

On the DOCKET

Official City Government Meetings

The City Council returns from recess on Monday, January 9. Individuals interested in receiving a weekly Council agenda and committee calendar update by e-mail can sign up by sending an email to clerk@takomaparkmd.gov.

CITY COUNCIL MEETINGS

- Monday, January 9** – City Council Special Meeting, 7:30 p.m. (Community Center Auditorium)
- Wednesday, January 11** – City Council Special Meeting, 7:30 p.m. (Community Center Auditorium)
- Wednesday, January 18** – City Council Regular Meeting, 7:30 p.m. (Community Center Auditorium)
- Monday, January 23** – City Council Special Meeting, 7:30 p.m. (Community Center Auditorium)
- Wednesday, January 25** – City Council Regular Meeting, 7:30 p.m. (Community Center Auditorium)

CITY BOARD AND COMMITTEE MEETINGS

Check the calendar on the City website for the most up to date information. www.takomaparkmd.gov and click on “Events and Meetings.” City boards and committees will be meeting on Zoom during the winter of 2023. After that, they will have the option of continuing to meet on Zoom or may resume in-person/remote hybrid meetings.

BOARD OF ELECTIONS

Thursday, January 12, 7:30 p.m. (Remote/Virtual Meeting)

EMERGENCY PREPAREDNESS COMMITTEE

Thursday, January 19, 7 p.m. (Remote/Virtual Meeting)

GRANTS REVIEW COMMITTEE

Tuesday, January 3, 6:30 p.m. (Remote/Virtual Meeting)

NUCLEAR-FREE TAKOMA PARK COMMITTEE

Tuesday, January 19, 7:15 p.m. (Remote/Virtual Meeting)

POLICE CHIEF’S ADVISORY BOARD

The board will hold a meeting in January however they do not have an exact day or time yet.

RECREATION AND COMMUNITY ENGAGEMENT COMMITTEE

Thursday, January 19, 7 p.m. (Remote/Virtual Meeting)

SUSTAINABLE MARYLAND COMMITTEE

Monday, January 9, 7 p.m. (Remote/Virtual Meeting)

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 as early as possible.

Applications Now Being Accepted for City Boards and Committees

The City Council welcomes residents with all different types of experience and knowledge to apply to serve on boards and committees. Your experience living in Takoma Park and interacting with our community on a daily basis and/or working in your chosen profession can give you what you need to participate.

City boards and committees are appointed by and report to the City Council and focus on a particular priority area. Meetings are open to the public and residents are welcome to observe anytime.

Appointed board and committee members will receive \$40 for each meeting attended.

To apply, go to <https://takomaparkmd.gov/government/boards-commissions-and-committees/>.

The City Council is now accepting applications for the following. **The application deadline is Monday, January 23.**

Arts & Humanities Committee: Focuses on matters relating to the arts and encourages the appreciation and participation of City residents in the arts and humanities.

Emergency Preparedness Committee: Assists in City planning and preparations for emergency operations and engages residents in how to plan, prepare, and recover from emergencies.

Nuclear-Free Takoma Park Committee: The Nuclear-Free Takoma Park Committee oversees implementation of and adherence to the Takoma Park Nuclear Free Zone Act.

Sustainable Maryland Committee (Green Team): Supports City efforts to achieve Sustainable Maryland certification, which in turn helps the City Council to meet its environmental goals and priorities.

Recreation and Community Engagement Committee: Concentrates on serving the varied recreation needs of our residents, emphasizing youth, seniors, and diverse resident backgrounds, on uses of City facilities, and on a wider range of related community needs such as health, leisure, education, enrichment programs.

Board of Elections: Plans and conducts all our City elections in coordination with the City Clerk. The Board also does voter education and outreach in our community and reviews City election laws and procedures after an election to recommend changes as needed.

Commission on Landlord-Tenant Affairs (COLTA): Represents the interest of tenants and landlords and hears cases in matters affecting rental housing in Takoma Park. Landlords and rental property managers are particularly encouraged to apply.

Ethics Commission: Certifies compliance with state and city ethics requirements hears complaints on potential City ethics violations and advises on how the City ethics law applies to covered individuals.

Questions? Contact Jessie Carpenter, City Clerk, jessiec@takomaparkmd.gov or 301-891-7267.

CityCouncilAction

The following resolutions and ordinances were recently approved by the City Council. Only negative votes or abstentions are reported here. Resolutions and ordinances are published online after adoption.

OCTOBER 26, 2022

- Ordinance 2022-44** Authorizing the City Manager to enter into a contract with Collaborative Strategies, LLC, to continue the next phase of its recommended work to help take proactive measures to foster effective decision-making and communications between the City’s elected officials, City Management, and Local 3399.
- Ordinance 2022-45** Rescinding Ordinance 2022-31 which authorized execution of a contract with Paycom. The City and Paycom could not reach an agreement on contract terms for implementation and maintenance of a Human Resources Information System. The City Manager is no longer authorized to enter into a contract with Paycom for the implementation and maintenance of a Human Resources Information System.

NOVEMBER 21, 2022

- Resolution 2022-42** Recognizes Peter Kovar for his service as a Takoma Park Ward 1 Councilmember.
- Resolution 2022-43** Recognizes Kacy Kostiuik for her service as a Takoma Park Ward 3 Councilmember.
- Resolution 2022-44** Recognizes Jarret Smith for his service as a Takoma Park Ward 5 Councilmember
- Resolution 2022-45** Recognizes Kate Stewart for her service as Mayor of Takoma Park and Ward 3 Councilmember.

NOVEMBER 30, 2022

- Resolution 2022-46** Each December, the Mayor calls an annual winter holiday recess to accommodate holiday and vacation schedules of members of the Council. The City Council’s last regular meeting in 2022 will take place on November 30. The City Council’s first regular meeting in 2023 will take place on January 11.

Vacancies on the Police Pension Board

The Takoma Park Police Employees’ Retirement Plan Committee has two vacancies for Takoma Park residents. The seven-member Pension Board meets two to four times each year during business hours. Members have fiduciary responsibility for the Plan. Applicants should be familiar with pensions and/or investments. Contact Jessie Carpenter, City Clerk, at 301-891-7267 or Clerk@takomaparkmd.gov for information or to apply.



Takoma Park News

Send submissions to:
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Questions: Donna Wright Communications Manager
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www.takomaparkmd.gov

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

Building COMMUNITY



Accessory dwelling units (ADUs) are commonly referred to as granny flats, in-law suites, or carriage houses.

So You Think You Want an ADU? Montgomery County Has Answers

On Thursday, December 1, 2022, the Montgomery County Planning Department hosted a virtual information session about the process of developing an accessory dwelling unit (ADU) in Takoma Park. ADUs, also commonly referred to as granny flats, in-law suites, or carriage houses, are smaller, secondary housing units located on the same property as a primary residence. They can take a range of shapes and forms, such as a converted basement, standalone building, or addition above a garage.

The evening presentation, given with support from City Planning and Public Works staff, discussed a high-level overview of the process for building an ADU in Takoma Park, with a special focus on building in the Historic District. As with all building projects in the City, ADU's must go through a development review and permitting process managed by the County. The City has policies around tree protection, stormwater management, and intersections with the public right of way, which may be triggered after the development process has started with the County.

Since 2019, Montgomery County has allowed the construction of ADUs on most residential properties, including in Takoma Park. This small-format style of housing offers solutions to many of the challenges facing the County. ADUs create opportunities for new housing in parts of the County (and City) that are already fully built-out; they can assist the desire for multi-generation families to live closer together or for senior residents to house a caretaker while maintaining a separate space; and due to their generally small size, they are more environmentally sustainable to heat, cool, and electrify than larger, new housing units.

To view the full recording of the presentation and slide deck from the December 1st meeting, visit the City of Takoma Park's 'Development Review' web page. And for more information about building permits and processes, you can reach out to the County's Department of Permitting Services (240-777-0311) or Montgomery Planning's Historic Preservation office for questions about projects in the Historic District (301-563-3400.)

BUDGET AWARD

■ From page 1

work on long-term financial planning and are hoping to have a proposal for the city council in the spring."

The GFOA says that around 1,800 state, city and county governments, as well as special districts, school districts, and more have been recognized for transparency in budgeting.

"We want the budget to be presentable and easy to read for residents," says Cheung. "Finance staff will do a lot of graphs and comparisons and make sure all the information is

presented nicely. The most important part of the Table of Contents is the automated link so you can click the link and navigate the 400-page document and jump directly to the area you'd want to look through. Even if a resident doesn't have a financial background, they should be able to read the budget."

The GFOA represents public finance officials in the U.S. and Canada and strives to advance excellence in public finance, according to its website. For more on the award, visit www.gfoa.org.

To check out Takoma Park's budget, visit takomaparkmd.gov/government/finance/budgets-and-financial-documents.



Flu (Influenzas) and COVID Updates

There has been recent concern for rises in Flu and COVID cases across the United States and increased number of hospitalizations. Flu cases are very high in 45 of the 50 states, but new COVID cases are still considered low in a majority of states based on new cases per 100,000 people. Maryland is considered a very high state along with some of our neighboring states for flu cases, but low for COVID with 91% of the state's population vaccinated for COVID.

People with flu and COVID-19 at the same time can have more severe disease than people with either flu or COVID-19 alone. Anyone who feels sick should stay home and get tested. The flu and CoVid share many of the same symptoms even though they are two separate contagious respiratory illnesses. Common symptoms include:

- Fever or feeling feverish/having chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting
- Diarrhea (more frequent in children with flu, but can occur in any age with COVID-19)
- Change in or loss of taste or smell, although this is more frequent with COVID-19.

As of December 7, 2022, the 7-day aver-



age of weekly new COVID cases (65,569) increased 49.6% compared with the previous 7-day average (43,825). The new variants are very contagious compared to the original COVID virus.

Winter weather will keep many of us inside and closer together. Our best defense to prevent serious illness and hospitalization from the flu or COVID is to get vaccinated, practice good hygiene by washing hands, using sanitizer and coughing into your sleeve. Talk with your health provider if you have questions and seek immediate medical help if you begin to suffer from severe breathing difficulties.

Montgomery County: County officials recommend precautionary measures such as wearing masks to slow transmission, protect the most vulnerable populations, and keep hospitalizations down as COVID-19 cases rise in the region. County cases have steadily risen, doubling since the recent low on November 28.

Free home COVID-19 test kits are now available for every household. Please visit www.covid.gov/tests.

Parking Changes Coming Soon to the Community Center

By David Eubanks, Director of Housing and Community Development

During the redevelopment of the City's library at 101 Philadelphia Ave, the Community Center will remain open and most of the existing City services will continue. Parking at the Community Center, however, will be severely limited for both staff and patrons. The City has prioritized parking at the Community Center for patrons. Below is a map identifying patron parking at the Community Center during construction. Parking restrictions are expected to take effect beginning in mid-January 2023.

City staff will park offsite on various private lots and on public streets within walking distance of the Community Center. To limit the number of staff vehicles on any single street, City staff have been assigned specific streets and, in some cases, specific blocks to park. These streets include the 100 and 200 blocks of Grant Ave., the 7500 block of Maple Ave., Lee Ave., Sherman Ave., and Darwin Ave. Staff will be parked on public streets from approximately 8:30 a.m. to 6 p.m.; Monday through Friday. Staff are expected to begin parking on public streets beginning in mid-January 2023 until the project is complete in Spring 2024.

There will also be several changes along Maple Ave. to accommodate parking during construction. Immediately in front of



the Community Center, adjacent to the bridge and Maple Ave Community Center entrance, parking will be restricted to 15 minutes from 7 a.m. to 9:15 a.m. and 4 p.m. to 6:30 p.m., Monday through Friday. On the adjacent southbound portion of Maple Ave., approximately three parking spaces will be reserved for City-owned administrative vehicles for the duration of construction. Parking restrictions are expected to begin in mid-January 2023.

Stay up to date, visit: <https://bit.ly/tkpkrenovation>

She's been involved in Girl Scouts for the past 10 years and has served as a service unit manager for the past five, mentoring the girls while also coordinating meetings and schedules.

"I want to bring the lessons I've learned from Girl Scouts to the Takoma Park government," she says. "To make the world a better place is what we're always trying to do in Girl Scouts."

Fulcher already has her sights set on a few initiatives she hopes to tackle during her time on the council.

"One of the things I was already interested in doing and heard a lot from city and county council and working with the state is pedestrian safety," she says. "I want people to feel safe walking in the city. Not all crosswalks have the pedestrian lead time, so we want to make that a priority."

She also hopes to expand the council's outreach, especially to lower-income and minority residents.

"I want to engage more with low-income

residents, renters and minorities," she says. "You don't see them as much at city council meetings. So how do you engage them more is something I'm constantly asking myself."

She also hopes to engage with the younger voters in the city. Residents 16 years and older are allowed to vote in Takoma Park's city elections.

"From my experience working with youth, I'm always amazed at what they can accomplish," she says. "Often I would let 16 year olds canvass with me and I'd let them take the conversation lead and talk to the constituents. That they're willing to invest time is incredibly meaningful."

In the end, Fulcher hopes to help build a more inclusive Takoma Park whose government works for everyone.

"Being part of a community is why I live in Takoma Park," she says. "We all value being a part of something bigger."

This article is part of an ongoing series introducing Takoma Park's new city council to its residents. Check back next month for interviews with Councilmembers Randy Gibson and Terry J. Seamens of Wards 3 and 4, respectively.

and adaptation, housing for all of Takoma Park's many diverse residents, city finances in a post-COVID environment, and community outreach.

"The city faces many issues," she says. "Essentially, on the previous council, a lot of our decision were shaped by COVID for obvious reasons. I feel the previous council established the policy groundwork for several issues I care about and I want to continue to pursue those policies."

Dyballa said, during this election cycle, although she ran unopposed, she wanted to get out and reach the community she serves in person.

"I did go door to door and knocked on most doors in the ward," she says. "I found people welcoming and found it very rewarding to be able to reach individuals person-to-person and reconnect with people."

She says she is excited to work with the

new councilmembers to guide the city.

"I am excited and I like this group a lot. All the new people have a lot to offer that will be a big help to the city," she says. "I am very impressed with what they bring. They each bring strength from their experiences and perspective that will be a great combination."

One of the first orders of business for the new council was thanking the previous councilmembers for their service to the community.

"The first thing the council did was an appreciation of the old council and that's a fun little fact that we thanked the folks leaving," she says. "I remember it from when we started and it's a tradition that has continued that really means a lot."

This article is part of an ongoing series introducing Takoma Park's new city council to its residents. Check back next month for interviews with Councilmembers Randy Gibson and Terry J. Seamens of Wards 3 and 4, respectively.

Notice of Final Action - Administrative Regulation Regarding Window Guards

The December 2022 edition of the Takoma Park Newsletter included notice of the City's intention to adopt an administrative regulation regarding installation and operation of window guards. The regulation establishes technical requirements regulating the installation of window guards and provides specific guidance for single or double hung windows. The proposed regulation establishes the process and criteria for variances, and the requirements for tenant notification and education.

The notice of the City's intention to adopt an administrative regulation was published

in accordance with the requirements of the "Administrative Regulations Ordinance" (Authority: Chapter 2.12, Administrative Regulations, of the Takoma Park Code) to allow citizens the opportunity to comment on the proposal. The notice stated that the proposed regulation was available for inspection at the City Clerk's Office. No public comments have been received by the City Clerk's Office since the notice appeared. This notice is to inform residents that the final regulation will become effective on January 15, 2023.

Window Guard Regulations for Rental Units in Takoma Park

Window Guard Requirements

- Must be installed so that a 4" diameter sphere cannot fit through them or must prevent the window from opening more than 4"
- Must be able to bear a load of 150 lbs (specified by the manufacturer)
- Stoppers must be ½ the width and depth of the track and should be securely fastened
- Window guards can be a combination of bars and stoppers such that an opening of more than 4" is impossible
- Tenants can request them at any time, and they must be installed within 14 days of the request

A Window Is Exempt When

- It is not designed to open;
- It is a ground-floor or basement window;
- Windows leading to a fire escape ladder or exterior balcony;
- It contains an air-conditioning unit bolted to the window and does not have gaps of more than 4 inches.

Notification/Compliance Requirements

- Current tenants must be notified by March 1, 2023, that they can request window guards be installed in their unit
- New tenants must be notified as part of the lease agreement
- Tenants must be notified annually by mail or by hand either when you notice a rent increase or go for a renewal (whichever comes first)
- You need to maintain the following information on-site for the City to review
 - An inventory of the models of window guards used;
 - The number of window guards installed in each unit;
 - A statement/affidavit that all window guards meet the requirements of the regulation.

Requesting a Variance

- Variances must be submitted to the Housing Division by filling out the Variance Request Form
- You must provide adequate justification for why your windows cannot meet the standards. Be sure to include photos and drawings to illustrate your situation
- If you are including an alternative window guard, you must include a sample of it in your application

Questions? Contact the Housing Division at Housing@TakomaparkMD.gov or 301-891-7222

Takoma Park Housing Programs

COVID-19 Rental Assistance

Through the American Rescue Plan Act (ARPA), the City is pleased to provide additional funding to residents who are at risk of homelessness. The program provides financial assistance to residents who are behind on rent and make 200% of the federal poverty limit. This program is run in partnership with Ministries United Silver Spring Takoma Park (MUSST). You can reach out for assistance by emailing or texting musst@verizon.net.

Emergency Assistance Program

The City of Takoma Emergency Assistance program provides emergency financial assistance to residents facing a crisis related to housing, utility payments, necessary medical care, provisions of food, or other urgent needs. Residents making 200% of the federal poverty limit are able to apply for funding through the City's partner, Ministries United Silver Spring Takoma Park (MUSST). You can reach out for assistance by emailing or texting musst@verizon.net.

Home Stretch

The Home Stretch Down Payment Assistance Program provides grants to low-and-moderate-income individuals and families to achieve homeownership in the City of Takoma Park, helping build generational wealth in our community. Qualified households can receive a \$10,000, 0% interest loan, of which 20% will be forgiven every year for five years when the loan is fully forgiven. To learn more about the program, please visit <https://bit.ly/TKPKDownPayment> or call the Housing and Community Development at 301-891-7119.

Rental Assistance Program

The Rental Assistance Program provides short-term, ongoing support to residents facing financial difficulties making rent payments. City residents making 200% of the federal poverty limit are able to apply for up to \$350 per month in assistance for three months (for a total of \$1,050 in assistance) so that renters have time to find employment or income to continue to live in their homes. This program is run in partnership with Ministries United Silver Spring Takoma Park (MUSST). You can reach out for assistance by emailing or texting musst@verizon.net.

If you have any questions, please contact the Housing and Community Development Department at 301-891-7119 or email housing@takomaparkmd.gov

Food Resources in Takoma Park

Meals On Wheels (MOW) of Takoma Park/Silver Spring

MOW delivers deliciously prepared meals (one hot and one cold each weekday) to homebound neighbors who cannot get out to get groceries or prepare their own meals easily. The clientele includes individuals with disabilities; people who are ill, recovering, or in medical treatment; and seniors. Meals on Wheels serves regardless of age and on a sliding scale to all income levels.

For MOW food help, call (301) 434-1922 or visit www.mowtakoma.org to learn more and send a request for delivery.

Small Things Matter

Small Things Matter (STM) serves Takoma Park residents in need of food support. Residents must provide a government-issued ID or recent utility bill as proof of residency in Takoma Park. Those who qualify will be invited to pick up food at community distributions two times per month and at Teen Pantry distributions. Small Things Matter delivers produce to Hampshire Tower, Essex House, Maple View, Park Ritchie, Colonnade on the Creek, Edinburgh House, Park View, and Cambridge/Winslow. They also share food with the four community food pantries in the TP/SS neighborhood.

For STM food help, contact Roxanne Yamashita at (202) 669-8550 or rayamashita@yahoo.com.

CHEER

CHEER provides access to health and wellness resources for Takoma Park and Long Branch residents, including assistance with enrollment in SNAP and health insurance programs for eligible individuals. CHEER also offers Diabetes Prevention, Fitness, and Nutrition classes. For individuals with Type 2 diabetes and low access to food, they have a special program to get access to healthy food and personal support for the management of diabetes.

For CHEER help, contact info@communitycheer.org, call (301) 589-3633, or visit their website at <https://www.communitycheer.org/health>.

FRESHFARM

FRESHFARM provides high-quality local produce through a Pop-Up Food Hub (PUFH) at local farmers' markets to deliver healthy, affordable produce to individuals and community organizations, including early care centers, health clinics, senior centers, and school programs. Through the PUFH, FRESHFARM also provides the Market Share Program, a CSA-style produce bag subscription that provides consistent weekly access to fresh produce throughout the season. Market Share shoppers pick up a 10-12 item mixed bag of produce from convenient pick-up sites, subsidized at 75-90% so that shoppers using SNAP, WIC, and SMFNP only spend \$8 a week to feed a family of four (retail value is \$40).

For FRESHFARM help, contact hello@freshfarm.org, call (202) 391-7353, or visit their website at <https://www.freshfarm.org/>.

The ARTS

Four Black Female Artists Highlighted in New Exhibition

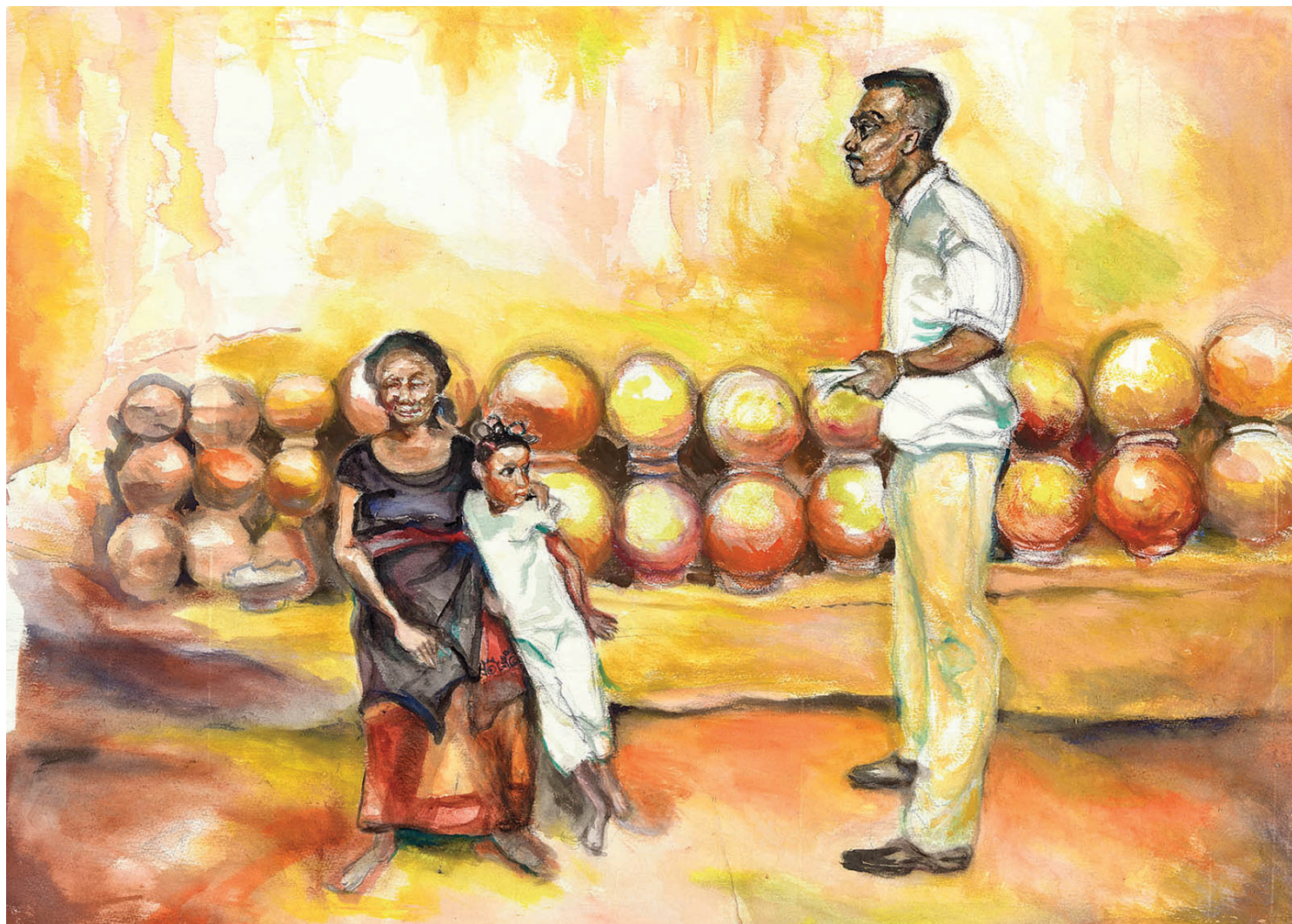
Four Black female artists will share their diverse range of artwork exploring the spiritual world views of African heritage in a new exhibition titled *One Day My Soul Just Opened Up: African-American Women and the Black Sacred Cosmos*.

An opening reception will be held on Thursday, Jan. 12 at 7:30 pm at the Takoma Park Community Center at 7500 Maple Avenue. The featured artists include Debra Jean Ambush, Nikki Brooks, Joan M. E. Gaither, and Anike Robinson.

The exhibition, which is part of the *Takoma Park Arts* series, is curated by Brendan Smith, the City's arts and humanities coordinator. "I usually select the theme for an exhibition, but I asked the artists to collaborate on the focus of this show since the work is deeply personal to them and their collective experiences," he said.

Ambush worked with the other artists to develop the title and theme. "This exhibition will address a distinct variety of viewpoints regarding the notion of a Black Sacred Cosmos, a time-honored reverential space in which the realm of ancestors and the divine inspire resilience and memory among their descendants," she said. "As an expression of how we perceive our sustaining spiritual centers, this convening of an Afro-Futuristic 'visual dance' invites viewers to consider the imprint of the African-centered aesthetic on our daily lives."

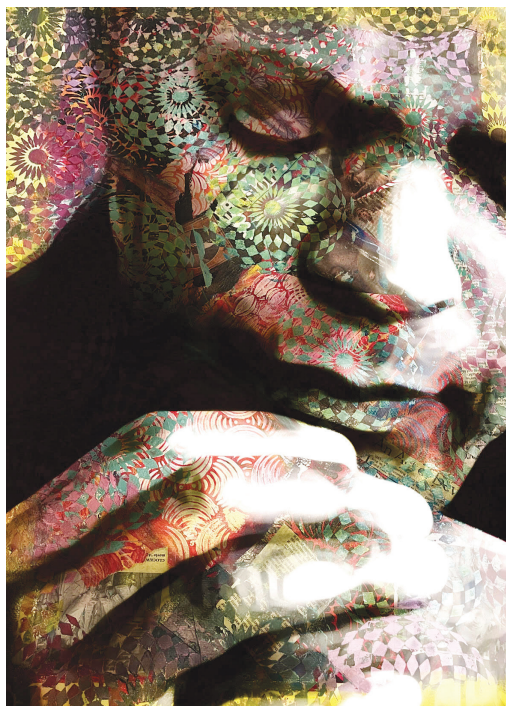
Debra Ambush, PhD, is an artist and researcher who lives in Ijamsville, Md. Through the mediums of printmaking, painting, and mixed media, her figurative and landscape work expresses family nar-



Above: Debra Ambush, *Ghanaian Son*
Right: Joan M. E. Gaither, *My Mentors*



Nikki Brooks, *Abolitionist*



Artwork by Anike Robinson



ratives about her experiences growing up during the Civil Rights Movement, as well as examining the vital importance of family, faith, and heritage as a source of resiliency.

Nikki Brooks, who was born in Brooklyn and raised in Spotsylvania County, Va., creates installations and assemblage infused with digital and audio elements, paintings, sculpted text, and collage. Her work focuses on social activism and art

that encourages viewers to explore the interconnected forms of writing, storytelling, and shared dialogue.

Joan M. E. Gaither, PhD, is a native Baltimorean who helped integrate local schools and businesses during the Civil Rights Movement. In more than 300 quilts, she uses meaningful fabrics, traditional patterns, collaged text, and images to tell narrative personal stories that examine shared heritage and collective histories that need

to be remembered and told.

D.C.-based artist Anike Robinson delves deeply into Black cultures and histories across time and geographies to engage in conversations about home, memory, ritual, representation, and gender. Her *Gris Gris Gurlz* mixed-media series tells the stories of Black people who escaped the death camps of the South for the autonomy of maroon societies.

This exhibition, which will be on view

until March 15, is part of the *Takoma Park Arts* series organized by the City's Arts and Humanities Division. The series includes free art exhibitions, film screenings, poetry readings, concerts, theater, and dance performances at the Takoma Park Community Center. Go to takomaparkmd.gov/arts for more info and to sign up for our e-newsletter.

TOTS

ART

The ABC’s of Art
You’re never too young to make art, so bring your creativity and your curiosity to the ABC’s of Art! Each week we’ll read a fun new story and create a complimentary art project. Drawing, painting, collage and more. Instructor: CREATE Arts Center
Takoma Park Community Center
Azalea Room
7500 Maple Avenue
3-6 years
Saturdays, 12:45-1:30 p.m.
January 21-March 11
Resident: \$125 / Non-resident: \$145

DANCE

Combo Tot Dance
Fun and energizing class for your little ones. This is the introductory foundational class consisting of rhythmic movements, into basic tumbling and various styles of dance. Jam packed with games and toys your little ones your little ones won’t even realize they are learning to dance. Instructor: Dance Solutions
Takoma Park Community Center
Dance Studio
7500 Maple Avenue
3-6 years
Sundays, 12:15-1 p.m.
January 22-March 19
Resident: \$125 / Non-resident: \$145

YOUTH

ART

Creative Youth Development for Elementary Ages
This program integrates artistic expression with youth development principles, supporting young people’s stories, ideas and emotional struggles. This class is designed for youth who want to strengthen their personal, social and intellectual capacities to succeed in school, career and life. Instructor: CREATE Arts Center
Takoma Park Community Center
Azalea Room
7500 Maple Avenue
7-11 years
Saturdays, 12:30-1:15 p.m.
January 21-March 11
Resident: \$125 / Non-resident: \$145

Ceramics - Valentine’s Day Gift Making Workshop
Create brightly colored heart shaped ornaments, boxes and other keepsakes for family and friends over two Saturday mornings. Instructor: Caroline MacKinnon
Takoma Park Community Center
Art Room
7500 Maple Avenue
7 & up
Saturdays, 11 a.m.-12 p.m.
January 21 & January 28
Resident: \$45 / Non-resident: \$55
Materials Fee: \$5

DANCE

Ballet
This 45-minute class focuses on the basics of ballet but highlights advanced concepts including history, stage production, performance etiquette and choreography. Students will explore the history of ballet and practice combinations from various ballet choreographers. Instructor: Charonne Butler
Takoma Park Community Center
Dance Studio
7500 Maple Avenue
5-11 years
Saturdays, 12:30-1:15 p.m.
January 14-February 18
Resident: \$65 / Non-resident: \$75

Dance With Me
A class that provides fun and excitement to everyone. This class allows for everyone to bring a friend or family member to learn fun dances and games in a safe, entertaining and supportive environment. Dance with me caters to youth with differing abilities. Instructor: Dance Solutions
Takoma Park Community Center
Dance Studio
7500 Maple Avenue
5-11 years
Sundays, 11:30 a.m.-12:15 p.m.
January 22-March 19
Resident: \$125 / Non-resident: \$145

MARTIAL ARTS

Kung Fu for Kids
Come learn meditation, self-defense, improved flexibility and self-awareness. This ancient form of self-defense provides physical and mental exercise which could help the students defend themselves by strengthening hand and eye coordination as well as assist with the maintaining of balance. Students will gain physical fitness, mental and spiritual strength. Instructor: Master Robert Thompson
Takoma Park Community Center
Dance Studio
7500 Maple Avenue
4-17 years
Saturdays, 1:30-2:30 p.m.
January 7-March11
Resident: \$170 / Non-resident: \$190
Uniform Fee: \$70

TEENS

ART

Creative Youth Development for Middle Schoolers
This program integrates artistic expression with youth development principles, supporting young people’s stories, ideas and emotional struggles. For many people, this kind of learning is simply not available in their schools. This class is designed for teens who want to strengthen their personal, social and intellectual capacities to succeed in school, career and life. Instructor: CREATE Arts Center
Takoma Park Community Center
Azalea Room
7500 Maple Avenue
12-15 years
Saturdays, 10:15-11:15 a.m.
January 21-March11
Resident: \$170 / Non-resident: \$190

CAMPS

STEM Forward! – Teen Camp
Looking for enriching ways to have fun during the break? Come out to our STEM themed camp where youth will enjoy recreational activities such as outdoor play, sports games, crafts, and more as well as hands on STEM activities in areas such as such as rubber band propelled vehicles, projectile motion challenges, aerospace design challenges, and programming robots to complete tasks. Facilitated by Get Into STEM, Inc.
Takoma Park Community Center
Teen Lounge
7500 Maple Avenue
Grades: 6-12
1 Week Session
9 a.m.– 4 p.m.
April 3-7
Resident: \$150 / Non-resident: \$170

DRAMA & THEATER

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
Auditorium
7500 Maple Avenue
8-18 years
Fridays, 4-5 p.m.
Session 1: January 6-January 27
Session 2: February 3-February 24
Resident: \$60 / Non-resident: \$70

On-stage Acting: Scene Study
Jump into a different world by learning how to transform into a different character in a scene. Students will learn and apply acting concepts from Konstantin Stanislavski and Uta Hagen in order to build a believable character in scene work. In each class, we will warm up together, play some theatre games, experiment with acting techniques and rehearse scenes that are chosen from provided materials. Acting concepts learned in class nurture imagination and go hand in hand with literary analysis and writing skills. Class culminates with a showcase performance on the last class. Instructor: Gretchen Weigel
Takoma Park Community Center
Auditorium
7500 Maple Avenue
10-14 years
Mondays, 4-5:15 p.m.
January 23-March 27
Resident: \$225 / Non-resident: \$255
Materials Fee: \$10

Takoma Park’s Got Talent!
Can you sing, dance, recite poetry, or perform magic? Whatever your talent, we want you to participate! So come, have fun, and show your community your talent! Each Tuesday, youth will have the opportunity to practice with a talent coach and refine your skills. Youth will also receive assistance in putting together their performances, including props and accessories needed. Meetings are as follows: Interest Meeting - January 10. Rehearsals - Tuesdays through February 28
Dress Rehearsal - March 7
Date of Show: Friday, March 10 at 7pm in the Takoma Park Auditorium (7500 Maple Ave)
Takoma Park Community Center
7500 Maple Ave
Grades 6-12
Tuesdays, 4-5:30 p.m.
Free with registration

DROP-IN

Crochet Club
Are you interested in the art of crochet? Ever wondered how to make cool scarves, hats, and other types of clothes with yarn? Or maybe you already crochet and would like to join a community with those of similar interests. Whatever it is, Crochet Club is for you! Here you can learn a new skill while making new friends!
Takoma Park Community Center
Hydrangea Room
7500 Maple Avenue
Grades 6-12
Fridays, 3:30-5 p.m.
January 13-March 3
Free

EDUCATION & DEVELOPMENT

2023 Summer Youth Employment Youth Interest Meeting
Do you know a young person looking for summer employment? The City of Takoma Park has partnered with local businesses and non-profit organizations to provide meaningful job opportunities for teens! The program welcomes teens ages 16-21 (MUST be 16 by June 1, 2023). Participants must also be Takoma Park residents. Registration for the interest meeting and attendance is required in order to participate in the Summer Youth Employment Program; sign up today at: https://bit.ly/tkpkSYEPInfo. For more information, contact Haven Rhodd at 301-891-

7284 or HavenR@takomaparkmd.gov.
Takoma Park Community Center
7500 Maple Avenue
16-21 years
Friday, February 14
6:30-8:30 p.m.
Free

Teen Money Management
This class is all about learning fundamental financial skills to be prosperous in life! By learning the concepts listed below and putting them into practice, participants will be much better prepared when they begin building their own credit history and managing their own money. Concepts include long-term savings, credit, opening a bank account, debt and budgeting. Virtual
Grades 6-12
Mondays, 6-7 p.m.
January 9-February 27
Free

Mind Over Matter: Stress Relief for Teens
Teens are experiencing more stress than ever. But they can learn the tools to release it! In this course participants will learn to recognize and tame stress and strong emotions, cultivate calm and happiness, focus on the present moment with kindness, relax their bodies, and improve their focus. This virtual class will include some movement, discussion and sitting practices. All are welcome to join on Tuesdays and/or Thursdays for a calming experience. Virtual
Grades 6-12
Tuesdays & Thursdays, 5-5:30 p.m.
February 8-March 29
Free

MULTIMEDIA

Art of the Shot-Taking better photos using your cell phone
Start taking the photos you want to take and not the photos your camera thinks you want to take. In this course we will cover the top 8 parts of photography and students will receive tools and formulas that will allow you to start taking great and creative photos. Instructor: Vinny Mwano
Virtual
14 & up
Tuesdays, 6-7 p.m.
January 10-February 28
Resident: \$80 / Non-resident: \$90

ADULT

ART

Crafting Polymer Jewelry Workshop
Learn to design and create one of a kind earring, brooches & necklaces to match your wardrobe and personal style using the amazing versatility and color palettes offered by polymer clay. Instructor: Sharyn Neuwirth
Takoma Park Community Center
Art Studio
7500 Maple Avenue
18 & up
Saturday, 12:30-5:30 p.m.
February 11
Resident: \$140 / Non-resident: \$160

Drawing
The practice of drawing can be both relaxing and enriching. Participants in this class will draw with a variety of materials. Students will be supported by weekly lessons with demos involving proportion and perspective, on-going feedback and critique. Creative cropping, expressive mark making, exploration into limited value or color key and other techniques will be discussed. Personal creativity will be encouraged. Come join the fun and comradery of drawing together and develop a practice that will enhance your life. Beginning to advanced students welcome.

For a full list of our classes and to register visit:
bit.ly/TPRDActiveNet (case sensitive).

RECREATION

RECREATION

■ From page 6

Paper and drawing materials will be available for the \$20 materials fee due on the first day of class. Instructor: Katie Dell Kaufman
Takoma Park Community Center
Art Studio
7500 Maple Avenue
18 & up
Thursdays, 6:30-9 p.m.
January 12-February 16
Resident: \$230 / Non-resident: \$260
Materials Fee: \$20

Painting Exploration

In this beginner class, participants are encouraged to try different materials and methods, as well as explore some of the basic elements of design in their work. Participants will try still life, landscape as well as painting from their imaginations. We will examine paintings by other artists and give helpful feedback to one another in a comfortable setting. Grab a brush and come by the studio to explore painting! A non refundable \$35 materials fee is due to the instructor on the 1st day of class. Instructor: Caroline MacKinnon
Takoma Park Community Center
Art Studio
7500 Maple Avenue
18 & up
Fridays, 10-11:30 a.m.
January 6-February 10
Resident: \$150 / Non-resident: \$170
Materials Fee: \$35

EDUCATION & DEVELOPMENT

Writing Life Stories

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



Barbara Rosenblatt
Virtual
18 & up
Wednesdays, 7-8:30 p.m.
January 11-March 29
Resident: \$105 / Non-resident: \$125

FITNESS



Boot Camp

A total body program that includes a circuit of drills such as jumping jacks, running, push-ups, squats, crunches and weight training. A challenging workout within a quick hour. Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
16 & up
Tuesdays & Thursdays, 6:30-7:30 p.m.
January 10-February 23
Resident: \$105 / Non-resident: \$125

Energy Circles Qi Gong

Energizing simple movements designated to improve health, mobility, flexibility, general happiness and peace of mind. You will develop a daily routine selecting from a variety of exercises that are easy to learn. You will find immediate benefits; invigorating energy systems, opening up joints and relaxing our bodies, minds and spirits. No experience needed to connect with our vital life energies. Instructors: Patrick Smith & Joann Malone
Virtual
18 & up
Tuesdays, 7:30-8 p.m.
January 24-March 14
Resident: \$30 / Non-resident: \$40

Guts & Butts

The special focus of this class is your lower body with emphasis on your core and posture. This class will strengthen and tone your core muscles, working on the back, buttocks and thighs. By combining elements of Pilates, strength training, balance work, resistance bands, and with the stability ball this class is sure to get those abdominal muscles and gluts firmed up and well-toned. Perfect for those students looking to shed pounds, tone, firm and strengthen the body from top to bottom, particularly at the core. Come ready to sweat and burn in all the right places. Instructor: Adrienne Buist
Virtual
16 & up
Wednesdays, 6-6:45 p.m.
Resident: \$30 / Non-resident: \$40



Iyengar Yoga for Beginners

This class will introduce you to Yoga as taught by the Iyengar Method. This method opens up 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 and release tension and stress. Instructor: Tehseen Chettri
This class will be offered on a hybrid basis. You can attend the class in-person or via Zoom.com on the same day at the same time.
Takoma Park Community Center
Dance Studio
7500 Maple Avenue
18 & up
Wednesdays, 6-7:30 p.m.
January 25-March 29
Resident: \$150 / Non-resident: \$170
Drop in: \$15



Ker De Zuri DanXercise Class (Afrobeat/Afro-Ndombolo Dance Class)

A contemporary Afro Dance company specializing in African dancing. Zuri Sana'a

DanXercise's mission is to bring you joy and memories through the art of dance. Zuri Sana'a DanXercise combines hip hop, salsa, dancehall, contemporary and African dance moves within our choreography to create a memorable workout experience. Our moves are feasible and suitable for all ages. Participants will be able to shred calories and learn fun choreography all in one class. Instructor: Khady N'Diaye
Takoma Park Community Center
Dance Studio
7500 Maple Avenue
16 & up
Thursdays, 7-8 p.m.
January 12-March 30
Resident: \$80 / Non-resident: \$90

Zumba

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness. No equipment needed for this class. Instructor: Dance Solutions
Takoma Park Community Center
Dance Studio
7500 Maple Avenue
16 & up
Saturdays, 10:15-11:15 a.m.
January 7-March 25
Resident: \$100 / Non-Resident: \$110
Drop-In: \$15

55+

ART

Art & Crafts with Alice

Brighten the Winter days and get creative. The class meets twice a month to learn a new skill and create different projects. We will cover a variety of quick art and craft projects. Have fun and learn a new skill in each class such as decorating vases, painting ceramic tiles, creating table decorations and a holiday project. Enjoy the supportive and relaxed atmosphere. Instructor: Alice Sims

RECREATION □ Page 11

Class Spotlight: Teen Fitness with Instructor Greg Harris

1. Tell us about your background and how you got into the personal training field.

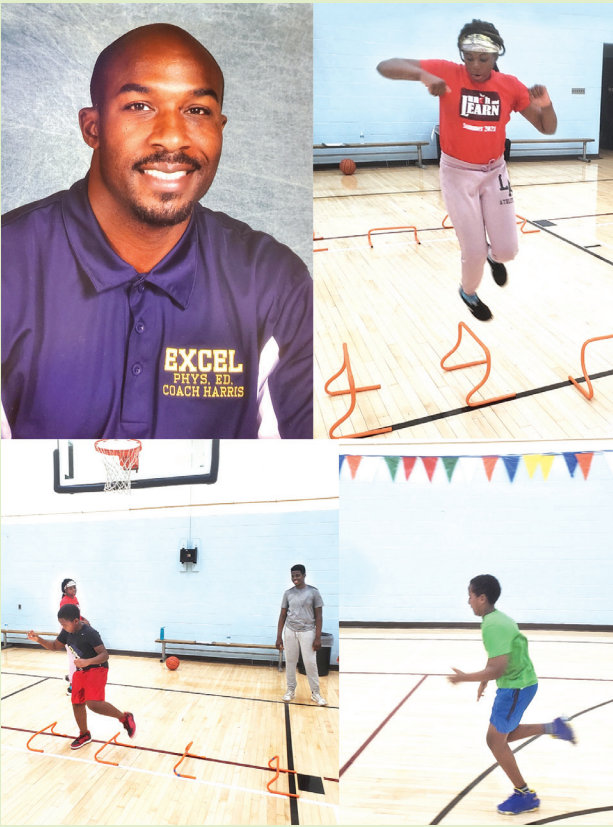
As someone who has been competing since the age of 6, I have a love for fitness and all things related. While trying to achieve the highest level in which I was capable, I studied and researched many subjects in the fitness field including training, nutrition, and movement mechanics to name a few. As my basketball career was coming to an end, I decided to get into the field of personal training. Personal training is a way to help others reach their fitness, athletic, and wellness goals while keeping myself in shape as well.

2. How many years have you been a personal trainer and what age groups do you work with besides teens?

I have been a licensed personal trainer for 14 years. I work with kids from 6 years old up to Seniors. My oldest client is 86 years old. While I like working with the teens, I love working with the Seniors because I feel they recapture some of the energy and abilities they had in their prime athletic years.

3. Why do you think it is important for teens to be involved with fitness?

I think it is important for teens to be involved in fitness because you can establish a base line fitness and establish healthy habits that will stay with you for a lifetime. You can learn to manage stress and regulate your emotions with exercise. It is also a great way to engage with others and form healthy relationships.



Teen Fitness each Wednesday 6:30-7:30 p.m. at 7315 New Hampshire Avenue.

4. What do you hope your students will take away from participating in your class?

I want my students to learn the proper movement mechanics. If they learn the proper mechanics to some fundamental exercises they can build their strength fast, efficient, and safely. Once you know how to do the fundamentals correctly it's almost impossible not to be good.

5. What do students need to bring with them when they register for your class?

This is a great class for teens to participate in because there are only a few things a student needs to bring to class. To participate in teen fitness, you should bring a water bottle, a towel and a good attitude.

6. Can you take us through a Teen Fitness Class?

Our classes start with some light cardio and dynamic movements. A lot of the teens that participate in the class want to play a sport for their school so I emphasize the importance of a good cardio routine. Then I model the proper form for the intended exercise. We cover exercises that involve the four fundamental movement patterns which are: Push, Pull, Squat and Hinge. Once we assess and work on those movements we transition to introducing exercises to progress their abilities and correct their deficiencies. I try to incorporate drills that the class as a whole will enjoy and benefit from after assessing their strengths and areas of growth. I've found that enjoyable exercises with upbeat music makes sixty minutes seem like ten minutes.



LIBRARY

Director's column

Body Positivity and Acceptance in the Face of January

by Jessica Jones

It's that time of year when you turn on a TV, radio, or streaming service to hear someone try to sell you a gym membership, diet plan, or supplement. January is a vulnerable month. We get a "reset," but what can we reasonably expect to change? And why do we so often expect it to be our bodies?

I know that a single article cannot overpower the pervasive messaging of diet culture, but let this be one place where someone says that you don't have to change your body, or aspire to change your body, because it belongs to you, and you are enough.

The late, great Carrie Fisher once said, "My body is my brain bag, it hauls me around to those



places & in front of faces where there's something to say or see."** Allow me to invite you to haul your brain bag to the Library in 2023 to check out some materials that eschew diet culture, have positive messaging, and generally resist exploiting our insecurities.

Reconciling with corporeality:

I saw a tweet the other day

where someone said, "How do I teach my body that my fight or flight response is supposed to be for life or death situations, not answering an email," and it hit home. These books may help to find ways to be more comfortable in your body and navigate the world from within it.

- *Your Body Is not an Apology*, by Sonya Renee Taylor is a book about accepting our physical selves as a way to address social inequality.
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, by Bessel van der Kolk, MD reminds the reader that trauma is not what happens to you, it's how your body reacts to it.
- *Reclaiming Body Trust: A Path to Healing & Liberation*, by

Hilary Kinavey teaches us why and how to develop trust in our bodies, despite the messaging we receive from the outside world.

- *The Myth of Normal: Trauma, Illness, & Healing in a Toxic Culture*, by Gabor Maté, MD - Dr. Maté is not without his critics or controversy, but the way he connects how the body feels with our emotional state is compelling.

Self care in a world that has endless demands of you:

- *Rest Is Resistance: A Manifesto*, by Tricia Hersey - this book is from the Nap Bishop herself. It's also worth following the Nap Ministry on social media if you benefit from regular reminders to take a

break. **raises hand**

- *Notes on a Nervous Planet*, by Matt Haig is a collection of thoughts about modern life by someone who has publicly struggled with mental illness and has found resourceful ways to cope.

If you have a complicated relationship with the concept of "resilience:"

- *Burnout: The Secret to Unlocking the Stress Cycle*, by Emily and Amelia Nagoski, because it's easier to prevent burnout than recover from it.
- *You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience*, by Tarana Burke and Brené

DIRECTOR'S COLUMN □ Page 9

Library and Computer Center hours are:

Monday-Thursday 10 a.m. – 8 p.m.
Friday-Sunday 12 – 6 p.m.

Holiday Closings:

The Library and Computer Center will be closed on January 15th and 16th in honor of Martin Luther King's birthday.

Important Information

- **Our new address is** 7505 New Hampshire Avenue. There is plenty of parking as well as public transportation.
- **To protect** our most vulnerable patrons and staff, the Library strongly



encourages everyone to continue to wear a mask while in the library, even though masks are optional in City facilities now.

- **Books-to-Go** is continuing, and **Books-to-You** (delivery for Takoma Park residents only) is starting back

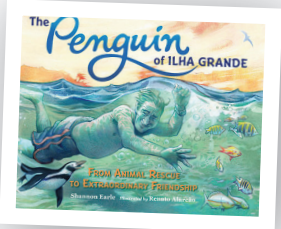
up. Email librarytakomapark@gmail.com to order. The book return bin, now located outside the Police Department on the lower level of the Community Center at 7500 Maple Avenue, is open at all times. Please note: if you are picking up a Books-

to-Go order, please call the library's main number, 301-891-7259.

- **Friends of the Takoma Park Maryland Library (FTPML)** - A big THANK YOU! To the Friends for their holiday book sale. Over \$1,100 was raised for programs and special purchases.
- **The Friends' Book Group** will be reading *Lavinia* by Ursula K. Le Guin in February. *Lavinia* is a rich retelling of part of *The Aeneid*, giving voice to a character who in Vergil's original was a voiceless princess, merely the object of the hero's claims. Look for more information in next month's newsletter.

EVENTS and Programs

Meet the Author - Sunday, January 22nd, 2pm at the interim location, meet local author Shannon Earle, author of *The Penguin of Ilha Grande*, a picture book about an unusual friendship between an oil-soaked penguin and its rescuer, Seu João.



Neighborhood Circle Time has moved to Tuesdays! Join Ms. Kati and/or Ms. Verónica every Tuesday at 10:30 am for Circle Time indoors in our new temporary library. We sing songs, have fun with fingerplays and rhymes, and do many dancing and movement exercises. We read a book in the middle of the program. We have partnered with Carpe Diem Arts to bring Jumpstart to the Library once a month! This month they will join us on January 3rd. If your child has a birthday coming up, please email Ms. Kati at kathrynn@takomaparkmd.gov with the age and day, and we will celebrate!

Canta Juego: Spanish Circle time every Thursday at 10:30 am via Zoom! Join the fun at our weekly Zoom Spanish Circle Time, led by Señora Geiza. In this 30-minute program, kids and adults can sing songs and do rhymes and movement exercises in Spanish. To participate, go to <https://zoom.us/> Click on "Join a Meeting." Then put in this Meeting ID: 959-5178-5847 and Meeting Password: 793725. Sponsored by Friends of the Takoma Park Maryland Library.

Tableros: Board Games / Juegos de mesa Several board games for all ages will be available for play at the Library. Play your favorite games and discover new ones! In person, at our interim location. Saturday, January 7, from 1:00-3:00 PM

Family Yoga Storytime January 29, 11 a.m. Music and movement and a story aimed at children under 6. Mats available. We will meet inside the temporary library location at 7505 New Hampshire Avenue before the opening time on Sundays. Please register!

SKETCH CLUB is back! Join Dave on Thursdays at 4:00 PM for Sketch Club, either in-person at 7505 New Hampshire Ave. or online on Zoom. A mostly unstructured, self-guided 'class'. Kids who like to draw can hang out and work on whatever they feel like drawing. Tips and tricks can be shared as well as drawing prompts for those who 'don't know what to draw'. Kids who feel like sharing can let their work be displayed on the document camera, and observers can offer their thoughts and inspirations based on the work that is being done. This is not a class on how to draw, but a workshop on why to draw and how to not stop drawing and never worry about if something is 'good' or 'bad' so long as you are learning. In person at the new Takoma Park Maryland Library location, and on Zoom, <https://us02web.zoom.us/j/7349136285>

WinterQuest reading program is live! On a cold and windy winter day, you step out to walk around. No snow today, but heaps of leaves are piled all around. The sun is sulking and barely peeks over the horizon today. But the leaves are frisky. You find yourself caught in a

leafnado, a twister of wind that wraps your scarf around you and stuffs leaves into your hood. Come to the front desk to pick up a gameboard and story for the wintry version of our summer reading quest. A self-guided game, to move your character through the adventure you read a different kind of book for each challenge on the board. No pressure, just a fun way to encourage folks to read different sorts of books from our collection. The program will run through the middle of March, so there's plenty of time.

Looking ahead

Meet the Author: Kelly Yang The #1 New York Times Bestselling Author, Kelly Yang, will join us to present her upcoming book *Finally Seen!* Please note that masking will be required at this event. Tuesday, February 28, at 6:00 PM In-Person in the Community Center Auditorium.

Meet the Author: Dennis Desmond, local author, will be presenting his new book *Eddie & the Vegetarian Vampire*, on Saturday, April 1st, at 2:00 PM. In-Person at the Library's Temporary Location at 7505 New Hampshire Avenue.

Día de los niños / Día de los libros Join Takoma Park Maryland Library for its second *Día* celebration. There will be stories, music, and other surprises! Saturday, April 29, from 11:00 AM - 1:00 PM. In-Person, outdoors at Takoma Park Recreation Center (7315 New Hampshire Ave) Rain Plan: Indoors at the Library's Temporary Location.

Listen to This!

by Jill Raymond

Why is This Happening? The Chris Hayes Podcast by MSNBC host Chris Hayes, is worth the listen partly for its name, a question which is on the lips of many of us these days. His guests are either experts in their field or individuals who have delved more deeply into a particular topical question, who are able to explicate, if not entirely resolve, great questions of the day. A recent episode is actually titled



“Why People Are Acting So Weird.” Hayes is a fine journalist and interviewer who loves pushing down into the particulars that explain people, systems, history. His exuberance at exploring the Why of things—

even if the subject matter is doom and gloom—is almost boyish, and certainly contagious. If you find yourself wondering “why is this happening” on a regular basis, as I do, this is a place to go for good company.

DIRECTOR'S COLUMN

From page 8

- Brown teams up two leaders in critical thinking about how we move through the world.
- Fiction that will hopefully leave you feeling better than when you started it:
- *Sourdough*, by Robin Sloan is such a weird and wonderful book. I still haven't decided if it's magical realism or fantasy.
 - *The Martian*, by Andy Weir

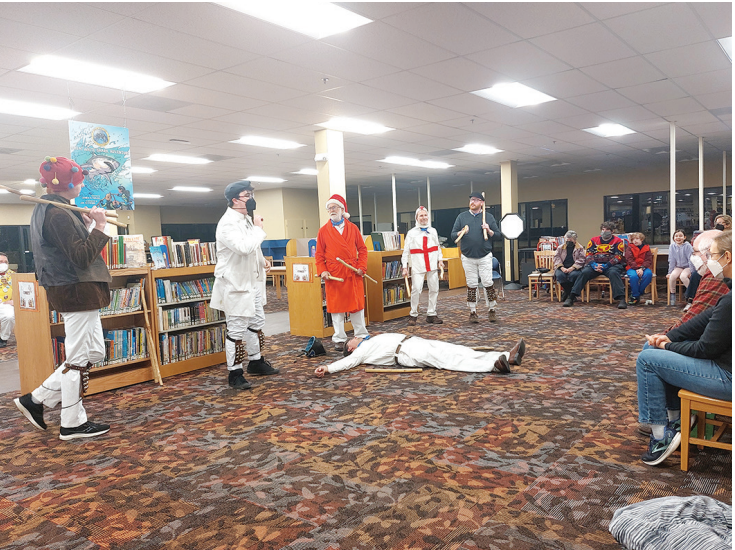
defies sci-fi stereotypes by ending on a high note. If you haven't read this modern classic already, now is a perfect time.

- *A Princess in Theory*, by Alysia Cole has everything I want in a romance novel: healthy skepticism, healthy boundaries, escapism, and more books in the series.

***Source: <https://twitter.com/carrieffisher/status/681769730139492352?lang=en>*



The Rock Creek Morris Women and the Foggy Bottom Morris Men came to the Library to help us celebrate the Winter Solstice.



Noticias sobre los servicios en español

por Verónica Rivera-Negrón

¡Hola, Takoma Park! Ha pasado un año exactamente desde que me uní al equipo de la biblioteca. Me siento muy contenta de trabajar junto a esta comunidad en el desarrollo de servicios para niños y jóvenes.

Una de mis prioridades en este rol ha sido aumentar los servicios en español. Quiero repasar algunos logros de este pasado año, y ofrecer avances de lo que está por venir en este 2023.

¡Gracias, facilitadores-voluntarios, por unirse a El Cuento!

Recibimos 12 solicitudes de miembros de la comunidad que quieren ser facilitadores-voluntarios de *El Cuento*. Este programa utilizará el juego de *Lotería* y cuentos español para conectar con familias hispano-hablantes, así como aquellas que estén aprendiendo el idioma.

En diciembre de 2022, tuvimos la primera reunión de equipo con los facilitadores-voluntarios y pudimos conocernos en persona. ¡Me entusiasmo mucho la buena energía y disposición de este equipo! El amor a la literatura y compromiso con promover el idioma español es evidente.

El equipo de facilitadores-voluntarios estará recibiendo adiestramiento entre los meses de enero y febrero de 2023. En marzo de este año, esperamos comenzar a presentar *El Cuento* al público general.

¿Conoces algún lugar en Takoma Park que podría beneficiarse de este programa en español? ¡Por favor, déjame saber!

¡Talleres en español para padres, madres y cuidadores!

Este mes, estaré co-facilitando talleres para familias de la escuela elemental bilingüe (inglés y español) Rolling Terrace. Mi colega Melissa Strova-Valencia, colombiana y extraordinaria artista de teatro, me ayudará a facilitar talleres sobre cómo hacer la lectura más divertida.

Esta iniciativa tiene



Above: Algunos libros nuevos en español para niños disponibles en la biblioteca.
Below: Jugando Lotería durante Play Day 2022.



como meta fomentar la lectura en más de un idioma. No debemos dejar que en el afán por aprender inglés dejemos a un lado la riqueza de leer en otros idiomas, sobre todo si son nuestras lenguas maternas.

Como bien saben los lectores de esta columna, ¡ser multilingüe es un súper poder! Nuestro cerebro se desarrolla extraordinaria y saludablemente cuando sabemos más de un idioma, lo cual tiene repercusiones positivas en todas las áreas de nuestra vida.

¿Conoces alguna otra escuela que pueda beneficiarse de estos talleres o crees que sería beneficioso hacer estos talleres abiertos al público general? ¡Cuéntame!

¡Más libros nuevos y recomendaciones!

Te invito a pasar por la biblioteca para explorar los nuevos títulos para niños, jóvenes y adultos que hemos adquirido. En el 2023, espero poder adquirir muchos más.

Este año, también desarrollaré listas de libros para que encuentren lo que buscan más fácilmente. Algunas listas que estoy pensando desarrollar incluyen: autores por países de origen, mejores libros para aprender español, con temas como las emociones o la naturaleza, de autores o temas indígenas, entre otras.

¿Qué otras listas te gustaría ver? ¡Por favor, no dudes en enviarme sugerencias!

Con la ayuda de miembros de la comunidad, conectando con escuelas y con mucha literatura nueva, confío en que este 2023 será un buen año para promover servicios en español. ¡Feliz Año Nuevo y Felices Lecturas Multilingües!



Algunos libros nuevos en español para niños disponibles en la biblioteca.



Presentamos El Cuento al aire libre durante el Crossroads Farmers Market

At Your SERVICE



THE FIREHOUSE REPORT



Fire Department members delivered 27 turkey dinners to less fortunate families in our community. We were able to continue the tradition started 28 years ago by former Chief Jimmy Jarboe. Donations received in his memory, along with contributions from the Takoma Park Lions Club, Takoma Park Volunteer Fire Department, and Ladies Auxiliary, made it possible.



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

Amharic:

ከተረጎሙ ይህን አዲስ አበባ የግልጽ መረጃ ለማግኘት ይገባል። በዚህ ገጽ ላይ የተገኙትን አንቀጾች በመጠቀም በታችኛው ገጽ ላይ የተገኘውን አንቀጽ ለመመልከት ይገባል።

Ready or Not...It's 2023!

By Claudine Schweber,
Emergency Preparedness Committee

Something old and something new—being prepared continues.

Something old:

These questions were submitted to WOWD radio Bea(trice) Prepared, (first Sunday of the month) and on listservs.

- I keep reading about car thefts in Takoma Park, and my neighbor told me many of the thefts are from...unlocked cars! Is my neighbor right or is she overreacting? Signed, lock 'm up!

—She's right! Here's an example: from a recent Takoma Park Police bulletin:

"On December 11, at approximately 4:06 am, Takoma Park Police responded to (address) for the report of a theft from auto. Unknown suspect(s) stole property from the victim's unlocked vehicle."

Could this have been avoided? DUH, yes! Lock the vehicle even if it's in a driveway, away from street visibility. Plus, do not leave items visible in the car.

- I've noticed that several folks on my block seem to be away. Why? There haven't been lights in the evening in the houses for several days and it's now midnight! Am I over-reacting? Signed, lights, action..

—Probably not. To prevent burglaries, the Takoma Park Police Department urges us to "Leave lights on when going out at night; use a timer to turn lights on and off (particularly) when you are away for an extended period. Especially lower floor residences"

see <https://takomaparkmd.gov/government/police/crime-prevention/burglary-prevention/>.

- Now that covid is less of a threat, I've been going shopping to malls and grocery stores. I've been told to check exits when I arrive. Is this still necessary? Signed, checking in. YES, YES. Whether it's a fire, pipe leaks, human danger, it's critical to be aware, in advance, of your op-

tions for getting out. So, get back into Safely Exit mode.

Winter Storm Reminder:

Winter storms include freezing rain, snow, sleet, intense winds, blizzards. Pay close attention to the warnings:

Storm Watch = storm coming; Storm Warning= it's arrived or will momentarily—act NOW.

- Stay off roads. If trapped in your car, then stay inside and contact police + your emergency contact list members. Make sure you have water, working flashlights, winter protection kit, batteries and fully charged cell phones—near you!
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Inside: do NOT use lighted candles!! **Install working carbon monoxide detectors on every level of your home.** Carbon monoxide is a colorless, odorless gas that can kill you, your family and pets.
- And more: <https://www.ready.gov/winter-weather>
- ** Sign up for Takoma Park Alert: <https://takomaparkmd.gov/services/takoma-park-alert/>

Something new:

Move Over Law: As of October 1, Maryland motorists are required to 'move over' change lanes or slow down when getting close to a stopped/standing vehicle, especially if there are warning signs such as warning lights, road flares or other signs. Penalty for violation \$110 fine and 1 point on license. <https://tinyurl.com/2bpecz5r>

Be prepared—as Yogi Berra reminded us: It's deja vu all over again! "

Contact us at tpepc@takomaparkmd.gov or 301-891-7126. Listen to Bea(trice) Prepared the first Sunday of each month at 1 pm on WOWD/Talk of Takoma. Email questions to talk@takoma.com



Passport Services

Passport Services are available by appointment only Monday through Thursday from 9 a.m. to 1 p.m. at the Takoma Park Community Center on the second floor. Appointments are required and can be scheduled by calling 301-891-7100. Passport service hours are subject to change without notice. Whenever possible, office closures will be announced on Facebook, Twitter, and the City's website. Please note the following:

- The City of Takoma Park does not process the DS-82 Renewal Application, which is a

mail-in only Application.

- All forms must be written clearly with no mark outs, scratch outs, etc.
- Do not sign your forms before you meet with the Passport Agent.
- The City of Takoma Park has no control over passport processing times.

For additional information, visit takomaparkmd.gov/services/passports. Questions? Email sofiav@takomaparkmd.gov.



City of Takoma Park

Direct Cash Assistance Program

Were you impacted by COVID-19? Apply for one-time financial support.

Eligible low-income households that were negatively impacted by COVID-19 can receive a one-time \$1,000 direct cash assistance through the Takoma Park Direct Cash Assistance Program.

General eligibility criteria for the Direct Cash Assistance Program includes –

- Household income must be less than \$50,000.
- Must be located within the boundaries of Takoma Park, Maryland (address cannot be a PO Box or an address that leads to a shipping center as their physical location).

The Takoma Park Direct Cash Assistance Program is funded by the City of Takoma Park and is administered by FORWARD.



Detailed eligibility requirements and application can be found at https://bit.ly/TKPK_CashAssistance.

Call 1-855-582-3973 if you need assistance with the application.

Scan:



La Ciudad de Takoma Park

Programa de Asistencia Directa en Efectivo

¿Fuiste afectado por el COVID-19? Puedes solicitar por apoyo financiero de una sola vez.

Los hogares elegibles de bajos ingresos que se fueron afectados negativamente por COVID-19 pueden recibir asistencia en efectivo directa de una solo vez de \$1,000 a través del Programa de Asistencia en Efectivo Directo de Takoma Park.

Los criterios generales de elegibilidad para el Programa de Asistencia Directa en Efectivo incluyen:

- El ingreso familiar debe ser menos de \$50,000.
- Debe estar ubicado dentro de los límites de Takoma Park, Maryland (la dirección no puede ser un apartado de correos ni una dirección que sea un centro de envío como su ubicación física).

El Programa de Asistencia Directa en Efectivo de Takoma Park está financiado por la Ciudad de Takoma Park y es administrado por FORWARD.



Requisitos de elegibilidad detallados y la solicitud se puede encontrar en https://bit.ly/TKPK_CashAssistance.

Llame al 1-855-582-3973 si necesita ayuda con la solicitud.

Escanear:



RECREATION

■ From page 7

Takoma Park Community Center
Lilac Room
7500 Maple Avenue
55 & up
4 Session Dates
Mondays, 10-11 a.m.
February 13, February 27, March 13 & March 27
\$6

DANCE

Line Dance
Line Dancing is great physical and mental exercise. Strengthening of bones and muscles, weight loss, increased stamina and flexibility, and stress reduction are just some of the benefits of dancing. Learn how exercise can be fun with music. No experience necessary. Register for one Line Dance class only, not both. Choose the class that fits your schedule. Instructor: Barbara Brown
Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
55 & up
Tuesdays, 10:30-11:30 a.m.
January 10-March 14
Wednesdays, 10:30-11:30 a.m.
January 11-March 15
\$6

Zumba Gold
Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to- follow Zumba choreography that focuses on balance, range of motion and coordination. Register for one in-person Zumba Gold class only. Choose the class that fits your schedule.



Instructor: Yesika Flores
Takoma Park Recreation Center
7315 New Hampshire Avenue
Gymnasium
55 & up
Wednesdays, 11:45 a.m.-12:45 p.m.
January 11-March 15
Fridays, 10-11 a.m. (virtual & in person options)
January 13-March 17
\$6

DROP-IN

Bingo
Come try your luck and win a prize! This is drop-in, no registration required. Host: Paula Lisowski
Takoma Park Community Center
7500 Maple Avenue
Lilac Room
55 & up
Tuesdays, 12-2 p.m.
January 24, February 28 & March 28
Free

FITNESS

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
Virtual
55 & up
Tuesdays, 11 a.m.-12 p.m. ***New time***
January 10-March 14
\$6



Foundational Fitness 55+
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. Have a towel and water bottle nearby.
Instructor: Michael Williams
Virtual
55 & up
Tuesdays & Thursdays, 10-11 a.m.
January 10-March 16
\$6

Qigong

Qigong is meditation via movement, standing and/or seated, that can benefit participants by lowering stress and anxiety, increasing focus and improving balance and flexibility. It combines breathing, gentle movement and meditation to improve good mental, physical and spiritual health. Instructor: Anne Harrison
Takoma Park Recreation Center
Back Activity Room
7315 New Hampshire Avenue
55 & up
Thursdays, 10-11 a.m.
January 12-March 16
\$6

Rhythmic Drumming

Cardio Fitness Drumming lets the rhythmic beat move you through tapping and drumstick clapping while standing, and/or sitting to exercise your mind and body. No drumming experience required. Instructor: Dance Solutions
Takoma Park Recreation Center
Back Activity Room
7315 New Hampshire Avenue
55 & up
Tuesdays, 1:15-2:15 p.m.
January 10-March 14
\$6

Yoga for 55 plus

This yoga class is about the gentle flow of yoga poses modified to an individual's needs depending on their balance level. Improve

balance, flexibility, posture and stamina and energize mind and spirit for better health and well-being. No experience needed. Students must bring their own yoga mats. Instructor: Sarita Lama
Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
55 & up
Tuesdays, 12-1 p.m.
January 10-March 14
\$6

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 yoga belt (or equivalent, e.g., a necktie), a tennis ball, preferably a yoga block and blanket. Instructor: Carol Mermey
Takoma Park Recreation Center
Back Activity Room
7315 New Hampshire Avenue
55 & up
Fridays, 12-1 p.m.
January 13-March 17
\$6

SPORTS

Pickleball Open Play
Join other new players for pickleball practice and play in the Gymnasium. This open play time is geared towards beginner players. Limited paddles are available for use.
Takoma Park Recreation Center
Gymnasium
7315 New Hampshire Avenue
55 & up
Thursdays, 12-2 p.m.
January 12-March 16
Free with registration

Community ACTIVITIES

Takoma Park Farmers Market

Every Sunday, 10 a.m. – 2 p.m.
6931 Laurel Ave.

Come out every Sunday behind the shops on Laurel Ave. for a mix of 25 vendors with seasonal produce, pasture raised meat and eggs, artisan cheese, grains, bread, baked goods, and more. Find breakfast and lunch at the market including empanadas, egg sandwiches, burgers, pastries and more.

Historic Takoma Reading Room

Sundays (first and third)
7328 Carroll Ave.

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

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.

Takoma Spark Open Mic

Tuesdays, 7 – 9:30 p.m.
School of Musical Traditions (7112 Willow Ave)

Hosted by Rob Hinkal of ilyAIMY and sponsored by Institute of Musical Traditions. Signup starts at 6 p.m. Performance slots are two songs or 10 minutes. All musical genres, poetry & all abilities/ages welcome. No amps or drum kits. The evening is also live-streamed on the Rob's Open Mics Facebook and YouTube channels. No refreshments on site, but you are welcome to bring in your own food and non-alcoholic beverages (please support our local restaurants!). For updates, follow Rob's Open Mics on Facebook, or visit www.ilyaimy.com/robsopenmics.

New Year's Day Pajama Brunch

Sunday, Jan. 1, 10 a.m. – 4 p.m.
Busboys & Poets, 235 Carroll St NW, Washington, District of Columbia, 20012

Roll out of bed, and into brunch! Stay in those PJ's, robes and slippers and head over to any one of the Busboys and Poets locations. Serving Brunch at all locations from 10 a.m. – 4 p.m.

Takoma Spark Grand Opening

Saturday, January 7, Noon – 4 p.m.
School of Musical Traditions (7112 Willow Ave)

Come celebrate School of Musical Traditions' relocation to our new studio in Takoma Park. Bring your family, friends, and neighbors. The event will feature performances by SMT teachers and students, light refreshments, meet-n-Greet with the admin team and teachers, day-of discounts for selected lessons and classes and general merriment and good times.

13th Annual Mid-Winter Play Day

Sunday, Feb. 12, 2023
Takoma Park Community Center and Piney Branch Elementary School

Come out for a day of play. There will be face painting, giant chess, indoor bocci, double Dutch, Simon Says with Congressman Jamie Raskin, dress-up, cookie decorations and much more. Music by the Takoma Park Community Band and Silver Spring School of Rock House Band. Visit letsplayamerica.org for more.

Upcoming Takoma Park Police Initiatives

Takoma Park Police Accepting Applications for the 2023 Community Police Academy

The Community Police Academy will begin on Tuesday, March 7! You can now apply online or pick up an application at the Takoma Park Police Department.

The Community Police Academy is a 12-week long program consisting of one class a week on Tuesday evenings from 7:00 pm to 9:30 pm. The classes cover topics such as patrol, traffic enforcement, use of force, criminal investigations, community policing, firearms, etc. The presentations are slide show/lecture style and are given by officers, detectives and civilians of the Takoma Park Police Department. There will also be multiple opportunities for hands-on learning through equipment demonstrations, practical scenarios, field trips and ride-alongs with patrol officers. Field trips include:


- Montgomery County Emergency Operations Center
- Montgomery County Correctional Facility (*pending their COVID tour restrictions*)
- Montgomery County Circuit Court and State's Attorney's Office
- Office of the Chief Medical Examiner
- National Law Enforcement Museum

The Takoma Park Police Department believes that educating the community will result in gaining their understanding and support. Through implementation of the Community Police Academy, the community will gain new insight into how law enforcement officers perform their duties. The success of any law enforcement agency depends largely upon the amount of co-operation and support it receives from the community it serves.

The Community Police Academy is free to the public. Seats are limited to the first 25 students and will be filled based on a first come/first serve basis. The Takoma Park Police Department encourages all applicants to be able to commit to the full 12

Takoma Park Police Department Community Police Academy

2023 Coming up!



weeks to get the most out of the program.

If you are interested in learning about the Takoma Park Police Department and local government, you are 16 years of age or older, and live or work in Takoma Park, you may apply. The applicants may not have any serious misdemeanor or any felony offenses.

Applications for the Community Police Academy are available at the Takoma Park Police Department located at 7500 Maple

Avenue, Takoma Park, Maryland 20912. You may also click the following link, <https://takomaparkmd.gov/government/police/community-policing/community-police-academy/>, fill out the application and submit it electronically to Cathy Plevy: **The deadline to turn in a completed application is Friday, February 17, 2023.**

Any questions about the Community Police Academy can be directed to the Public Information Officer, Cathy Plevy,

at 301-891-7142 or cathyp@takomaparkmd.gov.

Essentials Drive for Montgomery County Animal Shelters

Our Essentials Drive for Montgomery County Animal Shelters starts January 3, 2023!

From Tuesday, January 3, through Friday, March 3, Takoma Park Police will be collecting new/gently used bath towels, beach towels, bathroom rugs, hand towels, wash cloths, blankets, beds, toys & unopened food in an effort to help the Montgomery County Animal Shelters.

Please bring your donations to the Takoma Park Police Department lobby, **7500 Maple Ave, Takoma Park, MD** and we will get them to the animal shelters.

****NOTE: For the safety of the animals, NO fitted sheets, items with zippers or snaps, and/or other fabrics with rips or frayed edges.****

Thank you for your generosity!

Essentials Drive for Montgomery County Animal Shelters

Collecting towels, blankets, beds, toys and unopened food

Drop off at the Takoma Park Police Department lobby, 7500 Maple Avenue, Takoma Park, MD.
We will get everything to the shelters!



Needed: New/Gently used bath towels, beach towels, bathroom rugs, sheets, hand towels, wash cloths and blankets (for the safety of the animals, NO fitted sheets, items with zippers or snaps and/or other fabrics with rips or frayed edges). Also accepting beds, toys and unopened food.

