is fun, energetic and most of all keeps you in great shape. Let's Yassa! Takoma Park Recreation Center Gymnasium 7315 New Hampshire Avenue 16 and older 6 Week Session Wednesdays, 6:45–7:45 p.m. November 3-December 15

**RECREATION** Page 7

7315 New Hampshire Avenue

Registration

is Open

Registration

is Open

7-8 Year Division: 12-2 p.m. 9-10 Year Division: 2-4 p.m. 11–12 Year Division: 4–6 p.m.

Winter Basketball League to introduce children



# RECREATION



Virtual class links can be found at takomaparkmd.gov/recreation/vcc.

#### RECREATION

From page 6

#### Piloxing Piloxing is a non-stop, HIIT



your pulse high and your spirits higher. Piloxing uniquely blends the power, speed, and agility of boxing with high-energy dance sequences and the targeted sculpting and flexibility of Pilates. You can expect to burn up to 600 calories per class. Takoma Park Recreation Center Gymnasium 7315 New Hampshire Avenue

16 and older 6 Week Session Saturdays, 9–10 a.m. Thru December 11 (No class 11/27) \$60

#### **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

\*This class will start back up in person at the **Community Center in late January!** Virtual

16 & older New videos uploaded each Wednesday Free

#### **Total Body Blast**

Are you ready to have a blast, get your body in shape and toned? Grab your mat and weights and join KJ

Total Fitness for an all-around workout tailored for beginners to intermediate exercisers. Please work at your own pace and make modifications as necessary. Each class workout will consist of a warm-up, upper body toning, lower body toning, core strengthening, and stretching. Recommended equipment: sneakers, floor mat, handheld weights, training gloves, towel, water Virtual

In Person

& Virtual

16 & older Saturdays, 9-10 a.m. Free

**Iyengar Yoga for Beginners** This class will introduce you to

Yoga as taught by the lyengar Method. This method opens the practice of yoga for

everyone. The use of props and a step-by-step approach teaches alignment and brings strength and flexibility. The basic postures are introduced, and awareness is created in the whole body. As awareness of every part of the body is felt, energy is generated, and the breath is engaged. The aim is to bring into alignment the different parts of the body to associate the breath and mind while releasing tension and stress. Instructor: Tehseen Chettri Takoma Park Community Center 7500 Maple Avenue Dance Studio 18 & older Wednesdays, 6-7 p.m. Thru December 22 Resident: \$180 / Non-Resident: \$210

#### Zumba with Griselda

Drop-In: \$15

Zumba class will be 45 minutes to an hour long (depending on the need). 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. Takoma Park Community Center 7500 Maple Avenue Dance Studio

Thru December 18 Resident: \$65 / Non-resident: \$75 55+

Saturdays, 10:15–11:15 a.m.

16 & older

#### **DROP-IN**



#### **Game Room Open Play**

The game room is available for adults aged 55 and older to play pool, table tennis, basketball arcade and other active games. 55 and older

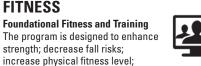
Takoma Park Community Center Game Room 7500 Maple Avenue Ongoing Mondays: 9 a.m.-11:45 a.m. Tuesday-Friday: 9 a.m.-1 p.m. Saturdays: 10 a.m.-12 p.m. Free



weather and join your neighbors and friends for basketball practice. Drop-in, no registration is required. A free fitness pass is required.

55 and older Takoma Park Recreation Center 7315 New Hampshire Avenue Gymnasium Thursdays, 12–2 p.m. November 4-December 16 Free with membership

#### **FITNESS**



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 Virtual

55 and older Tuesdays and Thursdays, 10–11 a.m. November 2-December 16 Free

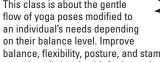
**Enhance Your Fitness** A great total body workout using low-impact, aerobic movement

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

Takoma Park Community Center 7500 Maple Avenue Dance Room Tuesdays, 8:45–9:45 a.m. November 2-December 14

Yoga for 55 plus This class is about the gentle

Free



balance, flexibility, posture, and stamina and energize mind and spirit for better health and wellbeing. No experience needed. Students must bring their own yoga mats. Takoma Park Recreation Center



7315 New Hampshire Avenue Gymnasium 55 and older Tuesdays, 12–1 p.m. November 2-December 14 \$5

#### 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. Students need 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 Takoma Park Community Center 7500 Maple Avenue

Fridays, 12-1:00 p.m. November 5-December 17

#### Walking Group is returning!

Don't worry about the cold weather and join your neighbors and friends for indoor lap walking. Dropin. No registration is required. A free fitness pass is required. Takoma Park Recreation Center 7315 New Hampshire Avenue Gymnasium

#### Join us for **Belly Dancing** starting Jan 27

55 and older Tuesdays, 1:15–2 p.m. November 2-December 14 Free with membership

#### WINTER CLASS REGISTRATION

- Residents with an approved scholarship can begin registering on 12/15/21.
- All other Residents can begin registering on 12/22/21.
- Non-residents can begin registering on 12/29/21.
- On all three dates, registration 1 opens at 9 a.m. in person at our office as well as online via ActiveNet.

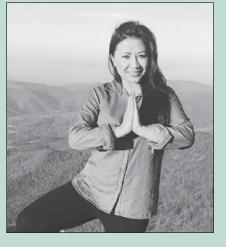


# A

### **Seniors and Boomers, Welcome Back to the Recreation Center!**

Our Fall 2021 season is up and running. Classes are full of patrons moving and grooving in various programs. We've enjoyed socializing with friends and neighbors at the Takoma Park Community Center while getting back to some modicum of normalcy during these trying times. Beginning in November, activities will be added to the 55 plus program schedule at the Recreation Center (7315 New Hampshire Avenue in Takoma Park). Active adults ages 55 and older can participate in a new class, Yoga for 55+, with instructor Sarita Lama, Tuesdays, 12-1 p.m., November 2 - December 14. Registration is required, and the fee is \$5.

Walking group is back! Despite the weather outside, you can join your friends and neighbors for laps around the gymnasium, Tuesdays, 1:15-2 p.m. Free! No registration is required; however, a free fitness pass is required to use the gym. In addition, something else is new. Join others to practice skills and play basketball indoors during Basketball Open Free Play, Thursdays, 12–2 p.m., in the gymnasium. A



Sarita Lama

free fitness pass is required. Masks are required indoors.

More activities to come! If anyone has concerns about the safety of recreation programs, see the Classes and Programs page for information about safety protocols. Mask up and join us!

For more information, visit https:// takomaparkmd.gov/government/ recreation/classes-and-programs.



# LIBRARY



# Director's Column: Cookbooks Are for Everyone

I love cookbooks. I love the actual books as much as I enjoy cooking from them. They are often heavy, substantial volumes, full of beautiful pictures on lovely, thick paper, made to withstand frequent handling. A well-made cookbook can become an heirloom, and the recipes inside them can become tangible things that nourish our bodies and souls.

For the last ten years, I've served on different reading list committees for professional library worker organizations, and this year was my first on the ALA committee that makes recommendations on new cookbooks. For the next three years, I get to review cookbooks and help compile a list of the most essential cookbook releases in each respective year. There is a stack of cookbooks in my office that, at times, has been upwards of three feet high. I must cook at least one recipe from each of them. There is another stack of at least 10 books in my kitchen, each stuffed with bookmarks that are saving recipes I'm excited to make.

The cookbooks I'm vetting often become additions to our collection here at the library because the library is a perfect place to discover cookbooks. Come check out some cookbooks at the library – try some new recipes, learn about different ingredients and foodways, or test out a book to see if you want to buy it for your home collection. Here are some of my personal favorite categories and titles:

Rice

#### Vegetable-, fruit-, and grain-focused books

Not everything has to have meat! Or wheat! And the food can still be *delicious*.



For any Great British Baking Show fans out there, the alpaca on top of my office stack is named Peru Leith, and I'm getting her a Paul Holly-wool partner this fall.



- *Rice* by Michael Twitty centers an ingredient that is often treated as a "side" by demonstrating its importance to cuisines and cultures around the world and offering recipes that show why it is essential.
- Plenty More: Vibrant Vegetable Cooking from London's Ottolenghi by Yotam Ottolenghi has some of my favorite salads ever. Some of the recipes are a little fussy, but they are worth it.
- *Mother Grains* by Roxana Jullapat focuses on heritage and alternative grains, with lots of gluten-free content. The sorghum gingerbread recipe is \*chef's kiss.\*

#### "Do science to it" books

Why does good food taste good? What techniques ensure good results? Science knows.

- Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking by Samin Nosrat uses salt, fat, acid, and heat as the four chief traits that make a dish taste delicious. The buttermilk-marinated roast chicken recipe is famous for a reason.
- The Flavor Equation: The Science of Great Cooking Explained + More than 100 Essential Recipes by Nik Sharma talks about everything from brining to the Maillard reaction to building a pantry. This is a great kitchen reference tool.

#### **Celebration food cookbooks**

Whether you're celebrating a milestone birthday or the fact that it's Saturday and you made it through another week, congratulations are in order. You deserve a cake.

- Dessert Person by
  - Claire Saffitz is full of delicious, sweet recipes. Bonus: Claire Saffitz's YouTube channel walks you through many of the bakes.

COOKBOOKS 🗌 Page 9

#### Hours and Programs

**Library hours are:** Monday-Thursday 10 a.m. – 8 p.m. Friday-Sunday 12 – 6 p.m. **Computer Center hours are:** Monday-Thursday 12 – 8 p.m. Friday-Sunday 12 – 6 p.m.

Masks are required for all indoor activities, and we are asking patrons to limit their time in the library building. For those who prefer not to come indoors, Books-to-Go and Books-to-You are continuing, and the book return bin is still open at all times.

# CALENDAR

We're continuing to offer many 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 password, if any) listed with each program. Registration isn't 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: Join Ms. Kati every Wednesday morning at 10:30 a.m. for an online Circle Time via Zoom! To participate, go to https://zoom.us Click on "Join a Meeting." Then put in this Meeting ID: 995-4901-8825 and Meeting Password: 178851. At Circle Time, we sing songs, have fun with fingerplays and rhymes, and do lots of dancing and movement exercises. We read one book in the middle of the program. **Zoom Comics Jam**: Once a month, generally on the second Wednesday at 4 p.m. The next date is November XX. 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.

Yoga Storytime: Join Ms. Kati on most Sundays at 10 a.m. outside the Takoma Park Recreation Center (7315 New Hampshire Ave.) for a 30-minute Yoga Storytime for 2 and up. Supervised younger siblings are welcome. You are welcome to bring a bottle of water, a towel (optional; to put your mat on top and keep it dry and clean) and yoga mat. There are extra mats available if you need one. Masks are optional outdoors. We do yoga, read a story, enjoy some bubbles, and get a craft-to-go bag. We cancel for bad weather (heat, rain, cold) (no program on Oct. 24).

# **Context** Online Health Reference Center

#### By Jill Raymond

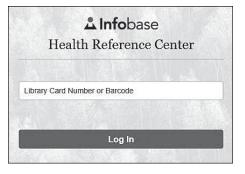
Our Health Reference Center offers lots of reliable resources, either using a plain language search, or by using curated subject offerings. From the library home page, choose online, then research, then Health Reference Center. You will then enter your library card number. If you have trouble with this step, please contact the library.

On the main page across the top are options for focusing your search: **Browse**, **Curriculum Tools**, **Search Options**, and **Sources**. Below, there are videos and sub-collections ("Men's Health," "Teen's Health," "Women's Health," etc.), and on the far-right column are lists of other subcollections under **Diseases and Disorders**. Below that, there are recent videos on topical issues.

If you have a complex question, be sure and look at the search options under Advanced Search, found at the very bottom of the page. You can get a much more precise result using the options there.

Search results offer the ability to limit by the source type under **Narrow Results** (to the right of the results): All Articles; Book Chapter; Definition; Drug Entry; Encyclopedia Entry; Journal Article; Medical Test Entry; Organization.

Let's say you search for rheumatoid arthritis as a phrase in the search field. The database will look for all these forms of article or reference book entry. Of the 656 hits that my search yielded, the first



is a journal article—full text—from 2016. The next several hits are entries from different encyclopedias (*The Encyclopedia of Arthritis, Second Edition; The Encyclopedia of Women's Health, Seventh Edition; The Encyclopedia of the Back and Spine Systems and Disorders*, etc.). But across the top of my search results, I see I have other options: **Images, Videos**, and **News**. When I click on News, I see the first hit out of 474 is dated 10/11 (I'm searching on 10/14, so that's recent.), and it is from Reuters News Service.

If you can't find much information on a topic, try different words for it, for example COVID, COVID-19, and coronavirus all yield different numbers of results. This database really offers an enormous wealth of information, and it's not hard to search. But you do want to look at, and maybe test out the options a bit to find out what yields the best results for what you need to find.



ACIDHEAT

#### COOKBOOKS

From page 8

- Celebrate with Kim-Joy: Cute Cakes and Bakes to Make Every Occasion Joyful by Great British Baking Show finalist Kim-Joy is the cutest and baking through it is so fun.
- Cannelle et Vanille: Nourishing, Gluten-Free Recipes for Every Meal and Mood by Aran Goyoaga proves that dessert does not have to have wheat to be satisfying and enjoyable. Her recipe for French macarons is my favorite.

### Learn some history while you cook:

Food is historical and political and has context because it comes from human hands that have prepared it. Books that BRESS N N A M

acknowledge this feed your brain as well as your body. Here are some cookbooks that have taught me about more than how

# **Listen to This!**

By Kati Nolfi, Children's Librarian

#### Pizza Toast

Are you, like me, in need of low-stakes entertainment? Something gentle, a little glossy, but still grounded in reality? Then say hello (again) to your friends! Season Two of The Baby-Sitters Club (BSC) on Netflix just dropped October 11 and longsuffering children's literature podcasters Phil (Deep in Bear Country; Klickitcast) and Christy (The California Diarists) put the toast in Pizza Toast as they recap and analyze it. They have already covered Season One, as well as every other iteration of the BSC and related media, including the film adaptations of Harriet the Spy, Matilda, and The Sisterhood of the Traveling Pants. Their conversations are a meandering, but cozy way to spend a Satur-



to prepare the recipes inside.

tations in the region.

• Bress 'n' Nyam by Matthew Raiford is

all about the foodways of the Gullah Geechee people of the Carolina and

Georgia coasts. These recipes represent

a distinct culinary tradition that has

survived thanks to the perseverance of

people descended from enslaved Afri-

cans who were forced to work on plan-

Mister Jiu's in Chinatown by Brandon

Jew and Tienlon Ho is a great course in

the history of Chinese food in Ameri-

ca. It's also full of recipes that require

you to make other recipes to get to the

main recipes that are often a weekend-

long endeavor. If you like a weekend

In Bibi's Kitchen by Hawa Hassan (So-

mali chef) and Julia Turshen details 75

recipes gathered from bibis (or grand-

mothers) from eight African nations

that touch the Indian Ocean. The sto-

ries add so much to the reader's enjoy-

kitchen project, this is for you.

ment of the prepared recipes.

day morning. Each episode is minimally snarky and fully appreciative of the cast, writing, and production values.

The Netflix production has been a delightful mother-daughter show, and the podcast is a safe space for grown-ups to be nostalgic without annoying their kids. Listen to Pizza Toast!

# Friends of the Takoma Park Maryland Library Book Sale!

The book sale is returning on Saturday, November 6. Come out to support the Friends and get some holiday shopping done. The FTPML supports many library programs and events. Join at ftpml.org.

Residents take a look at the selection of titles available at the most recent FTPML book sale.



# As Aging Population Grows, Dance Exchange Supports Artists Working with Older Adults With Help from the City's Community Quality of Life Grant

Each week a dedicated group of older adults gathers online for Takoma Parkbased Dance Exchange's weekly Dance On class. What once made this class exceptional—that most of its participants are upwards of 60 years old—is now more common as the field of creative aging (arts programming designed for older adults) continues to grow. What sets Dance Exchange apart, however, is that creative aging and making connections across generations have been at the heart of the organization's work throughout its 45-year history.

Dance Exchange's experience and leadership in creative aging has long attracted artists looking to grow their knowledge and skills for working with older adults. In recent years, the organization formalized this training in its new Dance On OAC Cohort. Part of Dance Exchange's Organizing with Artists for Change (OAC) Initiative (www.danceexchange.org/organizingwith-artists-for-change) and its Dance On (www.danceexchange.org/creativeaging-and-intergenerational-exchangeprogram) creative aging program, this intergenerational creative workforce development program supports dance artists currently working with or interested in working with older adults. The Dance On OAC Cohort is funded by the National Endowment for the Arts and the City of Takoma Park's Community Quality of Life Grant.

Now in its second year, thanks to ongoing support from the City of Takoma Park and other funders, the Dance On OAC Cohort has welcomed five artists—three of whom live and work in Takoma Park. (Learn more about those artists below!). During the eight-month program, these artists will explore the field of creative aging, learn to tailor dance and creative activities to the diverse needs of older adults, and practice their facilitation skills in online and inperson Dance On classes with Dance Exchange.

The Dance On OAC Cohort represents Dance Exchange's investment in artists as leaders at the intersection of aging and the arts-and its investment in its Takoma Park home. With support from the City, Dance Exchange has partnered with Victory Tower to offer a free monthly movement class to its residents, and people of all ages who live and work in Takoma Park are invited to participate in Dance Exchange's weekly online Dance On Class (Thursdays, 11 a.m. - 12 p.m. ET). Those who want to learn even more about creative aging can also join Dance Exchange's Winter Institute, January 7-9, 2022, a twoand-a-half-day workshop focused on creative tools and practices for working with people across the aging spectrum. To learn more and partner with us, visit danceexchange.org/dance-on.

# 2021-2022 Dance On OAC Cohort







Laurel Victoria Gray

Laurel Victoria Gray is a dance scholar, choreographer, performer, and costume designer, who specializes in women's dances from Silk Road cultures and the Islamic World.

**Jennifer Lane**, a retired Montgomery County Public School educator and arts education advocate, has reignited her love of dance with Dance Exchange.



Nelesi Rodríguez

Leslie Sapp

Jennifer Lane

Madona Tyler LeBlanc is a nurse, educator, poet, and host of the Musical Remedies with the Night Nurse program on Takoma Radio, 94.3 FM.

**Nelesi Rodríguez** is a Venezuelan-born educator and researcher, currently a Ph.D. candidate in the Critical and Cultural Studies Program at the University of Pittsburgh.

> Leslie Sapp is a movement-based story theatre artist, an English Language (EL) Teacher, and Teacher Trainer, an Arts-Integration Specialist, and a massage therapist.





#### THE FIREHOUSE REPORT By Jim Jarboe

#### **Maryland fire deaths**

The Maryland State Fire Marshal Office reported as of October 31, 2021, 52 people have died in fires compared to 51 in 2020.

#### Hot vehicle deaths

As of October 31, 2021, 23 children have died in hot vehicles across the country. Grand total to 906 since 1998. As the driver, it's your responsibility when you leave your vehicle, check the back seat and everyone goes with you.

#### Safety message

If you have any doubt about fighting a "small" fire, just get out! Close the door behind you and call 9-1-1 from the outside.



#### Remembrance of "9-11"

The TPVFD and MCFRS personnel gathered on Saturday morning September 11, 2021, in front of the firehouse to honor the 343 FDNY firefighters that died on 9-11-01. Following remarks by Mayor Kate Stewart and Jim Jarboe, at exactly 8:46 a.m., all the attendees took turns ringing the bell for 343 times. Thanks to all the attendees for making the event an excellent tribute to the fallen Heroes. Also, a special thanks to Steve Novik, Captain Brady Miller and crew, Alvaro Calabia of City TV and staff, and to Tina Willey for her administrative assistance.

—Jim Jarboe, Event Coordinator

# ♣ Passport Services

Passport services are available Monday through Thursday from 9 a.m. to 1 p.m. by appointment only at the Takoma Park Community Center.

To make an appointment, email SofiaV@takomaparkmd.gov or call 301-891-7100. For complete information, visit takomaparkmd. gov/services/passports.



# Editor's note

vous pouvez lire en ligne dans

d'autres langues à l'aide de la

fonction de traduction dispo-

nible 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 sé-

lectionnez la langue souhaitée à

Busque este ícono junto a los

artículos del boletín que puede leer

en línea en otros idiomas usando

l'aide du menu déroulant.

Spanish:

#### 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

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

#### Amharic:

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# And So, We Begin Again: 2021 Thanksgiving, Travel, and Storms

#### By Claudine Schweber, Co-chair, Emergency preparedness Committee

It's a new (not quite) post-covid season. Once again, there's emergency preparedness to think about for Thanksgiving, travel, and storms. Are you ready?

#### Thanksgiving

- Gatherings with family and friends: Yes, it's possible to gather in person with these precautions:
   Make sure all guests are vac
  - cinated.
  - Wear masks when not eating.
  - Wash hands frequently.Sit distanced from each other.
  - Increase ventilation by opening windows a bit.
- **Cooking safety:** Did you know that unattended cooking is the #1 cause of home fires?
  - Keep an eye on what you fry. Never leave cooking food unattended. If you must leave the kitchen, even for a short period of time, turn off the stove.
  - Move items that can burn away from the stove. This includes dishtowels, bags, boxes, paper, and curtains. Also keep children and pets at least three feet away.
  - Avoid wearing loose clothing or dangling sleeves while cooking.
  - When frying food, turn the burner off if you see smoke or if the grease starts to boil. Carefully remove the pan from the burner.
  - Turn pot handles to the back of the stove, so no one bumps them or pulls them over.
  - Use a timer to remind yourself that the stove or oven is on. Check the kitchen before going to bed or leaving home to ensure all stoves, ovens and small appliances are turned off.
- For more safety tips, visit www.redcross.org and search Thanksgiving.

#### **Travel Safety**

As in the past, take care of yourself and don't put others at risk.

- Wear a mask when in contact with gas station attendants, store employees, and people in places you encounter on the road. And take extras masks!
- If traveling by air or train, check their requirements, which may include showing proof of COVID vac-



cination or a COVID test 72 hours before boarding. All travelers must wear masks when in airports and train stations as well as on trains and planes.

#### **Storm readiness:**

We've already had a few storms, so be prepared for our future. Here are some reminders:

- Check your Emergency Contact list
  Are the people on it still accessible?
  - Is there one local and one out of area person?
  - Verify your medical list, including doctors, medications, and special health needs. Make sure the contact list people have the most recent information.
  - For more information, visit www.ready.gov/sites/default/files/2021-04/family-emergen-cy-communication-plan.pdf.
  - Prepare for power outages by charging the cell phone in advance; purchasing and testing a portable charger; making sure you have working battery powered lights and extra batteries; keeping light near you, so you're prepared to move around when power goes out; never use lighted candles.
  - Check your battery-powered radio for updates.
  - Use text function on the cell phone since texting uses less bandwidth and is more likely to get through.
  - Check the weather report for your area or where you are headed. Do not get on the road if there's a storm warning.
  - Neighbors helping neighbors: Before the storm begins, check on neighbors who may have a disability, are alone, or need help contacting family and friends.

So, plan and keep these precautions in mind as you go forward. In the immortal words of Yogi Berra: "If you don't know where you are going, you might not get there"

It's easy to contact us at tpepc@takomaparkmd.gov or 301-891-7126.

Join us for Talk of Takoma WOWD/ LP radio 94.3, for "Dear Beatrice Prepared" on the first Sunday of each month.

# It's That Time of Year – Leaves Are Falling

# City encourages residents to consider mulching leaves in place

#### By Daryl Braithwaite, Public Works Director

This year's leaf collection program will resume the previous five-week schedule – taking place beginning November 15 and continuing through December 17. The City will mail the annual leaf collection notice and will have information on the City's website.

Loose leaves raked to the curb are collected via vacuum trucks. These leaves are taken to the Public Works yard where they are ground into smaller pieces. This leaf mulch is then available for residents through self-pick up or delivery for a fee.

While the City does provide vacuum collection for leaves, we strongly encourage residents to consider alternatives, including mulching or composting all or most of the leaves and keeping them in their yards. Information on the best ways to do this is outlined below. Leaves can also be bagged in paper bags and collected on the Monday yard waste collection.

This year's collection will divide the City into five zones with one leaf collection crew per zone. The collection period will take place from November 15 to December 17. Most streets receive collection randomly throughout the collection period as crews pass through their zones. The program will cover every street at least twice during the collection period and usually more often.

**Collection routes with assigned collection dates:** There are five streets that receive collection on scheduled dates due to heavy traffic. These include Carroll Avenue (7000 to 7800 block), Ethan Allen Ave, Philadelphia Ave, which will receive collection on Saturday, Nov. 20 and Monday, Dec 13. Piney Branch Rd. and Flower Ave. (7900 to 8600 blocks) will receive collection on Friday, Nov. 12 and Saturday, Dec. 4.



# Important Guidelines to be followed for leaf collection:

- Place leaves into a pile just behind the curb.Do not rake leaves into the street as the
- leaves can create traffic hazardsDo not include branches, brush, vines,
- rocks, or debris. These items can damage equipment and delay collection
- Do not pile leaves near storm drain inlets. Leaves can block the drains and cause flooding
- Do not park your car in front of a leaf pile during the workday.

**Leaf Collection Hotline:** The Leaf Collection Hotline will be available at 301 891-7626 for residents to report when their leaf pile is at the curb. It is not necessary to report when your leaves are ready, but it is an option.

#### Environmentally beneficial options for managing leaves

Residents should consider more environmentally beneficial alternatives for managing some or all their fall leaves. Less reliance on the city's vacuum collection program could reduce the City's carbon footprint associated with the leaf collection program and its use of diesel and gasoline powered equipment. Residents have several options for managing leaves on their properties:

1. Allow leaves to gather under trees, bushes, and other planted areas to de-

compose over time. Mulch rings can be made from piling leaves under the tree. A depth of three to six inches is ideal for mulch layer around trees, while leaving a space of several inches between the mulch pile and the tree trunk to avoid trapping water that could cause rot. The leaf mulch ring should extend as far out from the tree as possible. A depth of two to three inches of mulched leaves is recommended for flower beds.

- 2. Rake leaves into piles in an area of the property where they can compost in place to be used in the future around the yard. Leaves can be mixed with grass and other organic matter like food waste in a compost bin. Leaves can also be bagged and left to decompose in place for use in the Spring.
- 3. Leaves can be shredded by running

over them with a lawnmower and left in place -- some mowers have a special mulching blade for this purpose. See the information box for more detail on mowing leaves.

4. Residents using a lawn care service can request that they shred the leaves and leave in place or identify locations for large piles to decompose over time, rather than raking them to the curb or removing them entirely.

By using these options, instead of raking leaves to the curb, you can avoid the frustration of having your leaves blow back into your lawn while awaiting collection. Using the City's Monday bagged yard waste program is also a way to avoid delays in collection; however, it does not enable you to get the direct nutrient benefit from the leaves.

#### Mow, mow, mow your leaves!

If your mower has a bag or chute for a discharge outlet, close it up to enable the leaves to get chopped up more finely. To reduce carbon emissions its best to use an electric or battery powered mower. You will want the leaves to be dry. Do not try to mow piles of wet leaves.

A light covering of leaves on the lawn can be mowed over and left in place. This technique is most effective with a mulching mower and when the leaf drop is light, or you can do it frequently.

You may want to use a bagging attachment to assist in transporting chopped leaves. Rake out several inches of leaves into a layer and run them over with the mower. You can then use the bagger to carry the mulched leaves to garden beds, around trees or other areas of the yard where you can store to enable it to decompose further.

If you have a heavier layer of leaves you can follow these steps - run the mower over leaves several times to chop them into small pieces. Lightly rake the chopped leaves into a small pile and then mow that pile a few more times. These shredded leaf pieces can then be raked around the lawn or distributed by blowing them with the mower (reopen open the discharge chute). You don't want the leaf bits to smother the grass. Raking them after they are chopped will help the grass blades stand up and the leaf pieces fall to the soil. If you have a large quantity of leaves, you may want to consider mowing just 25 or 50 percent of them at a time.

#### **ENERGY GRANTS**

From page 3

storage for multifamily buildings and businesses.

- Replacement equipment with high efficiency EnergyStar certified options including air conditioning, heat pumps, water heaters, refrigerators, washing machines, LED lighting
- Solar panels
- Electric vehicle charging equipment

### Low to moderate income homeowners additional eligible projects\*

- Replacement equipment with high efficiency EnergyStar certified options including air conditioning, heat pumps, water heaters, refrigerators, washing machines, LED lighting
   Solar papelo
- Solar panels

• Electric vehicle charging equipment \*To qualify the owner must be a past or current participant in the LMI weatherization grant (See www.edge-gogreen. com/grants)

#### Ineligible projects and expenses

- Any equipment or appliance that uses fossil fuels.
- Electric vehicles (See existing incentives for EVs here mde.maryland.gov/ programs/air/mobilesources/pages/zev. aspx)
- Rain gardens, pollinator gardens, rain barrels, landscaping, compost bins, permeable paving projects, and tree planting.
- Small appliances such as microwaves, vacuums, printers, power tools, lawn care equipment, and coffee makers.
- Home maintenance and repairs such as painting; radon, lead, mold, and asbestos remediation; roofing; siding; etc.
  Payroll and operating expenses

#### **Other requirements**

• **Timeline:** The first review of applications will take place December 8, 2021. Any application received after this date will be considered as funding allows. All funded projects must be completed by June 1, 2022.

- **Green Power:** Grantees must buy 100% green electricity for a minimum of 24 months after grant award. If a rate comparable to Pepco's standard offer is not available, additional funding to offset the difference may be added to the grant award. Grantees must provide proof of green power before grant payments will be issued. https://www. mdelectricchoice.com/
- **Payment and reporting:** Selected grantees may choose to be reimbursed directly after submitting receipts and proof of project completion, or grantees may choose for the City to pay their chosen contractor. The grant may not be applied to recently completed projects; it is for new projects only. All grantees will be required to benchmark using EnergyStar Portfolio Manager and report energy usage or other metric to measure the impact of the grant.
- **Required Stacking incentives:** Additional resources such as expert advice, rebates, incentives, and grants

are available to help you improve the efficiency and comfort of your space. All awardees are required to apply for all applicable grants and rebates before receiving their grant award payment from Takoma Park. However, Takoma Park will not make awards that result in a negative project cost. Visit the City's website or the Montgomery County Energy Connection to find a complete list of resources available from Pepco, Washington Gas, Maryland Energy Administration, Montgomery County Green Bank, and more. For help finding a contractor, please see the Montgomery County Green Bank's list of commercial and residential contractors mcgreenbank.org/partners/contractorpartners.

To read more and download the application, visit takomaparkmd.gov/government/sustainability/grants or email ginam@takomaparkmd.gov with questions.

# **CITY CAREERS**

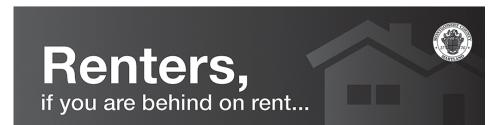
The City of Takoma Park recruiting includes all career staff, part time or temporary staff, interns, and more. The list of open positions changes frequently, so please check **takomaparkmd.gov/careers** regularly for up to date information. The most recent available positions are:

- Recreation Program Assistant Sports to support the City's evening and weekend sports leagues
- Human Resources Generalist to provide high level support to assigned HR functions, programs, and activities for over 200 full- and part-time employees
- Housing and Community Development Coordinator to provide support to the Economic Development, Housing, and Planning divisions
- Senior Accounting Assistant to provide support to the Finance Department, in the areas of accounts receivable, accounts payable, and payroll
- **Crossing Guard** to help ensure the safe streets and passage of our young residents during before and after school hours
- Library Manager Children and Young Adult Services to manage the City library's children's and



young adult service operations. Applications, and details about these and other open positions can be found at **takomaparkmd.gov/careers**. The City of Takoma Park is proud

to be an equal opportunity employer. We strive to be a diverse workforce that is representative of the residents we serve and the area in which we live. We are dedicated to creating an inclusive environment where employees of diverse backgrounds can thrive and make a positive impact in the services we provide.



#### Apply for Rental Assistance – up to \$12,000 available

- Review Eligibility and document requirements at the website www.mc311.com/rentrelief
- Apply for rental assistance online at that site.
- If you need assistance in completing the application, call 311 or 240-777-0311. Landlords also can help complete applications.

#### Call a Support Organization for free help:

- CASA: 301-431-4185
- Housing Initiative Partnership: 301-916-5946
- Latino Economic Development Center: 202-540-7438
- Renters Alliance: info@rentersalliance.org

#### Steps to take if you get a court summons or judgment:

- Call for free help to access rights and protections:
- » Maryland Court Help Center hotline: 410-260-1392 (Mon-Fri, 8:30 a.m. 8 p.m.)
   » Maryland Legal Aid: 888-465-2468
- » Homeless Persons Representation Project : 410-387-3126
- Apply for rental assistance or update your application:
- » If you haven't applied for rental assistance, apply at <u>www.mc311.com/rentrelief</u>. Include a copy or photo of your court summons or judgment (or red-and-white notice) and answer "yes" to the question asking if you have a current hearing notice from the District Court, a Court Judgment or a notice from the Sheriff's office for eviction.
- » If you already applied for rental assistance, send an update about court status to get priority. Send email to: <u>HSS@montgomerycountymd.gov</u> with your rent application case number and a copy or photo of your court summons or judgment (or red-and-white notice on your door).
- Call 311 (240-777-0311) and ask for Housing Stabilization Assistance.
   If you are called to court → Come to court!
  - You must appear in court to present a defense and get your paperwork from Court. Then, ask one of the organizations listed above about the next step you should take.

You cannot be forced to leave your apartment without a court order and the presence of the Sheriff. If you have questions about a notice from your landlord, call 311 (240-777-0311), Office of Landlord-Tenant Affairs.

September 2021

www.montgomerycountymd.gov/renters

# **STAY ACTIVE**

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

Enhance Your Fitness Tuesdays, 8:45–9:45 a.m. 55 & up

**Classic Foundational Fitness and Training** Tuesdays and Thursdays, 10–11 a.m. 55 & up Wednesdays, 10–11 a.m. **Spirit Group Fitness** New videos uploaded each Wednesday

**ReVamp Fit Home Workout** 

**Jazz Dance** Thursdays, 6–7 p.m. 6–13 years

# **COMMUNITY ACTIVITIES**

**Historic Takoma Reading Room** Sundays (first and third) 7328 Carroll Avenue

Visitors will have access to reference books on Takoma and Maryland history, the collection of Takoma Voices and City newsletters, historical journals, and more. Historic Takoma is also hosting the Maryland Reference Collection of the Takoma Park Maryland Library during the library's renovation. Historic Takoma volunteers will be available to answer questions about the collections and Historic Takoma. Reading Room hours will be 1 - 4 p.m. on the first and third Sundays of each month. historictakoma.org

#### VILLAGE OF TAKOMA PARK

Virtual Event Legal Documents That Everyone Should Have

Thursday, November 18, 1–2:30 p.m.

What are the legal documents that everyone should have in place as part of a complete plan? For many of us, a Last Will and Testament comes to mind, but have you thought of such questions as who will be authorized to manage your medical care or your finances if you become incapacitated, whether through age, illness, or accident? Join us for guidance on Wills, Trusts, Powers of Attorney, and Advance Medical Directives. Our presenter will be Bernadette Sweeney, an attorney admitted to practice in DC and Maryland, whose practice includes estate and longterm care planning, disability and public benefits planning, guardianship litigation, and estate and trust administration. This event is free and open to everyone and may be accessed on the internet or by phone. Registration is required. Please go to our website, villageoftakomapark.com/ calendar, or call 301-646-2109, to register and receive access information.

#### Takoma Park Holiday Art Sale

Saturday, December 4, 10 a.m. – 4 p.m. Takoma Park Community Center

The Takoma Park Holiday Art Sale will return for its 15th year. The juried sale will feature 25 vendors selling a wide range of fine art, photography, pottery, jewelry, hand-designed clothing, and other crafts. This popular event is free to the public and masks will be required. Don't miss your chance to get your holiday shopping done early!

#### **Docs In Progress**

Doc In Progress is offering programs ranging from beginner filmmaking and storytelling workshops to workshops for emerging filmmakers looking to polish their skills in camerawork, editing, and more. For more information, visit www.docsinprogress.org/filmmakers

# Important City Department Phone Numbers

City Information	
City Clerk	
Communications	
Finance	
Housing & Community Development	
Library	
Neighborhood Services	
Police	. 301-270-1100 / Emergency 911
Public Works	
Recreation/Facilities Rental	



