

# Takoma Park city guide

Fall 2020

CLASSES • PROGRAMS • SERVICES • & MORE!

## YOUR CITY, YOUR VOTE MAIL-IN BALLOT COMING SOON



[takomaparkmd.gov](http://takomaparkmd.gov)

SEE ELECTION  
STORY ON PAGE 8

What's Inside

2020 STAFF  
HOLIDAYS

Veterans Day

Wednesday, Nov. 11

Thanksgiving

Thursday, Nov. 26 -  
Sunday, Nov. 29

Christmas

Thursday, Dec. 24  
at 12:30 p.m. -  
Friday, Dec. 25

Most City offices and  
facilities remain closed  
to the public.

About  
the Cover

The cover highlights  
the upcoming elections  
in Takoma Park when  
residents will vote by mail.



Look for this icon  
throughout the guide,  
which identifies the  
City's green initiatives.



The City of Takoma Park has a new alert system. Takoma Park Alert will deliver important emergency alerts, notifications and updates to you by whichever methods you choose. The Takoma Park Alert system replaces the TP Alerts system. We encourage all residents to sign up. [Learn more at takomaparkmd.gov/alert](http://www.takomaparkmd.gov/alert)

City Facilities (These facilities remain closed to the public.)

Community Center ..... 14  
Book an Event ..... 15  
Recreation Center ..... 16  
Parks ..... 17

City Services

City Leadership..... 3  
Message from the City Manager..... 4  
City Department Directory ..... 5-7  
TBD Vote by Mail Story ..... 8-9  
Public Works ..... 10  
Police..... 11  
Library..... 12-13  
We Are Takoma..... 18-19  
Housing & Community Development ..... 20  
Recreation Department ..... 22-30, 36-38  
    Schedule at a Glance ..... 24  
    Youth ..... 25  
    Teens..... 26  
    Adults ..... 27-28  
    55+ ..... 28-30  
    Partners ..... 31  
    Family Fun..... 36-38  
Back in Business ..... 34-35  
Phone A Neighbor..... 40

ADA



The City of Takoma Park is committed to ensuring that individuals with disabilities are able to fully participate in public meetings and programs. For auxiliary aids or services at a City of Takoma Park event, contact Jessie Carpenter, City Clerk, at [jessiec@takomaparkmd.gov](mailto:jessiec@takomaparkmd.gov) or 301-891-7267 or Maryland Relay Service at 800-735-2258 TTY/ Voice. Two weeks advance notice is requested.



City Council

All legislative powers of the City are vested in a body designated as the Council of the City of Takoma Park, consisting of seven members. Six of these members are elected by ward and are called Councilmembers, and one is elected at large and is called the Mayor. The regular term of the Councilmembers and the Mayor is two years or until their successors have been elected and duly sworn. However, this Council is serving a three-year term. After the November 3, 2020 election, two-year terms will resume so that elections will take place in November of every even numbered year. The newly elected Councilmembers and Mayor will take office on Thursday, November 12, 2020.



**Mayor: Kate Stewart**  
kates@takomaparkmd.gov  
Office hours are by appointment.  
Call Peggye Washington at  
301-891-7230  
or email PeggyeW@takomaparkmd.gov



**Ward 1:  
Peter Kovar**  
240-319-6281  
peterk@takomaparkmd.gov



**Ward 2:  
Cindy Dyballa**  
240-320-6494  
cindydy@takomaparkmd.gov



**Ward 3:  
Kacy Kostiuk**  
240-204-4912  
kacyk@takomaparkmd.gov



**Ward 4:  
Terry J. Seamens**  
240-793-5108  
terrys@takomaparkmd.gov



**Ward 5:  
Jarrett Smith**  
301-960-7462  
jarretts@takomaparkmd.gov



**Ward 6:  
Talisha Searcy**  
202-339-7914  
talishas@takomaparkmd.gov

City Manager

301-891-7229  
suzannel@takomaparkmd.gov

Day-to-day management of the Takoma Park government is overseen by the City Manager. The City Manager is appointed by the City Council, implements the policies they adopt, and proposes an annual budget to the City Council.

To make an appointment with City Manager Suzanne Ludlow or invite her to a community meeting, please contact Executive Assistant Peggye Washington at peggyew@takomaparkmd.gov or 301-891-7230.



**City Manager  
Suzanne Ludlow**

City Public Meetings,  
Boards, Commissions,  
and Committees

City Council Meetings

The Takoma Park City Council three-year term. Meetings are usually held on Wednesdays at 7:30 p.m., unless the City Council is on recess. The Takoma Park City Council generally takes a recess in August and December. City Council meetings are available to watch on City TV Cable and are available to view on the City website live or as archives. The Wednesday meetings include a public comment period.

Open Meetings

All meetings of the City Council and Council-appointed boards, committees, commissions are open to the public unless noted otherwise. All are subject to the Maryland Open Meetings Act. Notice of meetings is provided on the City Calendar.

Meetings will be held remotely for the duration of the public health crisis. For the most current information, visit [www.takomaparkmd.gov](http://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.

Opportunities to Serve

Takoma Park residents have many opportunities to be involved in their government. Serving on a City board, commission, or committee is one way to be involved while providing a service to the community. These groups are advisory to the City Council, and some have specific roles related to conducting hearings or carrying out certain activities: Arts & Humanities Commission, Board of Elections, Commemoration Commission, Commission on Landlord-Tenant Affairs (COLTA), Committee on the Environment, Emergency Preparedness Committee, Ethics Commission, Facade Advisory Board, Grants Review Committee, Noise Control Board, Nuclear-Free Takoma Park Committee, Recreation Committee, Complete Safe Streets Committee, Tree Commission, and Youth Council.

Members are appointed by the City Council. Check the City website to see membership requirements and to find out the specifics of each group’s mandate. Residents are encouraged to sit in on a meeting or two before applying to see if it is a good fit with their interests and skills.

# Message from the City Manager

Dear Residents,

**Welcome to our City Guide!** The City Guide provides a four month look-ahead of classes and events as well as basic information about City services and facilities. During this COVID-19 pandemic, we have struggled a bit about what content to provide. At the time this Guide is being prepared, we simply do not know which City facilities will be open or when.

With those uncertainties in mind, please make sure to go to the City website, [www.takomaparkmd.gov](http://www.takomaparkmd.gov), for current information. Even if City offices are not open to the public, our staff is working to serve you. We respond promptly to phone calls and email messages. And, our Police lobby is always open for emergency services.

While most in-person classes are not being held, we have wonderful online programming being offered by our Recreation Department and Library staff. When we are able to offer in-person classes and services safely, we will do so, and we'll work to get the word out.

**Despite the pandemic, there is one activity that you should not miss – voting!** If you are a resident of Takoma Park, 16 years of age or over, U.S. resident or not, you are eligible to vote in City of Takoma Park elections. The City elections will be held the same day as the Presidential elections, but will be mostly a vote-by-mail election. Most Takoma Park voters will be voting in two separate elections in the same time period – the local City of Takoma Park elections and the Presidential/State/County elections. Information on how to do this is in this Guide, so **Save This Guide**. We want to make sure your votes will be counted and your voice will be heard.

The pandemic has made day-to-day living much more difficult. This is the time to focus on the most important activities, and keeping our democracy working is one of them. One way to show our strong resilience to our current challenges is to vote despite the obstacles!

Finally, I want to let you know how much I value the City staff, the City Council, members of City Boards, Commissions and Committees, and our volunteers. The work and meetings of City government are continuing despite the difficulties and the accomplishments are awe-inspiring.

Our Public Works staff and Police officers have been providing their essential services throughout this health emergency. Our Housing and Economic Development staff have been providing badly needed funds and a hand up to residents and small businesses hurt by the pandemic. Our City Clerk and Board of Elections have been preparing for a changed elections process that was further complicated by the difficulties of voting in person. I think everyone involved is exhausted, but their commitment to Takoma Park is clear and strong.

I hope we will soon return to a standard City Guide with in-person classes and community events listed through the pages. But I think this Guide will show you that we are a wonderful community no matter how we come together!

Suzanne Ludlow  
**City Manager**



Suzanne Ludlow  
City Manager



# City Departments

## Administration

**Takoma Park Community Center  
Third Floor**

**Monday - Friday, 8:30 a.m. - 5 p.m.**  
The Administration Office includes the City Manager, City Clerk, City TV, and Information Systems.

**City Manager:** 301-891-7229  
**City Clerk:** 301-891-7267

## Finance

**301-891-7212**  
**finance@takomaparkmd.gov**  
**takomaparkmd.gov/finance**  
**Monday - Friday, 8:30 a.m. - 5 p.m.**

The Finance Office oversees the City's financial resources, processes payroll, pays bills, collects certain fees, and safeguards and invests City funds.

**Payment of City Fees**  
*Online Payment*

Payments associated with a City-issued invoices may be made online by American Express, Visa, Mastercard and Discover. A convenience fee of 2.9% or \$1.50, whichever is greater, will be charged. E-check transaction users will have a \$1.00 convenience fee charged.

The following fees can be paid online:

- Rental licensing
- Recreation programs
- Parking fines
- Stormwater

For information on other permitting fees, please contact the appropriate department.

*By Mail*  
Finance Department, City of Takoma  
Park, 7500 Maple Avenue, 3rd Floor  
Takoma Park, MD 20912

## Housing & Community Development

**301-891-7119**  
**housing@takomaparkmd.gov**  
**takomaparkmd.gov/government/  
housing-and-community-development  
planning@takomaparkmd.gov**  
**Monday - Friday, 8:30 a.m. - 5 p.m.**

The Housing and Community Development Department is responsible for a wide range of housing, development, neighborhood revitalization, economic development and cultural programming, including Takoma Park Arts (arts@takomaparkmd.gov; takomaparkmd.gov/initiatives/arts-and-humanities).

### Noise Control in the City of Takoma Park

Takoma Park has a noise control law to protect public health and allow for the peaceful enjoyment of property. It provides common sense guidelines for residents and businesses.

While we cannot eliminate noise in our community, we can take steps to control it. Key Provisions of the Noise Control Law:

- Provides day/night sound level limits. (However, a sound level meter measurement is not required to establish a noise disturbance.)
- Establishes a Noise Control Board. The Noise Control Board 1) assists and advises the City on noise control issues, and 2) holds hearings and decides on two-party noise complaints.
- The law does not cover noise from:
  - Aircraft and railroads, motor vehicles on public roadways
  - Emergency operations by police, fire or public utilities
  - City services or City-sanctioned events

### Guidelines for Good Neighbors

- Monitor the volume of televisions, radios, and other sound-producing equipment, especially during nighttime. Pay particular attention to bass controls.
- Use manual tools such as brooms and rakes for cleaning porches, patios, and driveways. Reserve power tools like leaf blowers for large jobs that cannot be done manually.
- Consider the impact of noise from power tools in your home, garage, or outdoors.
- Consider noise control when building, renovating, or buying/renting equipment.
- Check central and window air conditioning units periodically to ensure that they are operating as quietly as possible.
- Do not let dogs bark constantly.

### Noise Disturbances in Multi-Family Buildings

If tactful communications won't solve noise issues between neighbors in apartments, there are options:

1. In rentals, communicate with the tenant association (if applicable), building manager, or owner.
2. In a condominium, communicate with the condo board or building manager.
3. Mediation can be an option IF neighbors are willing to participate.
4. If two units are affected by the noise disturbance, residents can file a two-party noise complaint.

### Businesses Can Be Good Neighbors Too!

During nighttime hours, businesses (especially those near residences) should avoid:

- Construction and landscaping activities
- Loading and unloading goods and materials
- Use of electric sound and public address equipment
- Use of power equipment mounted on motor vehicles

### When Noise Disturbances Don't Stop, You Have Options

*One-Time Disturbance:* While the noise disturbance is happening, call the Takoma Park Police Department at 301-270-1100.

*Ongoing or Persistent Noise Problems:*

Email neighborhoodservices@takomaparkmd.gov or call 301-891-7113 to request that the Neighborhood Services Division investigate a noise complaint.

*Two-Party Noise Complaints and Noise Control Board Hearings:*

Two residents (from different households) can file a written noise complaint and request a hearing. The complaint must be filed within 10 days of a specific noise disturbance.

# City Department Directory

City staff continue to work remotely, but they are available to assist residents by phone and email.

## Human Resources

**301-891-7203**

**hr@takomaparkmd.gov**  
**takomaparkmd.gov/hr**

For an up to date listing of current vacancies and employment opportunities with the City of Takoma Park, visit [takomaparkmd.gov/hr/careers](http://takomaparkmd.gov/hr/careers).

## Police

**911 (fire and rescue)**

**301-270-1100 (emergency)**

**301-270-1100 (non-emergency)**

**police@takomaparkmd.gov**  
**takomaparkmd.gov/police**

**Open 24/7**

Whether online, in person or phone, the Police Department is here to serve the people of Takoma Park.

## Public Works/Infrastructure

**301-891-7633**

**publicworks@takomaparkmd.gov**  
**takomaparkmd.gov/publicworks**  
**Monday - Friday, 8:30 a.m. - 5 p.m.**

The Public Works Department is responsible for the maintenance of City-owned roads, buildings, stormwater management systems, gardens, parks, vehicles, and equipment. The department also provides solid waste collection and recycling services to single-family residential properties in the City and in the various business districts.

## Recreation Department

**301-891-7290**

**recreation@takomaparkmd.gov**  
**takomaparkmd.gov/recreation**  
**Monday - Friday, 8:30 a.m. - 5 p.m.**

The City of Takoma Park's Recreation Department provides recreational opportunities for all ages. Our facilities and programs are intended to refresh and rejuvenate our residents, improve our health and connect us as families and as a community.

**These City facilities remain closed to the public.**

## Takoma Park Maryland Library

**301-891-7259**

**www.takomapark.info/library**  
**facebook.com/takomaparklibrary**

**Library Hours:** Sunday, 12 - 5 p.m.; Monday and Wednesday, 12 - 9 p.m.; Tuesday and Thursday, 10 a.m. - 9 p.m.; Friday - 12 - 6 p.m.; Saturday - 10 a.m. - 5 p.m.

**Computer Center Hours:** Sunday, 12 - 5 p.m.; Monday - Friday, 12 - 8 p.m.; Saturday 12 - 6 p.m.

The Takoma Park Maryland Library is an independent municipal public library. Library cards are free to anyone living in Montgomery County or working or attending school in Takoma Park. Others must pay an annual non-resident library card fee.

## City Facilities

### Heffner Park Community Center

**42 Oswego Avenue Takoma Park, MD 20912**  
**301-891-7290**

**Standard Hours: Monday - Saturday, 9 a.m. - 9 p.m.; Sunday, 10 a.m. - 8 p.m.**

The Heffner Park Community Center features a multi-purpose room with a small kitchenette, restrooms and a water fountain. Rentals will also have access to 30 chairs and 10 tables. .

**\*NOTE: Heffner Park Community Center is open for Recreation Department classes and private rentals only.**



**301-891-7118**  
**cabletv@takomaparkmd.gov**  
**takomaparkmd.gov/citytv**

Watch City TV online or in HD on RCN channel 1060, Comcast's Municipal Broadcast Network 997, or in SD, on channels 13 (RCN Comcast) and 28 (Verizon).

Also find us on ...



Watch City Council meetings, Snapshots, the "We Are Takoma" series and other community events on City TV.


*¡Tenemos programación en Español!*

*¡Visítenos! Somos Takoma y El Barrio También Canta ahora en TeleCiudad.*




Public Works

31 Oswego Ave  
Silver Spring, MD 20910  
301-891-7633  
publicworks@takomaparkmd.gov  
Monday - Friday, 8:30 a.m. – 5 p.m.

 **Food Waste Collection Program**  
The City's curbside food waste collection program is available to single family and multi-family properties with City collection and recycling pickup. Please register at [www.takomaparkmd.gov/publicworks/food-waste-collection](http://www.takomaparkmd.gov/publicworks/food-waste-collection).

 **Large Item Pick Up**  
Heavy items, like appliances, mattresses and furniture, are picked up by appointment only. There is a \$10 charge for the collection of up to three items. Call to schedule a pickup.

 **Electronics and Computer Recycling Drop-Off**  
Bring your old or unwanted electronic equipment to be recycled to the Public Works facility. 8:30 a.m. - 5 p.m., Monday - Friday

 **Trash Carts and Recycling Containers**  
Trash carts are available for sale. Purchase a 96-gallon trash carts for \$58.10 and 64-gallon for \$52.29. Carts have lids, wheels, and handles. Recycling containers are free and available at the Public Works facility for pick up during office hours, Monday through Friday 8:30 a.m. to 5 p.m.

Takoma Park Community Center/Sam Abbott Citizens' Center

7500 Maple Avenue  
Takoma Park, MD 20912  
301-891-7100  
**Standard Hours:** Monday – Thursday, 8:30 a.m. - 9:30 p.m.; Friday, 8:30 a.m. - 10 p.m.; Saturday, 10 a.m. - 6 p.m.; Sunday, 12 - 5 p.m.

Takoma Park Recreation Center

7315 New Hampshire Ave.  
Takoma Park, MD 20912  
301-891-7289  
**See page 16 for more information**  
The Recreation Center is a hidden gem. Once inside you'll discover a basketball gym, fitness room, community programs, and fantastic staff. Please stop by and see for yourself!

Important City Department Phone Numbers

City Information .....	301-891-7100
City Clerk .....	301-891-7267
City Manager .....	301-891-7229
Finance .....	301-891-7212
Housing & Community Development.....	301-891-7119
Library.....	301-891-7259
Neighborhood Services.....	301-891-7113
Police .....	301-270-1100 / Emergency 911
Public Works .....	301-891-7633
Recreation/Facilities Rental.....	301-891-7290



# Your City – Your Vote!

## Takoma Park Vote by Mail Ballots Arriving Soon

The next City Election for mayor and city council will take place on Tuesday, November 3, 2020, the same day as the presidential election, *but please do not wait until November 3 to cast your ballots*. To protect voters and election workers, registered voters of Takoma Park will receive a City election ballot in the mail. For this election to be successful, we need your help.

**First, make sure you are registered.** If you have voted in any recent election from your home address in Takoma Park, and if nothing has changed, you should be fine. If you have moved into Takoma Park recently, or if you have moved to a different address in Takoma Park, take a moment to confirm or update your registration. Visit [takomaparkmd.gov/elections](http://takomaparkmd.gov/elections), email [clerk@takomaparkmd.gov](mailto:clerk@takomaparkmd.gov), or call 301-891-7267.

If you are a Takoma Park resident who will be 16 or 17 years old on November 3, or if you are not a United States citizen, you are still eligible to vote in the Takoma Park election for mayor and city council. Register now, or confirm your registration to be sure you receive your ballot in the mail.

**Absentee Ballots.** If you will be out of town in October and need your ballot to be sent elsewhere, complete an absentee ballot request form, print it, sign it, and return it by mail or email as soon as possible.

### When You Receive Your Ballot:

- **Mark your ballot.** The City of Takoma Park uses ranked choice voting. When there are multiple candidates, voters may rank candidates in order of choice (1, 2, 3). Follow the instructions on your ballot.
- **Prepare to return it.** When your ballot is complete, fold it, and seal it in the ballot envelope. There is an oath printed on the ballot envelope. Sign the oath. After you sign the oath and seal the ballot envelope, insert the ballot envelope into the return envelope. Seal the return envelope.
- **Return your ballot.** Return the ballot by mail or by placing it in a secure drop box in Takoma Park. To be counted, ballots must be received by 8 p.m. on election day. If a ballot is returned by mail, it must be postmarked on or before election day.
- **Ballot drop boxes.** Beginning October 9, completed and sealed ballots may be delivered to a secure ballot drop box at the Takoma Park Community Center, 7500 Maple Avenue, or at the Takoma Park Recreation Center (7315 New Hampshire Avenue). *There will also be a presidential election ballot drop box at 7500 Maple Avenue.*
- **In-Person voting.** There will be in-person voting for the City election only at the Takoma Park Community Center, 7500 Maple Avenue, on election day. This option will be available for residents who did not receive a ballot, who are not yet registered to vote, or for voters who need spe-



- cial assistance. Hours will be 7 a.m. to 8 p.m. with access from the rear parking lot for drive-through and walk-through voting.
- **Information about candidates.** Candidates will be nominated at the Nominating Caucus on Tuesday, September 15. The October issue of the Takoma Park Newsletter will include names, photos, and 500-word statements from all candidates. Watch for information about candidate forums and events to educate yourself about your choices.
- For information, visit [takomaparkmd.gov/elections](http://takomaparkmd.gov/elections).

### Prepare for the City of Takoma Park Election (and for the Presidential Election)

- **For the presidential election,** voters who wish to vote by mail must request a mail-in ballot at the Maryland State Board of Elections website or by returning the application received in the mail.
- **For the City of Takoma Park election for mayor and city council,** registered voters will receive a ballot in the mail. There is no need to request a ballot. However, if you will be out of town between October 9 and November 3, request that an absentee ballot be sent to you at your out of town address.



# ¡Tu Ciudad – Tu Voto!

## Boletas para Votar por Correo para las Elecciones de Takoma Park Llegan Pronto

La próxima elección de Takoma Park para alcalde y concejo municipal tendrá lugar el Martes, 3 de Noviembre de 2020, el mismo día de las elecciones presidenciales, *pero por favor no espere hasta el 3 de Noviembre para emitir sus votos*. Para proteger a los votantes y a los trabajadores electorales, los votantes registrados de Takoma Park recibirán una boleta electoral de la ciudad por correo. Para que esta elección tenga éxito, necesitamos su ayuda.

**En primer lugar, asegúrese de que está registrado.** Si usted ha votado en cualquier elección reciente desde su domicilio en Takoma Park, y si nada ha cambiado, usted debe estar bien. Si te ha mudado a Takoma Park recientemente, o si te ha mudado a una dirección diferente en Takoma Park, tómase un momento para confirmar o actualizar su registro. Visite [takomaparkmd.gov/elections](http://takomaparkmd.gov/elections), envíe un correo electrónico a [clerk@takomaparkmd.gov](mailto:clerk@takomaparkmd.gov) o llame al 301-891-7214 para información en Español.

Si usted es un residente de Takoma Park que tendrá 16 o 17 años de edad el 3 de Noviembre, o si no es ciudadano de los Estados Unidos, todavía es elegible para votar en la elección de Takoma Park para alcalde y concejo de la ciudad. Regístrese ahora o confirme su registro para asegurarse de recibir su boleta por correo.

**Boleta en Ausencia.** Si va a estar fuera de la ciudad en Octubre y necesita que su boleta sea enviada a otro lugar, complete un formulario de solicitud de boleta en ausencia, imprímalo, firme y devuélvalo por correo o correo electrónico tan pronto como sea posible.

### Cuando Reciba su Boleta:

- **Marque su Boleta.** La Ciudad de Takoma Park utiliza el sistema de segunda vuelta de elecciones inmediato. Cuando hay varios candidatos, los votantes pueden clasificar a los candidatos en orden de preferencia (1, 2, 3). Siga las instrucciones de su boleta.
- **Prepárese para Devolver su Boleta.** Cuando su boleta esté completa, dóblela y selléla en el sobre con el juramento impreso. Firma el juramento. Después de firmar el juramento y sellar el sobre, inserte el sobre en el sobre de retorno. Selle el sobre de retorno (gasto de envío es prepagado para su conveniencia).
- **Devuelva su Boleta.** Devuelva la boleta por correo o colocándola en un buzón seguro en Takoma Park. Para ser contado, boletas deben ser recibidas antes de las 8 p.m. el día de las elecciones. Si envía la boleta por correo, debe estar marcado con matasellos en o antes del día de las elecciones.

- **Buzón de Entrega de Boletas.** A partir del 9 de Octubre, boletas completadas y selladas pueden ser entregadas a un buzón seguro en el Centro Comunitario de Takoma Park (7500 Maple Avenue - en el primer piso) o en el Centro Recreativo de Takoma Park (7315 New Hampshire Avenue). También habrá una urna electoral de las elecciones presidenciales en el Centro Comunitario de Takoma Park.
- **Votación en Persona.** Habrá votación en persona para las elecciones de la ciudad sólo en el Centro Comunitario Takoma Park, 7500 Maple Avenue, el día de las elecciones. Esta opción estará disponible para los residentes que no recibieron una boleta, que aún no están registrados para votar, o para los votantes que necesitan asistencia especial. El horario será de 7 a.m. a 8 p.m. con acceso desde el estacionamiento trasero para servicios en su vehículo para su seguridad o en persona si llega a pie.
- **Información sobre Candidatos.** Los candidatos serán nominados en la Reunión de Nominaciones el Martes, 15 de Septiembre. La edición de Octubre del boletín de Takoma Park incluirá nombres, fotos y declaraciones de 500 palabras de todos los candidatos. Esté atento a los foros y eventos de los candidatos para educarse sobre sus opciones. Para información visite la página web [takomaparkmd.gov/elections](http://takomaparkmd.gov/elections).

### Prepárese para las Elecciones de la Ciudad de Takoma Park (y para las Elecciones Presidenciales)

- **Para las elecciones presidenciales,** los votantes que desean votar por correo deben solicitar por una boleta en línea en el sitio web de la Junta Electoral del Estado de Maryland, o devolviendo la solicitud que recibió por correo.
- **Para la elección de la ciudad de Takoma Park para alcalde y concejo,** los votantes registrados recibirán una boleta por correo. No es necesario solicitar una boleta. Sin embargo, si va a salir de la ciudad entre el 9 de Octubre y el 3 de Noviembre, solicite que se le envíe una boleta de ausencia en su dirección fuera de la ciudad.



City Services

Public Works

301-891-7633  
publicworks@takomaparkmd.gov  
takomaparkmd.gov/publicworks

SERVICES

See page 7 in the City Department Directory for a listing of additional services offered.



UPCOMING EVENTS

Bulk Buy Tree Sale

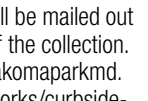
September 14 to October 19.

Receive a \$100 subsidy towards the cost of the first tree purchased. Contact the Urban Forest Manager at urbanforestmanager@takomaparkmd.gov for program details.



Fall Leaf Collection

November 16 through December 18  
Leaf Collection notices will be mailed out to residents in advance of the collection. Details can be found at takomaparkmd.gov/government/public-works/curbside-collection-services/yard-waste-and-fall-leaf-collection.



Holiday Trash Schedule

- Monday, September 7, Labor Day**  
Yard trimming collection is canceled.
- Wednesday, November 11, Veterans Day Observed**  
Wednesday collection of trash, recycling and food waste will take place on Thursday, November 12.
- Thursday, November 26, Thanksgiving**  
Trash, recycling and food waste collection will take place on Wednesday, November 25.
- Friday, November 27, Day After Thanksgiving**  
Trash, recycling and food waste collection will take place on Saturday, November 28.
- Friday, December 25, Christmas Day**  
Trash, recycling and food waste collection will take place on Thursday December 24.

PROJECT HIGHLIGHT

New Bus Shelter Installed at the intersection of Ethan Allen and New Hampshire Avenues

As part of the City's commitment to climate justice and race equity, City Planning staff undertook a comprehensive study of bus stops to improve the public transit options in the City.

Staff highlighted the bus stop at the intersection of Ethan Allen and New Hampshire Avenues as a high-priority location for a bus shelter, with an average of 91 people a day, predominantly people of color, boarding a bus at this location.

This bus shelter was provided free of charge to the City by Insite, the company that manages the advertising on the bus shelters.

City Planning has inventoried all bus stops within the City for ridership numbers and the presence of amenities and created an interactive map showing this information. More information about Bus Stop Improvements can be found on the project page in the City's Project Directory.



Police

911 (emergency) • 301-270-1100 (non-emergency)  
police@takomaparkmd.gov • takomaparkmd.gov/police  
Open 24/7

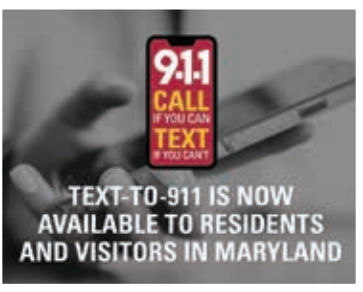


Secure the Call is Supplying Tablets to those in Need

In 2017, Takoma Park Police Department partnered with Secure the Call. Secure the Call is a charity with a single mission; to collect and convert as many old cell phones as possible into 911 emergency access phones. This is done on a national basis, with collections and distributions going on in most states. For more information, visit [takomaparkmd.gov/government/police/services-and-programs/secure-the-call](http://takomaparkmd.gov/government/police/services-and-programs/secure-the-call).

Now, Secure the Call is collecting and distributing tablets as well. Secure the Call has discovered that the community partners who receive their free phones are also requesting tablets. And they never want to say no to anyone in need. During the pandemic, Secure the Call has signed up many hospitals and nursing homes and have been sending them smartphones to be used for communicating with friends and family while in quarantine. As more and more older users are opting for video calls, the need for devices with larger screens has arisen. The goal is to provide as many tablets as necessary to anyone who needs one.

The organization needs iPads, Android tablets and Amazon tablets. Prior to donating, please make sure you remove any device restrictions. For Apple users, that means they need you to delete the iCloud account before you send it in. For Android users, this means the removal of the google account and passcode. For the free U.S. Post Office mailing label, visit [securethecall.org/send-us-phones](http://securethecall.org/send-us-phones) and ship the tablets for free. Thank you for your generosity!



Text to 911 is Now Available to Residents and Visitors in Maryland

If you're experiencing an emergency and are unable to place a voice call, you can send a text to 911. Follow these steps to request emergency services:

- 1. Enter 911 in the "To" line.
- 2. Enter a brief message that includes the location of the emergency and type of service needed – police, fire, or ambulance.
- 3. Hit send.
- 4. Respond to questions from the responding 911 specialist and follow the instructions he or she provides.

Tips for using text-to-911:

- If text-to-911 is not available in your area, or if it is temporarily unavailable, you should receive a message from your carrier letting you know to place a phone or relay call.
- Pictures and/or videos cannot be received by 911 via text.
- If you include another contact on your text, it may not be received by 911.
- English is the preferred language for text; however, some limited translation services may be available.
- Text in short, simple messages; Do not use abbreviations or slang
- Do not text and drive.

**Stay Informed**

To receive notifications directly from the police department, register at [takomaparkmd.gov/police](http://takomaparkmd.gov/police). Notifications include, but are not limited to crime alerts, traffic, weather, missing persons, lost pets, etc. For more information, contact Cathy Plevy at [cathyp@takomaparkmd.gov](mailto:cathyp@takomaparkmd.gov).

Mental Illness: Warning Signs, Symptoms and Resources for Assistance

"Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness."

—National Alliance on Mental Illness (NAMI).

People whose mental health is compromised are at a greater risk of experiencing worsening mental illness as a result of the pandemic, regardless of the type of mental illness. For warning signs, where to seek help, and other resources, visit [www.nami.org/about-mental-illness/warning-signs-and-symptoms](http://www.nami.org/about-mental-illness/warning-signs-and-symptoms).



Victim/Witness Information and Resources

For victim/witness information and resources for Takoma Park (Montgomery County), visit [takomaparkmd.gov/government/police/services-and-programs/victim-witness-assistance-2](http://takomaparkmd.gov/government/police/services-and-programs/victim-witness-assistance-2).

# Takoma Park Maryland Library

301-891-7259  
[www.takomapark.info/library](http://www.takomapark.info/library)

The Takoma Park Maryland Library is one of only two municipal public libraries in Maryland. With a Takoma Park Maryland Library card, you can:

- Borrow print books and magazines, audiobooks and music CDs.
- Access our extensive digital resources, including college and career information, language learning programs, test preparation, and both e-books and digital audiobooks.

## Programs

The Library offers a wide variety of programs for children and adults. To keep up with the latest schedule of library programs, please check our website, [www.takomapark.info/library](http://www.takomapark.info/library), where you can also find our "News" blog, as well as quick links to a few of our upcoming programs and also to city news pages. You also will find a section labeled "programs" that contains information about all of our programs, plus a calendar showing specific program dates. We also post library news and program updates on our Facebook page and Twitter feed. Registration is encouraged or required for some programs (as noted). **To register for programs, please go to [tinyurl.com/tplibraryevents](http://tinyurl.com/tplibraryevents).**

Many library programs are underwritten by the Friends of the Takoma Park Maryland Library. In non-pandemic times, the Friends support three reading groups and hold two to three book sales annually, among other events. More information about the Friends and their activities can be found on their website, [ftpml.org](http://ftpml.org), or their Facebook page ([facebook.com/FTPML](https://facebook.com/FTPML)). In addition to support from the Friends, the library's partnership with Politics & Prose Bookstore—in normal times—allows us to offer programs featuring top-notch authors and illustrators for children and adults.

ALL PROGRAMS ARE VIRTUAL UNLESS OTHERWISE NOTED.

## Weekly Programs

The library building is closed, so most of our programs are now online via Zoom. To participate, go to <https://zoom.us>. Click on "Join a Meeting" and put in the Meeting ID (and Meeting PW, if any) listed with each program. Please note that the Zoom Meeting ID and Meeting PW may occasionally change, so get the most up-to-date by going to our program calendar: [www.tinyurl.com/tplibraryevents](http://www.tinyurl.com/tplibraryevents).

Also, 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](http://www.tinyurl.com/tplibraryprograms). Please refresh your browser first as our line-up has recently changed, and also please make sure you register for the "Zoom" version of these programs.

Finally, we may add programs as time goes on, so remember to regularly check our program calendar! Bookmark our Program Calendar (<https://bit.ly/329zk60>) to keep up with all of our programs.



**Circle Time** Tuesday mornings at 10:30 a.m.  
Meeting ID: 995-4901-8835; Meeting Password: 178851



**Comics Jam** Wednesday afternoons at 4 p.m.  
Meeting ID: 734-913-6285



**Spanish Circle Time** Thursday mornings at 10:30 a.m.  
Meeting ID: 966-2757-5745; Meeting Password: 437375.



**Outdoor Yoga Storytime**, Saturdays at 9 a.m. (through October)

On the lawn of the Takoma Park Recreation Center,  
7315 New Hampshire Ave., Takoma Park

The number of participants is limited for social distancing, so registration is required. The program is geared to kids ages 3 up and their grown-up, and it will be canceled in the event of inclement weather.



**Sketch Club/Scribbler's Cabal** Friday afternoons at 4 p.m.  
Meeting ID: 734-9136285 (same as for Comics Jam)

## Accessing Audiobooks

For streaming audiobooks, go to Book Cloud for teens or AudioBookCloud for adults. Also, Tumblebooks for kids offers "read along" versions of some picture books.

For downloadable audiobooks, go to Hoopla, which has digital offerings for kids, teens and adults. Hoopla requires a bit of set-up; basically, you set up an account with your library card and then you are good to go! Hoopla also has an app version for your phone so you can listen to audiobooks – or music! – on the go.

To access audiobooks and other digital resources, go to: [www.takomapark.info/library](http://www.takomapark.info/library). Click on the "online" button at the top of the page, and you can have fun exploring our great collection of digital resources!

Some resources may require you to enter your library card number, so have it handy.



# Check Out our Books-to-Go Service!

We're delighted to offer our curbside service, but please note that this system remains a work-in-progress, and if needed, we may make changes.

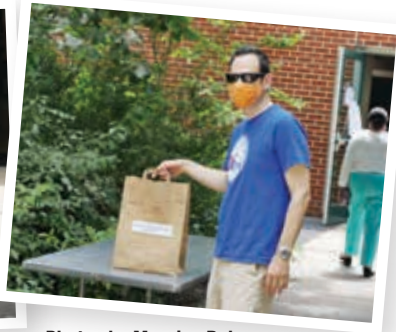
Here are the basics:

**1. If possible, check your account online before you request books.**

To check out books, all overdue books on your library card first must be returned! **Note:** Once you return your books in the book-drop, they are quarantined for four days, and only then are they checked in, so books will still appear on your account for a few days after you've returned them.

**2. We'll be taking book orders by email (strongly preferred) and phone.**

Emails can be sent any time, of course. Phone requests can be made Mondays and Wednesdays 10–12 and 4–6, and Saturdays, 10–12.  
Email for book requests: [librarytakomapark@gmail.com](mailto:librarytakomapark@gmail.com)  
To request kids/teen books, call: 301-580-0085  
To request adult books, call: 240-507-0229



Photos by Maurice Belanger

**3. Before requesting books, please check our catalog,**

<https://takoma.bywatersolutions.com> to see if we have the book, and if it is available. If it is checked out, you will see — in red letters — CHECKED OUT.

**4. Patrons are limited to five books per order.** There are also limits on the total number of items you can have checked out at one time.

**5. When you request books, by email or phone, we will need your name plus either your birthday (month and day) or the last 4 digits of your library card number.**

We need this information, so we can call up your account, and also to ensure you get the books you order. For an email request, this information should go in the subject line, along with an indication as to whether you are asking for adult books or children's/teen books.

**6. Once we have fetched your books, we'll give you a pick-up window.** Regular pick-up times will be Mondays and Wednesdays, 12–2 and 6–8, and Saturdays, 12–3.

**Note:** We will fulfill the requests in the order received, and it may take a few days before we get to yours.

**7. Call when you get to the Library.** The number to call is 301-580-0085. We'll bring out your books and leave them on a table for you to pick up.



### Email Requests

The email for book requests is [librarytakomapark@gmail.com](mailto:librarytakomapark@gmail.com).

- The subject line should include your name (even if it is part of your email address), the type of books you want (A for adult books, J for children's/teen books), and either the last four digits of your library card or the month and day of your birthday.
- In the body of the email, list the books you are requesting. It will help us to help you if you first search our online catalog, <https://takoma.bywatersolutions.com>, and provide us with the title, and call number (not the barcode). Also, please make sure it is available.
- We will reply when we have fulfilled your request, and let you know when you may to pick up your books. Incomplete information will delay the process.

### Phone Requests

To request kids/teen books, call 301-580-0085.  
To request adult books, call 240-507-0229.

- We will ask you for your name and the last four digits of your Library card number or the month and day of your birthday.
- When you give us the titles of the books you want, please give us the author and call number as well (if you are using the catalog).

### Call Numbers

If it is a fiction work, please use what we have in the catalog. For instance, the call number for *Catcher in the Rye* by J.D. Salinger is FIC SALINGER. For a non-fiction book, such as *Birds of Eastern North America* by Paul Sterry, the call number is 598.097 STERRY.

# Takoma Park Community Center/ Sam Abbott Citizens' Center

**7500 Maple Avenue  
Takoma Park, MD 20912  
301-891-7100**

**Standard Hours:**

Monday - Thursday  
8:30 a.m. - 9:30 p.m.  
  
Friday  
8:30 a.m. - 10 p.m.

Saturday  
10 a.m. - 6 p.m.  
  
Sunday  
12 - 5 p.m.

**Art Studio**

- The art room, kiln, and easels are available to students enrolled in classes.
- Not available for rentals

**Auditorium**

- 154 fixed chairs
- Room for six wheelchairs
- Row of seven fixed chairs can be removed
- Food and beverage not permitted

**Computer Center**

- Two rooms, 25 workstations equipped with ports for flash drives and headphones, and work space for laptop users
- Internet, word processing, graphics software and more
- Color printer
- Low conversation, working in pairs, cell phone use allowed in Room A
- Absolute quiet in Room B
- Valid Takoma Park Library card or purchased guest pass required for computer use of up to two hours per day

- Four additional stations with 20 minute limits available in library, additional four available in Senior Room for those 55+  
Monday - Friday 12 - 8 p.m.  
Saturday 12 - 6 p.m.  
Sunday 12 - 5 p.m.

**Dance Studio**

- Large studio with mirrors and wood floor
- No street shoes on dance floor

**Game Room**

- Hours vary by age and time of year
- Ping pong, pool and foosball tables
- Basketball and arcade-style games  
**Youth & Teen (6 - 17 yrs)**  
Monday - Friday 2:30 - 5 p.m.  
Saturday 12 - 5:30 p.m.  
Sunday 12 - 5 p.m.  
**Young Adult (18 - 24 yrs)**  
Monday - Friday 6:30 - 8:30 p.m.  
See page 35  
**Active Adult (55+)**  
Monday - Saturday See page 35

**Library**

Cards are free for Montgomery County residents and those who work or go to school in Takoma Park.

Sunday 12 - 5 p.m.  
Monday 12 - 9 p.m.  
Tuesday 10 a.m. - 9 p.m.  
Wednesday 12 - 9 p.m.  
Thursday 10 a.m. - 9 p.m.  
Friday 12 - 6 p.m.  
Saturday 10 a.m. - 5 p.m.

**Multimedia Lab**

Our educational studio features state-of-the-art video and recording equipment and instructional courses designed to accommodate aspiring audio/video engineers and intermediate level students who want to hone their skills.

**Notary Public**

Notary service is available by appointment only. (Monday - Thursday, 9 a.m. - 1 p.m.). The service is free for City residents. Call 301-891-7100 to set up an appointment.

**Passport Service**

Passport service is available at the Takoma Park Community Center. No appointment necessary. Please call Sofia Visurraga, Customer Service Representative, at 301-891-7204 for information.

Monday - Thursday 9 a.m. - 1 p.m.

*Se puede aplicar por su pasaporte americano aquí. No necesita hacer una cita para presentar aplicación. Por favor llame al 301-891-7204 para obtener información para aplicar por su pasaporte americano.*

*Lunes a jueves de 9 a.m. - 1 p.m.*

**Senior Room (55+ yrs)**

- Comfortable furnishings and relaxed atmosphere to socialize or read
- Four computers and printer available
- Bingo, health screenings, workshops, and more

Monday - Friday 12 - 8 p.m.  
Saturday & Sunday 12 - 5 p.m.

**Teen Lounge (Grades 6-12)**

- Hours vary by time of year
- X-box, large screen TVs
- Area for socializing
- Daily activities



**Check Website  
for Updates**

# Book Your Next Event with Us!

**Go online:** Request a room or park pavilion with a credit card from our website at [apm.activecommunities.com/takomaparkrecreation](http://apm.activecommunities.com/takomaparkrecreation). See Page 39, Registration and Policies for instructions for online registration. Rentals within 10 business days must be requested in person. Payment is due at the time of the reservation.

## Policies

Please visit us online at [takomaparkmd.gov/recreation/parks-pavilions-and-athletic-fields](http://takomaparkmd.gov/recreation/parks-pavilions-and-athletic-fields) and click on Administrative Regulation No. 2011-1 (PDF) for regulations governing public use, facilities rentals and general responsibilities of the user. The renter is responsible for set-up and clean-up. This time should be included in the rental. Nothing can be affixed to the walls.

## Standard Rental Hours

### Takoma Park Community Center

Monday - Friday 9 a.m. - 9 p.m.

Saturday 10:30 a.m. - 5:30 p.m.

Sunday 12:30 - 4:30 p.m.

*Hours for auditorium rentals may be until 11:00 p.m.*

*Monday - Thursday and until 12:00 a.m. Friday - Sunday.*

### Heffner Park Community Center

Monday - Saturday 9 a.m. - 9 p.m.

Sunday 10 a.m. - 8 p.m.

### Takoma Park Recreation Center

- Call for availability
- See page 16 for prices

*\* Business rate applies to all organizations, nonprofits, for profit entities or community groups. Not available at Heffner Park CC.*

## Small Meeting Rooms

### Rose Room

Capacity 10 with tables  
15 without tables

### Lilac Room

Capacity 20 with tables  
25 without tables

### Hydrangea Room

Capacity 20 with tables

### Fees

T.P. resident	\$25/hour
Non-resident	\$50/hour
Business*	\$70/hour

\* Business rate includes commercial and nonprofit organizations.

## Large Meeting Rooms

### Azalea Room

Capacity 55 with tables  
65 without tables

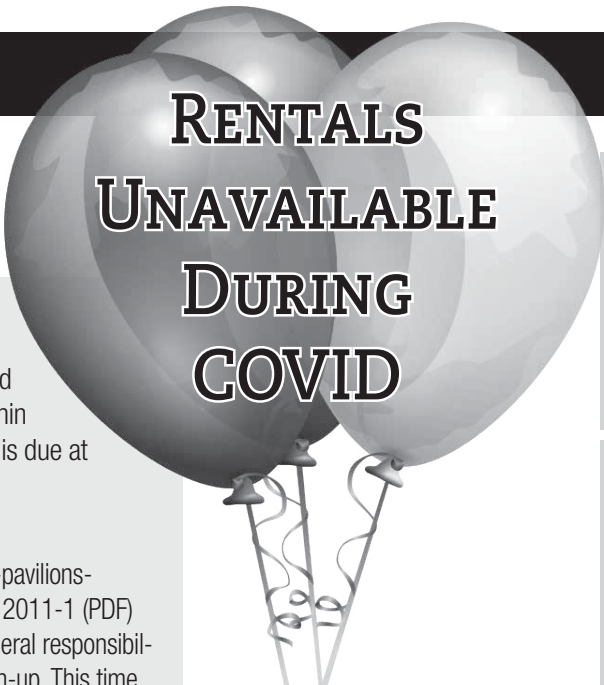
### Heffner Park Community Center 42 Oswego Avenue Takoma Park, MD 20912

Capacity 40 with tables  
50 without tables

### Fees

T.P. resident	\$35/hour
Non-resident	\$60/hour
Business*	\$80/hour

\$50 refundable deposit required for Heffner Park Community Center.



**RENTALS  
UNAVAILABLE  
DURING  
COVID**

## Auditorium

capacity: 154

The Auditorium, located in the Takoma Park Community Center, is LEED-CI Silver Certified and has 154 fixed seats with two aisles and room for six wheel chairs. The floating wood stage is approximately 18 inches off the floor, 30 feet wide and 19 feet deep at the center.

This environmentally friendly space has a state of the art lighting system with colored LED washes, sound system with two wireless microphones and connections for up to 10 wired microphones. The presentation system has a 6' x 11' projection screen in the center of the stage and two small screens on either side of stage.

Extra fees apply for staffing outside of normal hours of operation, specialized AV services, extraordinary maintenance demands, or required security. Insurance is required.

Fees: \$130/hour, nonprofit  
\$200/hour, regular

Minimum 4 hour rental

**For more information about renting the Auditorium, contact John Webster at 301-891-7225 or email [johnw@takomaparkmd.gov](mailto:johnw@takomaparkmd.gov)**



## City Facilities - Closed to the Public During COVID

# Takoma Park Recreation Center

**7315 New Hampshire Ave.  
Takoma Park, MD 20912  
301-891-7289**

### Standard Hours

Monday, Wednesday, Friday	2:30 - 9 p.m.
Tuesday & Thursday	12 - 9 p.m.
Saturday	8 a.m. - 5 p.m.
Sunday	Closed

\*Tuesday & Thursdays 12-2 p.m. are reserved for senior use only

*The Recreation Center is a hidden gem. Once inside you'll discover a basketball gym, fitness room, community programs, and fantastic staff. Please stop by and see for yourself!*

### Time to Get in Shape!

The Takoma Park Recreation Center has a great fitness room featuring:

- Dumbbells (5-50 lbs.)
- Leg curl
- Leg extension
- Ellipticals
- Stationary bikes
- Treadmills
- Lat pulldown
- Chest press

### Membership Fees

#### Recreation Center General

(1 year; does not include Fitness Room)

Youth (5 - 12 years)	\$5
Teen (13 - 17 years)	\$10
Adult (18+ years)	\$45

#### Fitness Room

(open same hours as building\*)

Adult (6 months)	\$75
Adult (1 year)	\$110
Senior (55+)	Free

### Hourly Rental Information

#### Gym\* (capacity 294)

General	\$40/hour
Business	\$80/hour
After hours	additional fee(s)*

#### Meeting Room BACK (capacity 40)

General	\$25 per hour
Business	\$70 per hour
After hours	additional fee(s)*

#### Meeting Room FRONT (capacity 30)

General	\$25 per hour
Business	\$70 per hour
After hours	additional fee(s)*

**Call 301-891-7289  
for availability.**

\*\$50 security deposit required.

Business rate includes commercial and nonprofit organizations.

### Join Us For:

- Adult open gym (18+ yrs)  
Tuesdays, 7:45 - 9 p.m.
- Classes for all ages
- Summer camps
- After school programs

*All programs and classes  
at the Takoma Park  
Recreation Center are  
co-sponsored by the  
Montgomery County  
Department of Recreation.  
We thank them for  
the continued support.*





# What's in our parks?

	Reserve Through Rec. Dept.	On Street Parking Available	Public Transportation Accessible	Bike Station Within Walking Distance	Water Fountain	Picnic Tables	Playground	Pavilion	Grill	Half Basketball Court	Restroom Facility
<b>Belle Ziegler Park</b> 7350 Takoma Ave. Ward 1											
<b>Colby Avenue Park</b> Cherry & Colby Ave. Ward 2											
<b>Forest Park</b> 598 Elm Ave. Ward 2											
<b>Heffner Park</b> 42 Oswego Ave. Ward 4											
<b>Jackson-Boyd Park</b> 7398 Jackson Ave. Ward 2											
<b>Spring Park</b> 6999 Poplar Ave. Ward 3											
<b>Toatley-Fraser Park</b> Eastridge Ave. Ward 5											

Playgrounds, pavilions and porta potties not sanitized; use at your discretion.

In addition to the parks above, the City maintains:

<b>Dorothy's Woods</b> Woodland & Cirlce Ave. Ward 2	<b>Ed Wilhelm Field</b> 2 Darwin Ave. Ward 4	<b>Lee Jordan Field</b> 7611 Piney Branch Rd. Ward 4	<b>Takoma Park Dog Park</b> Darwin Ave. Ward 4
--	--	--	--

For information about other parks in our city, please visit [montgomeryparks.org](http://montgomeryparks.org) or call 301-495-2525.

## Parks and Permits

It is highly recommended to secure permits for various events and activities held in public parks throughout the City. Permits guarantee location and time of a rental. Please contact the Recreation Department at 301-891-7290 before conducting business on park property.

## Pavilion Rental Fees

\$95 per day                      T.P. resident  
\$115 per day                      Non-resident/Business



## FAQs

- In order to secure a park pavilion, it is highly recommended to have a permit. (See page 15).
- Moon bounces are not permitted on City property.
- Permits are honored rain or shine, with no refunds/reschedules.
- To reserve a pavilion, see "Book Your Next Event with Us" on page 15.
- Sale of merchandise is prohibited on City property outside of scheduled City events.
- The sale or consumption of alcoholic beverages is not permitted in any facility/park/pavilion.
- Buildings and parks are not available on City holidays.
- Reserving a pavilion does not guarantee use of an adjacent field if applicable.

# TAKOMA PARK ARTS

301-891-7119 • [arts@takomaparkmd.gov](mailto:arts@takomaparkmd.gov) • [takomaparkmd.gov/arts](http://takomaparkmd.gov/arts)

## Public Art in Takoma Park Female Authors Featured in Little Free Library Project

In a public art project celebrating cultural diversity and women's empowerment, two local artists have painted five new Little Free Library boxes with portraits of groundbreaking female authors and activists.

The little libraries have been installed in areas of Takoma Park where there aren't little libraries nearby to provide more free books to local residents.

The City of Takoma Park's Arts and Humanities Division commissioned artists Samantha Contrino and Katie Macyshyn to paint the little libraries that were built by Walter Mulbry, the secretary of the Friends of the Takoma Park Maryland Library, who won a national award for his volunteer work building more than 20 Little Free Library boxes.

Three of the new little libraries celebrate Takoma Park's Ethiopian and Hispanic communities with portraits and inspiring quotes from Ethiopian legislator Senedu Gebru, Guatemalan human rights activist Rigoberta Menchu, and children's book author Juana Martinez-Neal. Black author and activist Maya Angelou and lesbian English author Virginia Woolf are featured



on two more little libraries.

"Public art is more than decoration or a pop of color. It inspires us and breaks into our daily lives to make us think," Takoma Park City Manager Suzanne Ludlow said. "Public art also tells the world that we value art and the challenges it brings."

Contrino and Macyshyn responded to a call for submissions with their proposal to portray female authors on the little libraries. "We realized we knew many prominent authors but not necessarily what they looked like," Contrino said. "We

hope that putting faces to the names will inspire local writers and artists."

Macyshyn hopes women, especially young women, will recognize themselves in the portraits on the little libraries and do their own research to become more activated global citizens. "There is a collective amnesia when it comes to the accomplishments of women because the social structure is most often maintained by men," she said. "It's heartening to see that people are starting to recognize systemic 'isms' for what they are."

You can see more artwork by the artists at [samcontrino.com](http://samcontrino.com) and [katiepaintsportraits.com](http://katiepaintsportraits.com). More City-funded public art projects (including a giant knitted octopus and the Bird Calls Phone) are featured at [takomaparkmd.gov/arts/public-art](http://takomaparkmd.gov/arts/public-art).

# Public Art Signs Open Gateway to Local History

Colorful and quirky hand-painted signs featuring local history, or twists on it, were installed in 2010 on information kiosks and gateway structures across Takoma Park. Roscoe the Rooster, smiling tomatoes riding a seesaw, and a giant mango all make appearances.

After a decade of wear and tear from the elements, the local artist couple, Alison Baker and James Colwell, has printed their original designs on durable aluminum panels that were installed over the fading paintings last month. The City of Takoma Park's Arts and Humanities Division commissioned the installation of 23 new aluminum signs, so they would be preserved for many years to come. "We are thrilled to see the new signs reflect the color and vibrancy of the original designs," Baker said.

For the original City-funded public art project in 2010, Baker and Colwell thought of vintage crate labels as a way to feature the history of Victorian-age Takoma Park. The couple did some research and painted fruit crate label signs that represent aspects of

the city's history. A sign featuring "1883 Oranges" notes the year that Takoma Park was founded. A sign for "Trolley Cashews," which features a red trolley, was placed

on Carroll Avenue across the street from a former trolley stop and a building once used for the Barcelona Nuts roasting facility. A sign with oak trees called "B.F. Gilbert's Old Oaks" celebrated the founder of Takoma Park.

The preservation of the signs and the history which inspired them has been gratifying, Colwell said: "Over the past decade, many people have told us they like the signs and learning the back story behind them."





Housing & Community Development

301-891-7119  
housing@takomaparkmd.gov  
takomaparkmd.gov/government/  
housing-and-community-development  
planning@takomaparkmd.gov



Takoma Park Healthy Business Initiative

The newly launched Takoma Park Healthy Business Initiative was created in response to the ongoing needs of our local businesses who are working to make changes to their operations to address COVID-19 challenges.

The initiative includes four distinct support programs:

- 1. Outdoor Seating & Hand Sanitizing Stations placed at the Takoma Streeterly on Laurel and throughout the commercial areas in Old Town, the Crossroads, and Flower Ave.
- 2. Public Health Signage packages provided to all storefronts that receive clients and customers
- 3. Business Recovery Cleaning for businesses that have owners or employees test positive for COVID-19
- 4. Healthy Business Grant program to support additional needs and changes to business operations.

For more information, visit takomaparkmd.gov/news-alert/introducing-takoma-park-healthy-business-initiative.

SUPPORT LOCAL  
BUSINESSES



PLEASE DONATE

Takoma Park Business  
Mini-Grant Fund  
for COVID Relief

The City of Takoma Park has established a Small Business Mini-Grant Program to assist local businesses impacted by the COVID-19 pandemic. To donate, go to takomaparkmd.gov/news/help-support-takoma-park-businesses.

Information and Resources: Covid19  
**takomaparkmd.gov**

Questions, Comments and Suggestions  
**askus@takomaparkmd.gov**

 **#TogetherTKPK**



our



# City of Takoma Park

## Connecting Our Community



## In Many Ways!

[TakomaParkMD.gov](http://TakomaParkMD.gov)

## Recreation

# Recreation Department

**7500 Maple Avenue  
Takoma Park, MD 20912  
301-891-7290  
recreation@takomaparkmd.gov  
takomaparkmd.gov/recreation**

Check out  
the Virtual  
Community Center:  
[takomaparkmd.gov/recreation/vcc](http://takomaparkmd.gov/recreation/vcc)



The City of Takoma Park Recreation Department provides recreational opportunities for all ages! The department's facilities and programs are intended to refresh and rejuvenate residents, improve health and connect

families and the community. Staff are continually working to improve our offerings while adding new and innovative programs and activities to meet the ever changing needs of our residents and community.

### Rental Requests - No Rentals During Covid

For more information about local parks and room rentals, see pages 15-17.



### Roscoe the Rooster

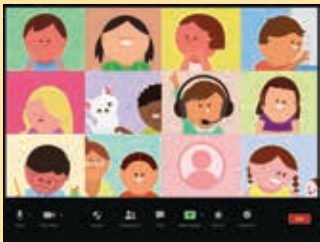
Roscoe the Rooster made Takoma Park his home for 10 years, roaming the city and staking his territory on the lawn in front of and behind the apartment houses near Mark's Kitchen on Carroll Avenue. Roscoe died in a hit and run in February 1999.

A life-sized statue of Roscoe the Rooster, crafted by local artist Normon Greene, stands on a pedestal in front of the clock tower in the center of downtown Takoma Park.

Roscoe makes special appearances throughout this section of the City Guide.



**Recreation Approved Resources (or R.A.R.'s for short) are links to various external sites that the Recreation Department think are fun and could be enjoyed easily during this time of quarantine. Let us be your trusted source as we vet the websites we post. Additional sites are added weekly, so check back often!**



REConnect Afterschool

Grades:

- K–2
- 3–5
- 6–12

Our virtual afterschool program will provide online activity time to allow participants to socialize and have some fun. We will also provide activities to do when we are not online. Join the fun!

For more information, visit [takomaparkmd.gov](http://takomaparkmd.gov).

*\*We plan to build a before and after school program around MCPS's elementary school schedules when they return to in-person learning. More information will be posted on our website and social media when registration opens.*

*Scholarships are available for Takoma Park residents.*

Monster Bash 2020

Due to the continuation of physical distancing and wearing face masks, we have decided to cancel our Monster Bash festivities this year.

We are as disappointed as you are.

This is one of our favorite events.

Watch our social media pages for fun holiday activities you can do at home.



Takoma Park Recreation Department

301-891-7290 [takomaparkmd.gov/recreation](http://takomaparkmd.gov/recreation)



Recreation Friends and Participants,

We hope that you and your loved ones are safe and healthy. Recreation Department staff care about the health and well-being of the community. Even though we can't be there physically, due to the current health crisis, we've supported you virtually and provided an array of leisure ideas and activities via our Virtual Community Center. To date, more than 1,500 participants have taken part in one of our classes via Zoom. Online programming was uncharted waters for us to say the least, and even though we faced some challenges initially, our staff was able to provide quality programming for the entire community.

We will continue to offer virtual programming, and we are beginning to offer in-person opportunities that meet current physical distancing and safety requirements. We encourage residents to take advantage of the many recreation and leisure activities the City has whether it's visiting a neighborhood park, taking a walk/run on local trails, dropping in for a virtual fitness class, going on a family picnic, growing vegetables in a community garden, listening

to live music, or buying fresh vegetables from the local farmers market.

As we move closer to the opening of schools and more and more parents returning to work, having quality childcare options will be of the utmost importance. The City is working with childcare providers and parents to find solutions that are safe and affordable.

While working at home is nice, it's a little too quiet... It's not the same as coming into the Community or Recreation Center and hearing the fun in the line dance or zumba classes or hearing the friendly competition in the game room. Recreation staff truly enjoy the liveliness of both facilities and the joy that each of you bring with you. We miss your energy and your smiles. We're counting down the days until we can see you again! Stay well.

Gregory Clark  
Recreation Director



# Virtual Community Center Schedule at a Glance

MORNING	EVENING
<div>T</div> <div>Enhance Your Fitness - 8:45 a.m. Foundational Fitness - 10 a.m.</div>	<div></div> <div>Qj Gong - 7 p.m.</div>
<div>W</div> <div>Spirit Fitness - new video each Wed. ReVamp Fitness - 10 a.m. Line Dance - 1 p.m.</div>	<div></div> <div>Entrepreneurship for Teens - 4 &amp; 5 p.m. Yoga 5:30 p.m. Meditation - 7 p.m.</div>
<div>T</div> <div>Foundational Fitness - 10 a.m.</div>	<div></div> <div>Digital Marketing - 5 p.m. Creative Movement - 5 p.m.</div>
<div>F</div> <div>Zoomba Gold - 10 a.m.</div>	<div></div> <div>Let's Move - 6 p.m.</div>
<div>S</div> <div>Total Body Blast - 9 a.m. Recess - 10 a.m. Horticulture - 12:30 p.m.</div>	
<div>S</div> <div>Dance - 11 a.m. Sew with Me - 3 p.m.</div>	

Registration not required unless noted.

\*No classes currently scehduled on Monday.

## Participant Waiver

I acknowledge, understand, and accept that there are inherent risks associated with participation in this program and that doing so could result in an injury. The City of Takoma Park assumes no liability for injuries or damages from the results of participation (virtually or in person). I acknowledge the fact that the Takoma Park Recreation Department does not provide accident insurance to its program participants. I certify that, to the best of my knowledge, I /my child am / is physically fit and, should this condition change at any time during the program I will notify the administration of the Recreation Department immediately. The Recreation Department has my permission to call Emergency 911 and/or to send me/my child to a hospital or emergency care facility, and the hospital and medical staff have my authorization to provide emergency treatment deemed necessary for the well-being of me/my child. I agree to abide by all posted, written, or verbally communicated rules and regulations administered by the Recreation staff concerning this program. I have read, understood, and accept the terms of this participant's agreement as outlined. I do hereby on behalf of my child, my heirs, and executors, agree to indemnify the Mayor and Council of the City of Takoma Park and all of its agents, officers and employees, from any and all claims for

injuries or loss of any person or property which may arise out of or result from my/my child's participation in the above-referenced program or activity. I hereby and represent that if the participant is a minor, I am their parent/guardian and authorized to provide the releases, authorizations, and permissions stated herein and all the information provided is accurate and complete. I hereby give permission for the participant named above to participate in the TPRD's program, including transportation in approved vehicles (TPRD Vehicles, Board of Education School Buses, or Commercial Motor Coaches). I acknowledge that the Takoma Park Recreation Department has a policy for conduct in recreation programs and facilities and I hereby agree that the participant is subject to said policies, including the disciplinary provisions. I authorize the Recreation Department to take, display, and publish photographs, slides or videos for promotional and/or educational purposes. PLEASE READ CAREFULLY. THIS RELEASE OF LIABILITY CONTAINS A RELEASE OF KNOWN AND UNKNOWN CLAIMS BY YOU AND YOUR CHILD. BY PARTICIPATING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS RELEASE OF LIABILITY, AND KNOWINGLY AND VOLUNTARILY AGREE TO ALL TERMS.



For the most up to date class information and virtual class links, visit the Virtual Community Center: [www.takomaparkmd.gov/recreation/vcc](http://www.takomaparkmd.gov/recreation/vcc)



YOUTH

DANCE



Dance Class

This class focuses on exploring various dance styles that can be tried at home that include, but are not limited to, Hip-Hop, Ballet and Jazz. Instructor: Charonne Butler

6–12 years  
Sundays, 11–11:30 a.m.  
Free



FITNESS

Recess

Take advantage of this opportunity for youth to virtually participate in exercise and communicate with their peers while remaining inside. Let's have a little fun and burn some energy! Instructor: Charonne Butler

6–12 years  
Saturdays, 10–10:30 a.m.  
Free

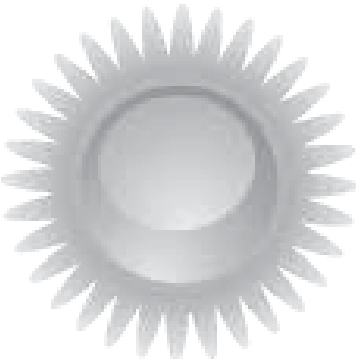


**UPDATE: The Winter Basketball and Futsal Leagues are cancelled due to the closure of public school facilities through January 29, 2021. Please check back in January as we hope to provide alternative programming once facilities reopen fully.**

In-Person Classes Are Here!

We are excited to announce the addition of in-person recreation classes! We will follow the latest CDC guidelines for small group classes while we offer classes outside. **Registration is required as space is limited.** Classes are FREE! For more information on these classes visit [takomaparkmd.gov/recreation](http://takomaparkmd.gov/recreation):

- Adult Mobile Photography
- Teen Art in the Park
- Teen Basketball Skills
- Teen Fitness
- Youth Mindfulness
- With more on the way!



**Recommended Guidelines**  
(Check the Recreation Department website for updates.)

It is our utmost priority to keep our participants and staff safe by following the latest CDC guidelines.

1. Classes will take place outdoors and will be weather dependent.
2. Registration is required for all in-person classes.
3. Maximum of 8 participants, remaining at least 6 feet apart at all times (including during water breaks and explanation of drills, exercises, etc.)
4. During class, the instructor and students are allowed to take off their masks when they are physically distant from others (6 or more feet). They must put on their masks before and after class or if they have to interact directly with a person closer than 6 feet.
5. City of Takoma Park facilities remain closed to the public. Please keep in mind, there are no restroom facilities or water fountains available outdoors.
6. No congregating before or after the program in areas such as parking lots, fields, or playgrounds, etc.
7. No physical contact (high fives, huddles, etc.) with other participants.
8. Participants shall bring the following items with them to programs:
  - a. Mask
  - b. Water
  - c. Hand Sanitizer
9. Participants shall also consider bringing the following items with them to programs:
  - a. Sunscreen
  - b. Hat and sunglasses
  - c. Bug spray
  - d. Any equipment necessary for the class

TOTS

YOUTH

TEENS

ADULTS

55+

TOTS

YOUTH

TEENS

ADULTS

55+

TEENS

ART

Art Elements: Paper Maché Bowl

This virtual class engages participants in a variety of art and craft techniques, using easy-to-source materials and mediums (inexpensive, common household items, etc.) in the safety and convenience of their own homes. Students will learn the paper maché method of sculpting to create a bowl. **Registration is required.** Instructor: Shannon Tomac

Grades 6–12  
Friday, September 11  
4–5 p.m.  
Free

Art Elements: “Pop Art” Poster

Your eyes are playing tricks! In this session of Art Elements, students will use a basic weaving technique with paper strips to create a poster reminiscent of 60s pop art. **Registration is required.** Instructor: Shannon Tomac

Grades 6–12  
Friday, September 25  
4–5 p.m.  
Free

Art in the Park



Have fun drawing with black and white and colored drawing materials outside in two different parks (Ed Wilhelm Field & The Plaza at Old Philadelphia Avenue and Maple Avenue). Subjects will include deep space and close up landscape elements, botanical drawings and floral studies. Beginning students are welcome. The focus of the class is appropriate for students interested in developing a sketchbook for entry into the Visual Arts Center at Albert Einstein High School. A list of optional drawing materials will be sent to registered students. This class is weather dependent. Masks will be required as well as physical distancing. Keep in mind the Community Center will remain closed during the COVID emergency. Please plan in advance for restroom and water. **Registration is required.** Instructor: Katie Dell Kaufman

Takoma-Piney Branch Local Park  
2 Darwin Avenue  
11–15 years  
Tuesdays, 3:30–5 p.m.  
September 8-October 13  
Free

Teen Dance Classes with Dance Exchange

In a supportive and inclusive environment, participants will have an opportunity to explore dance principles such rhythm, coordination, flow, and embodied imagination while connecting with peers, strengthening a sense of community and being introduced to dance making using Dance Exchange creative tools. This is a class that welcomes all levels of experience and is designed to offer all participants the opportunity to use what they know but also to explore movement and grow into their individual dance style and creative thinking. **Registration is required.** Instructor: Dance Exchange

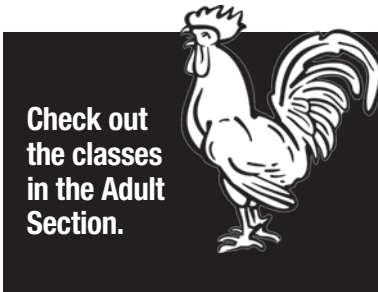
Grades 6–12  
Wednesdays, 4–5 p.m.  
4 Week Session  
September 16-October 7  
Free

EDUCATION & DEVELOPMENT

Teen Entrepreneurship Class

This virtual class engages teenagers, teaches them to follow their passions, and inspires teens to create their own business. George Washington University Professor Ellen M. Zavian leads students to use their new entrepreneurial skills and work in teams to develop a venture idea that creates economic and social value. **Registration is required.**

Classes occur every 1st & 3rd Wednesday  
September 2 & 16  
October 7 & 21  
November 4 & 18  
**Ages 11–14:** 4–5 p.m.  
**Ages 15–18:** 5–6 p.m.  
Free



Check out the classes in the Adult Section.

ESPORTS

Madden NFL 21 Tournament (PS4)

This tournament places the best 16 PS4 players against each other for a single game elimination tournament. Players will invite each other to a match and play online, every Tuesday. Requirements: Playstation Network Subscription, PS4 Console, Madden 21 Game, Email Address, and Internet Connection. **Registration is required.**

Ages 11–16  
Tuesdays, 5–6 p.m.  
November 3-17  
Free



Madden NFL 21 Tournament (XBOX)

This tournament places the best 16 Xbox One players against each other for a single game elimination tournament. Players will invite each other to a match and play online, every Thursday. Requirements: Xbox Live Subscription, Xbox One Console, Madden 21 Game, Email Address, and Internet Connection. **Registration is required.**

Ages 11–16  
Thursdays, 5–6 p.m.  
November 24-December 10  
Free



ADULT

HEALTH & FITNESS

Five-Animal Play Virtual Qi Gong

This form of Qi Gong is one of the most ancient continuously practiced healing exercising systems in the world. Enjoy peaceful movements modeled on the Crane, Bear, Monkey, Deer and Tiger. Participants will develop more strength, grace, flexibility, balance and healing in a relaxed group setting. You will feel the effects in your body, mind and spirit as you find harmony with nature and yourself. No experience necessary. Instructor: Patrick Smith & Joann Malone

16 and older  
Tuesdays, 7–7:30 p.m.  
Free



Meditation, Mudras & Tea

Meditation, Mudras and Tea is part class, part experience. Dive into the world of guided meditation along with hand mudras, gestures that promote healing, psychological balance and spiritual awakening. The Sanskrit word “Mudra” can be translated as “gesture,” “seal,” attitude” or “signature” and the use of mudras have been used in almost all wisdom traditions throughout the world and notably in yoga. Option to pair your meditation practice with a cup of tea (Specific teas will be offered to try, but it’s okay to go with your own.) with teachings on that particular flower/herb as both a physical and mental healing aid, as well as how to use this calming time with tea to encourage your meditative/stress-decreasing experience. Instructor: Beth Mwano

16 and older  
Wednesdays, 7–8 p.m.  
Free



Let’s Move Caribbean Dance

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



All Ages  
Fridays, 6–7 p.m.  
Free



ReVamp Fit Home Workout

This fitness class will entail movements to work on your total body endurance, strength, and flexibility. Move with us to get your day started on a strong note! Instructor: Abel Asafere

16 and older  
Wednesdays, 10–11 a.m.  
Free



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, progressing, and exercising alongside a supporter (which is a great option for those with limited mobility or with a developmental disability). Truly, a person of any fitness and ability level can get a meaningful exercise experience from these classes. Instructor: Spirit Club

16 and older  
New videos uploaded to Virtual Community Center website each Wednesday  
Free



Total Body Blast

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

16 and older  
Saturdays, 9–10 a.m.  
Free

MULTIMEDIA



Digital Marketing

We are all experts of something, and someone is looking to benefit from your expertise. Learn the key digital marketing skills that can help you monetize your knowledge and talent. In this course you will learn how to navigate the digital world in order to sell a product or your services. There are a lot of online courses that will teach you how to use SEO, content marketing, social media, Google analytics but none of them walk you through the proper steps from ideation to your first customer or client. In this course, the instructor walks you through the steps that have helped over 35 companies (artist, start-ups, education, independent consultants) start monetizing on their digital platforms. Each lesson in this course is designed to get you to narrow your idea to where you can start monetizing your expertise online. Instructor: Vinny Mwano

16 and older  
Thursdays, 5–6 p.m.  
Free

TOTS

YOUTH

TEENS

ADULTS

55+



Mobile Photography



Part of life is all about capturing beautiful fun moments and creating memories. In this class, learn the secret formulas for capturing those moments on your phone. Whether it is portraits, a scenic walk, a street market, a birthday or your pet, we can help you get those timeless moments translated into a picture in the best possible way. In this course, you will also learn to take better food photos, group photos, and interior and exterior portraits. You will also be practicing composition, shutter speed, ISO, and aperture adjustment with built-in native apps and manual mode function to get the best photo out of your phone. At the beginning of each class, the instructor will review your photos and provide professional feedback that will help you take better photos. At the end of each class, there will be an assignment to get you practicing the skills taught in class. Instructor: Vinny Mwano

Meet at TPCC  
7500 Maple Avenue  
16 and older  
Tuesdays, 6–7 p.m.  
Free

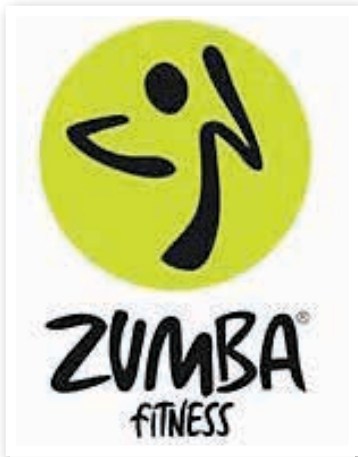
55+

FITNESS

Enhance Your Fitness

Start your morning right! The class theme is posture, focusing on core strengthening and utilizing various body strength training exercises. Instructor: Adriene Buist

55 and older  
Tuesdays, 8:45–9:45 a.m.  
Free



“Zoomba” Gold

This is the class for active older adults 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. Instructor: Yesika Flores

55 & up  
Fridays, 10–11 a.m.  
Free



Phone a Neighbor

In March 2020, the Takoma Park Recreation Department began the Phone a Neighbor program to link volunteers to senior residents who would enjoy occasional phone calls. These friendly calls provide a much needed link to older residents who live alone. There has been positive feedback from seniors who have been participating in the program and connecting with the volunteers.

Longtime resident Eric D. explains, “It’s nice to have someone to talk to especially if you are a senior living alone.” And 30-year resident Anthony Franks remarks, “Sometimes it feels as if the walls are closing in on you, and a voice on the other end opens up your world again. Please keep the service going.” Additional residents, Sue V. and Buddy D., think the volunteers are very nice, and it is a very positive experience. If you are a Takoma Park senior living alone and would like to be connected with a volunteer phone friend, please call Paula Lisowski, Seniors Program Manager, at 240-687-4132. We would be happy to help you make a friend connection!

R.A.R.



Recreation Approved Resource

3 Free Fitness Apps



Tabata Interval Timer

Tabata is a high-intensity interval training concept consisting of eight sets of fast paced exercises each performed for 20 seconds with a brief 10- second rest between each set.

SilverSneakers Go



The app, designed for the 55-plus population, offers four- to twelve-week workout programs any fitness level.

Pacer Pedometer



The next time you find yourself sitting around, get up and start walking around the room and track your steps with this app.



# Moves to Get You Movin'

If you are a senior looking to gain more independence, mobility, and flexibility (which helps you to avoid falls and other injuries), stretching just might be your new best friend.

Studies have shown that with age, flexibility decreases by up to 50 percent in some joints. Since this decrease is gradual throughout your life, you may not even notice it. Then, one day you go to reach something or get up off the floor and you realize that it is not easy like it used to be.

It is at this point many seniors turn to prescriptions, assistive medical equipment, or even in-home assistants to help them perform daily activities. But these stretches can keep you from turning to those options. BEFORE YOU START, be sure to do a 5- to 10-minute warm-up, incorporating light exercises, such as walking in place and arm circles to get your muscles and joints warm before stretching.

Below are a set of exercises that seniors can do while staying inside because of the Coronavirus Pandemic.

## STRETCHING EXERCISES

### 1. Wake Up Call (Bed Exercise)

- Remove your pillow from underneath your head.
- Stretch and reach in all directions from your fingers to your toes.
- Shake and wiggle, gently waking up your body.
- Arch your back a little.
- Now make your whole-body tense from your face to your toes. Hold for 5 seconds.
- Relax

### 2. Neck Rolls (Bed Exercise)

- Take deep breaths by inhaling through your nose and exhaling through your mouth.
- Turn your head slowly to the right as far as comfortable, and then slowly to the left; return to center.
- Next, keeping your head on the bed, make circular motions; first, in a clockwise movement, then counterclockwise.



### 3. Shoulder Stretch (Bed Exercise)

- Place a pillow under your knees.
- Stretch fingertips toward the ceiling.
- Reach with both hands. Hold and count to 3; relax.
- Lift shoulders off bed as far as you can; lower shoulders, pushing gently into the bed; relax.
- Reach toward the ceiling with right hand only (palms facing the ceiling) relax. Repeat with the left hand.
- Now the palms flat, stretch both hands toward the ceiling; hold and relax.
- Stretch fingertips toward your feet, point your toes down; hold, relax
- Finally, keeping arms straight with palms down, move both hands and arms as far apart across the bed as possible.
- Stretch, relax. Repeat.

Continued on Next Page

Continued from Previous Page

4. Elbow Stretch

- Place fingertips on your shoulders, and raise elbows pointing to the ceiling.
- Then, lower elbows to bed while keeping fingertips on shoulders.
- Lift elbows again, but this time touch your elbows together in front of you, or as close as you can without straining.
- Then, lower elbow to bed.
- Now keeping fingers on your shoulders, make 5 large circles clockwise with both elbows, the repeat 5 times counterclockwise.

5. Triceps Stretch

- Sitting tall in a chair (or standing), lift your right arm up over head, bending at your elbow.
- Now, reach your opposite arm up to clasp your elbow, and pull gently in the opposite direction. You should feel a light stretch through the back of your arm.
- Hold for 20 to 30 seconds, then switch arms.

6. Back Stretch

- Start by standing tall, with your hands on your hips.
- Gently arc backward, looking up toward the ceiling. Hold for about three seconds, then return to standing.
- Repeat 10 times.

7. Standing Quadriceps Stretch

- Begin standing tall, holding onto the back of a chair or countertop with your free hand for balance.
- Slowly bend your right knee and grasp your foot. At this point, you might already feel a stretch through the front of your thigh.

- Hold this stretch for 30 seconds, then repeat on the other leg.
- If you are having trouble reaching your foot with your hand, try using a yoga strap or band, as mentioned above.

8. Ankle Circles

- Get comfortable in a sturdy chair, sitting up tall.
- Extend your right leg out in front of you, keeping the other on the floor.
- Begin to rotate your right ankle; 10 to 20 rotations clockwise and 10 to 20 counterclockwise.
- Lower your leg and repeat on your opposite leg.

9. Seated Hip Stretch

- Begin sitting tall in a sturdy chair.
- Cross your right leg over your left, letting the right ankle sit atop your left knee.
- Relax your right hip, letting gravity pull it toward the floor. You may already feel a stretch deep in your hip.
- To go further, gently press down on your right leg and the knee for a deeper stretch.
- Hold for 20 to 30 seconds, then switch legs.

10. Hamstring and Low Back Stretch

- Come into this stretch by lying face-up on your bed or floor. Bend your right leg and slowly move it toward your chest.
- Keep your shoulders flat on the floor as you reach your arms around your right knee (if you cannot reach that far, try holding your pant leg) and pull it toward you.
- You should feel a slight stretch through your low back, glutes, and hamstring as you hold for 30 seconds.
- Repeat on your opposite leg.

## Partnerships

The Takoma Park Recreation Department has formal partnerships established with neighborhood, community, business and not-for-profit organizations. These partnerships allow our department to leverage resources and generate citywide interest and support for our facilities, programs and events. We appreciate your support!

### Let's Play America

Let's Play America is a nonprofit that encourages people of all ages to play. LPA and the Recreation Department co-sponsor four play events a year; a pool party and three play days. The dates are on the LPA website under events. Residents who want to close their street for play, help with the independent play events or would like more information are welcome to contact Pat Rumbaugh at [theplaylady@gmail.com](mailto:theplaylady@gmail.com) or 301-928-9962 or visit [www.letsplayamerica.org](http://www.letsplayamerica.org).



Credit: Selena Malott

*Pat Rumbaugh, The Play Lady, is joined by the volunteers who helped with the Seventh Annual Mid-Year Play Day on February 12, 2017.*

### M.A.N.U.P.

The programs for MANUP are gender specific to enhance male and female development through the principles of education, social responsibility, self-empowerment and economic awareness. Several programs include guest speakers, field trips to various educational and fun locations, career development and more. This mentoring program is made possible by countless volunteer hours. These mentors work in cooperation with the Takoma Park Recreation Department. For more information, visit [www.manupnow.org](http://www.manupnow.org).



Credit: [www.manupnow.org](http://www.manupnow.org)

*M.A.N.U.P. operates two types of mentoring programs: in-school and community-based.*

**Please reach out to these organizations directly regarding programming and hours during COVID**



### Piney Branch Pool (Adventist Community Services)

Pool closed due to COVID.

The pool is located at Piney Branch Elementary School, 7510 Maple Avenue. Park behind the Community Center, and use side entrance to school on Grant Avenue. For more information, contact Joyce Seamens at 301-565-0190, [tjseamens@aol.com](mailto:tjseamens@aol.com), or visit [acsgw.org](http://acsgw.org).

### Takoma Park Boys & Girls Club

The Takoma Park Boys and Girls Club is a nonprofit organization that has operated in the Takoma Park community for over 50 years. The Club focuses on academics, the fundamentals of football and cheer, and most importantly, building the team concept.

### Takoma Park Community Band

The band is open to any community member who plays an instrument. The band is looking for musicians at all levels of expertise who would enjoy being a part of a musical group. For more information, email [takomaparkcommunityband@gmail.com](mailto:takomaparkcommunityband@gmail.com) or call the band president, Ryle Bell, at 703-620-2327.



Credit: Takoma Park City TV

*The Takoma Park Community Band held its 40th Anniversary Concert in April 2014.*

### Takoma Soccer

Takoma Soccer is a volunteer program whose goal is to provide local kids with a fun, recreational soccer program close to home. Takoma Soccer strives to teach children the value and fun of teamwork, cooperation, practice, and sportsmanship. For more information, contact Howard Kohn at 301-270-8187 or [kohn@erols.com](mailto:kohn@erols.com).

Fall Season canceled due to COVID. Spring registration will open in January.



Credit: [www.takomasoccer.org](http://www.takomasoccer.org)

*Children as young as three years old can play with Takoma Soccer.*





City of Takoma Park

**Can We Count You In?**

United States®  
**Census  
2020**

**In Takoma Park, everyone counts.**



**Every Newborn**



**Every Child**



**Every**



**Family**

**The Census is more than just a population count.**

It's an opportunity to **shape the future** of our community.  
Make your voice heard!

Respond to the U.S. 2020 Census

**Online, by Phone or by Mail.**



The law is clear – no personal information can be shared  
or used against you.

**Your confidentiality is protected.**

for more information visit:

**CENSUS2020.GOV**





City of Takoma Park

**Can We Count You In?**

United States®  
**Census  
2020**

## Top 10 Reasons to Respond to Your 2020Census TODAY!

1. Census takers will be visiting our area **starting August 11, 2020**. We are encouraging all residents to self respond to 2020Census.gov. There are three ways to respond: **online | by phone | by mail**
2. The results of this once-a-decade count **determine the number of seats each state has in the House of Representatives**. The results are used to adjust or redraw electoral districts based on where populations have increased or decreased. State legislatures or independent, bipartisan commissions are responsible for redrawing congressional districts. The U.S. Census Bureau provides states with population counts for this purpose.
3. **No personal information** can be shared or used against you by any landlord, government agencies, or court in any way. **Your Confidentiality is protected.**
4. The Census questionnaire **will NOT ask** you for Social Security Number or Bank Account information, and it will NOT ask a Citizenship question.
5. For every person not counted, the **State of Maryland will lose \$18,200 over the next ten years**, and that will directly impact the City of Takoma Park community.
6. Census results **affect planning and funding for education**—including programs such as Head Start, Pell Grants, school lunches, adult education, and grants for preschool special education.
7. Census results **affect planning and funding for healthcare**—including programs such as Medicaid, Medicare Part B, State Children's Health Insurance, and the prevention and treatment of substance abuse.
8. Census **results affect planning and funding for infrastructure**—including programs for highway planning and construction, Section 8 housing, federal transit, community development, and rural water and waste disposal systems.
9. Census funds programs to support rural areas, to restore wildlife, to **prevent child abuse**, to prepare for wildfires, and to provide **housing assistance for older adults**.
10. Did you know that **census data helps communities respond to natural disasters** and secure funding for hospitals and fire departments?

for more information visit:  
**CENSUS2020.GOV**



Photo credit: Sam Kittner

*Anna Goree of Seoul Food D.C. on Carroll Avenue says her restaurant is only taking orders and payment over the phone to stay safe during the pandemic.*

# RESILIENT RESTAURATEURS

## *Amid pandemic, Takoma Park eateries still in business*

**By Sean Gossard**

While the pandemic continues to disrupt everyday life around the country, many Takoma Park restaurants have adapted their businesses to be able to survive in the “new normal.” Through grant programs from the City and business organizations, as well as the support from the community in general, many Takoma Park restaurants have been able to stay afloat, despite the pandemic shutdown and the slow summer season.

“There is so much more spending on things like take-out containers that’s been big during the pandemic with dine-in options not being available,” said Laura Barclay, executive director of the Old Takoma Business Association, naming just one of the extra expenses that restaurants have incurred. “We’re just trying to help the businesses that have increased expenses

on everything from cleaning products to masks.”

Old Takoma Business Association recently received a \$35,000 grant from Maryland to help rebuild Takoma Park, in addition to \$39,000 in grants the organization

has already distributed. The money, which she hopes will be available this fall, can be allocated for an array of needs like business reengineering and personal protective equipment for employees. “It’s given out in small amounts, but it helps a lot to just have that small lifeline,” Barclay said. “We’re combing the streets for any available money like state and county grants or low-interest loans.”

Ganesh Ghimire, the owner of Red Chillies Restaurant on University Boulevard, has been doing all he can to stay in business while keeping everyone safe, including working seven days a week to make sure health and safety measures are the best they can be. “It just hurt some businesses really bad,” Ghimire said, “but we never closed. We also did not reduce menu items, which was difficult because it was sometimes hard to find certain things.” Ghimire was one of

### Sidewalk Sale

The Old Takoma Business Association will be putting on a sidewalk sale on Sept. 19 and 20 where people can shop outside and stay socially distanced while supporting local shops. “It’s a way to shed inventory for these businesses that has piled up since winter and couldn’t be sold in the spring,” Barclay said.



several restaurant owners who received assistance from the Takoma Park Business Mini-Grant Fund for COVID Relief from the City of Takoma Park. See page 20 of this guide for information about donating to the fund.

Katherine Rurka, owner of Spring Mill Bread Company on Carroll Avenue, knows how hard it has been, especially trying to get specific ingredients. “This year is just so different. You just wake up and tackle the day as it comes,” she said. “Sometimes you can’t find certain ingredients like dried cranberries or something. You just have to get up and roll with whatever you face that day.”

In the early days of the pandemic, Rurka shifted Spring Mill into more of a market, selling raw goods like flour and yeast instead of the usual sandwiches. “It’s easy to do one-stop shopping here, which is nice,” she said “It seems like now it’s shifting back to what it was earlier. We always felt like if we could make it through July and August we’d be fine.”

But restaurants still have to continue to adapt in other ways as indoor dining hasn’t been possible for many. Red Chillies hasn’t been able to open its buffet and is only doing take-out and delivery for the time being. Ghimire thought about setting up an outdoor dining area, but was worried the heat, rain, traffic and insects would hurt the dining experience. “If the ambience is really good that makes a huge difference,” Ghimire said. “I don’t want to make any bad impressions for the restaurant. I don’t want people to come and be unhappy if they’re eating outside.”

Jon and Anna Goree of Seoul Food D.C. on Carroll Avenue have also moved to take-out only during the pandemic. They’re only taking orders and payment by phone and have set up a table out front, so customers can pick up their food while maintaining a safe distance from others. “Business has been steady,” they said. “The people in this community have taken the virus seriously. We will come out the other side stronger.”

Places like Great Shoals Winery on Carroll Avenue, however, have begun embracing outdoor dining and are preparing for the long haul to keep people safely



*Employees at Red Chillies Indian Cuisine on University Boulevard have been wearing masks and gloves as they fulfill take out orders during the COVID-19 pandemic.*

in seats. “We have our little patio tables spaced out in the front, and we converted our parking area behind the building to seating,” said owner Marina McCaney. “When it gets colder, we plan to add a space heater. We’ve kind of been going forward with this knowing that it will be lasting a while, and that it’s just the way things are now.”

Like Spring Mill Bread Company, McCaney also shifted her business in the

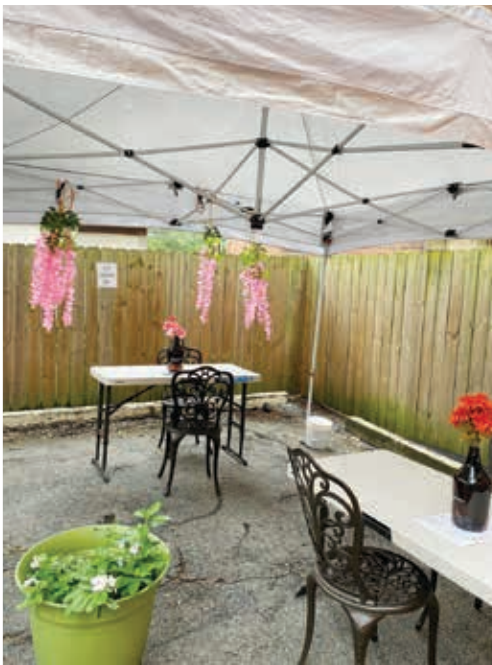
beginning of the pandemic to focus more on take-out and delivery options, adding beer and liquor to their wine options. “In the very beginning sales were great because there was a period of time where people were buying in bulk,” she said. “Then it slowed down a bit, but with outdoor seating, there has been an increase in people coming.”

Great Shoals has also shifted the way it serves wine flights and other cocktails.

“One of our things that we’re known for is wine cocktails,” McCaney said, “so one thing we’ve been doing is to-go wine cocktails.” The winery has also been serving wine and beer in compostable cups and offering pre-made food options since having to scale down the menu.

Mostly, restaurant owners have been very grateful for the support the community has shown in buying local and making sure neighborhood businesses stay open. “I’d like to thank the support of our customers because that’s the reason why we’re still in business,” Ghimire said. “In this area, all the stores are open now.”

And shopping at local businesses is always the best way to help them to stay afloat. “I encourage people to spend money in the local economy,” said Barclay with the Old Takoma Business Association. “That’s the best way to help these Takoma Park businesses.”



*With its properly spaced, little patio tables, Great Shoals Winery has embraced outdoor dining.*

# FAMILY FUN

Enjoy the activities featured on pages 36-38.



## Alphabet Maze



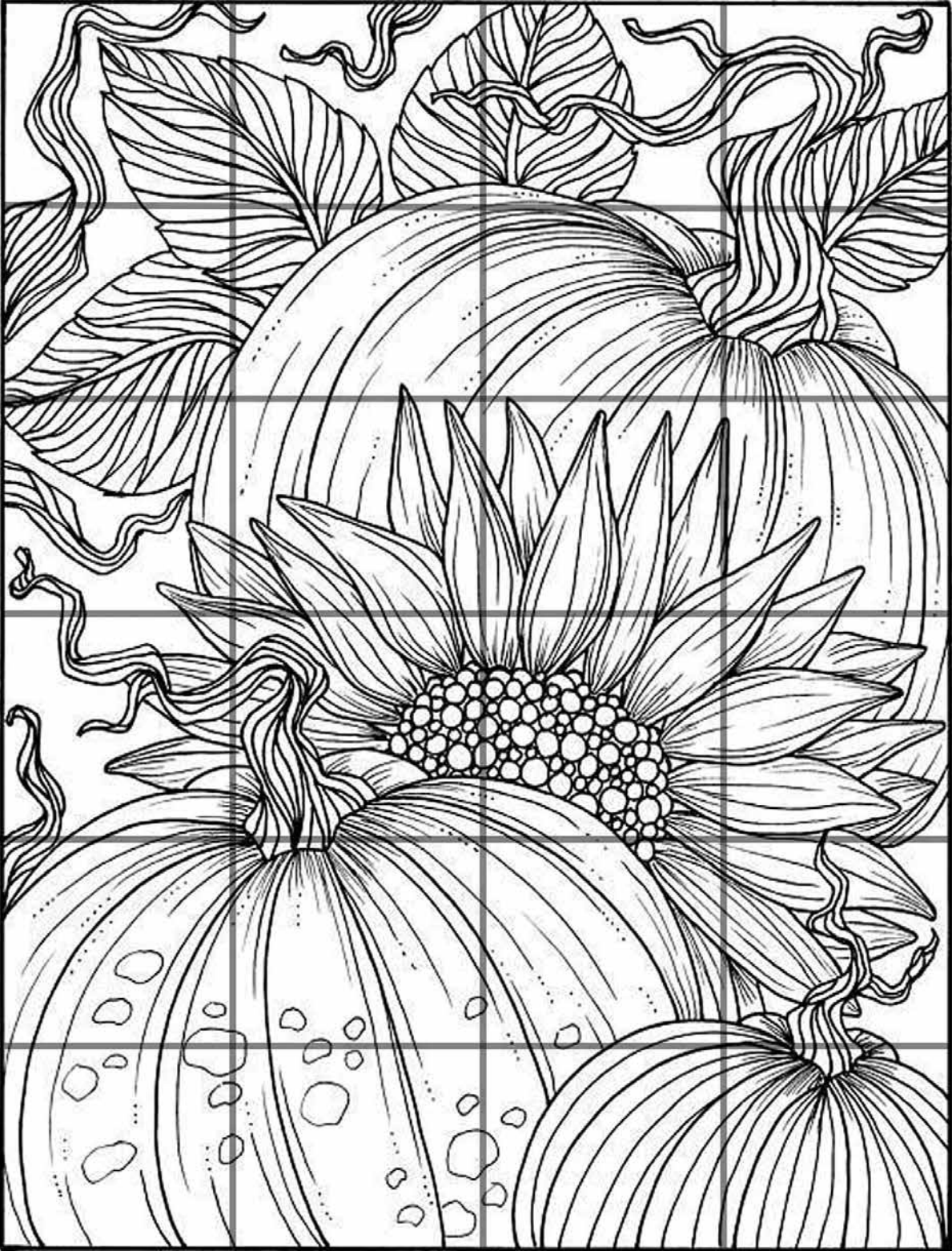
Find the alphabet path in the maze without coming to a dead end.





# FALL PUZZLE

- 1. Color in the sheet
- 2. Cut along the grey lines
- 3. Put the puzzle back together
- 4. Repeat #3 as many times as you like!





## word search

# TAKOMA PARK MARYLAND

Locate the given words in the grid.

s n d h s q s k r o w c i l b u p  
l f o r e s t p a r k u j s g l a  
e c r e v a e l p a m a t b g z t  
g n o i t c n u j l c e e k a c p  
n h t m u l g j n k v l h l p t i  
a k h e m d n e s e l h e k o k n  
w e y a a u o o f e v a r a e t e  
o e s f e a n r z b c a t e d l y  
n r w p o b a i f i p l y l w e b  
s c o t o n e g t g e n n b i e r  
h o o y c g i y n y h d p e l j a  
e g d i l l r i f n c s l t h o n  
f i s e b o r r e i c e h t e r c  
f l r e s p a e c i a u n e l d h  
n s r c s s a m a b b o t t m a n  
e t o s e r i h s p m a h w e n c  
r e c r e a t i o n c e n t e r n

azalea city	jackson boyd	sam abbott
belle ziegler	junction	sligo creek
bf gilbert	lee jordan	snow angels
colby avenue	maple ave	spring park
community center	new hampshire	steve francis
dorothys woods	piney branch	tkpk
ed wilhelm	public works	toatley fraser
forest park	recreation center	
heffner	roscoe	

**For more activities check out the Virtual Community Center**  
**[takomaparkmd.gov/recreation](http://takomaparkmd.gov/recreation)**





# 2020 - CITY COUNCIL PRIORITIES



## 1. A Livable Community For All

- Ensure we have a range of safe, quality, and stable housing options that are affordable for residents of varying incomes and all races and ethnicities.
- Identify programming needs in the community and develop approaches to meet those needs, emphasizing youth, families, seniors, and our more vulnerable residents, such as those with lower incomes, immigrants, and people with developmental disabilities.
- Defend status as a Sanctuary City and continue to be a welcoming and inclusive community for all residents.
- Improve transportation planning and outreach to create a safer and more racially equitable community for all residents, including pedestrians, bicyclists, and vehicle occupants.
- Further efforts related to racial equity.

## 2. Fiscally Sustainable Government

- Increase funding from County and State to address tax duplication and other City needs.
- Minimize adverse impacts of changes to the federal tax system.
- Adopt sustainable investment and banking policy and practices.

## 3. Environmentally Sustainable Community

- Prioritize actions, policies, innovations, and new opportunities that mitigate and adapt to the causes and effects of climate change.
- Protect, plan for, and improve Takoma Park's natural resources including urban forest health and water quality, and continue to be a leader in community sustainability programs and policies.

## 4. Engaged, Responsive, Service-oriented Government

- Improve policies and processes related to the tree ordinance; traffic calming; sidewalk requests, repair and maintenance; and residential/commercial boundary conflicts.
- Improve and formalize systems for Council-appointed committees and external committees on which Councilmembers serve (e.g. MWCOG).
- Identify policing priorities and explore options for enhanced police/community relations.
- Explore alternative approaches to enhance public engagement and two-way communication.

## 5. Community Development for an Improved & Equitable Quality of Life

- Plan and prepare for development in the City and region while maintaining the special character and diversity of Takoma Park.
- Redevelopment of Takoma Park Recreation Center.



**TakomaParkMD.gov**



**Takoma Park Recreation Department's**

# Phone a Neighbor Program

*Supporting each other during this time of social distancing.*

**We are looking for Takoma Park Seniors who would like an occasional phone call during this time of uncertainty.**

**We have a list of neighbors willing to reach out.**

**To sign up call Ms. Paula at 240-687-4132.**

*There is nothing in the world like hearing a concerned voice on the other end of the phone sometimes. Neighbors can quickly become family.*