### December 2024

MONTHLY NEWSLETTER

1eWSwire

### Mayor's Message



As the year draws to a close, and the holiday season is upon us, I am filled with immense pride and gratitude for our vibrant, close-knit community. This year, 2024, has been an extraordinary milestone in

our town's history—our 100th anniversary! It has been a year of celebration, reflection and unity as we honored the legacy of those who came before us and looked to the future we are building together.

A truly memorable highlight of the year was our Time Capsule event. This moment captured the spirit of North Brentwood, as we preserved the voices, stories and achievements of our present-day community for future generations. It was a testament to our shared commitment to growth, resilience and the preservation of our history-rooted in the determination and strength of those who laid the foundation of our Town.

The Time Capsule will be sealed for 50 years! Do you have an artifact you'd love to place in there: pictures, a novelty, or an item with your family's name on it? If so, please contact Town office. The time capsule will be dedicated and secured in early 2025. Remember to label pictures so names can be placed with faces.

Celebrating inclusion has always been a cornerstone of North Brentwood's identity. Our Town is a tapestry of cultures, backgrounds, and perspectives that enrich our neighborhoods and strengthen our bonds. In 2024, we

held events and programs that highlighted the beauty of our diversity, and we remain committed to ensuring every voice is heard and valued as we move forward.

As we prepare to welcome 2025, there is so much to look forward to. We're excited to continue enhancing our Town's infrastructure, fostering economic opportunities, and promoting initiatives that support all residents' well-being. From beautification projects to new community programs, 2025 promises to be another remarkable chapter for North Brentwood.

Looking to the future, we are embracing innovative strategies and technological advancements to propel North Brentwood into the 21st century. Modernizing our infrastructure, improving digital connectivity, and adopting sustainable practices are ways we aim to make our Town not only livable but future-ready. These efforts will ensure North Brentwood remains a thriving and forward-thinking community for generations to come.

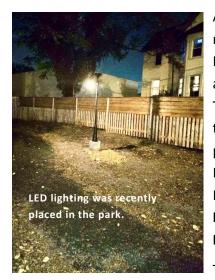
At the heart of our progress is the unwavering commitment of our residents. Your dedication, ideas, and active participation are what drive our Town's success. As we continue to evolve, let's celebrate the values that unite us and inspire one another to achieve even greater heights. As well, let's carry forward the same energy, collaboration and hope that made 2024 such a triumph. I encourage all residents to stay engaged, share your ideas, and participate in our Town events, as we continue to write the story of North. Brentwood together.

Pitueia Lolum

Open: Monday, Tuesday, Thursday 9am-1pm Office 301.699.9699 Fax 301.699.1824 Community Channels: Comcast 71, Verizon 1983

Town of North Brentwood P.O. Box 196, 4009 Wallace Road North Brentwood, Maryland 20722

## North Brentwood Town Council Proposes Renaming of Entrepreneur Park



As part of our commitment to honoring North Brentwood's rich history and legacy, and our Town's 100<sup>th</sup> anniversary, the Council is excited to propose retitling Entrepreneur Park (on Rhode Island Avenue) to Henry and Isabella Randall Entrepreneur Park.

This proposal aims to

recognize the contributions of Randall, the founder of North Brentwood, and his wife, who helped to lay the framework for our community.

Entrepreneur Park stands on the very site where the Randalls once lived, and where the couple shaped the future of our town. Renaming this park is more than a tribute: it's an opportunity to connect our community with the pioneering spirit of those who first envisioned a place for Black families to thrive.

The name change will be discussed and voted upon on January 6, the first Town Meeting of 2025. We're reaching out to you, the citizens of North Brentwood, for your thoughts and input. Your voices are crucial in this process, as we work to ensure our Town's public spaces reflect our community's values, history and aspirations.

### We invite you to share your thoughts:

- Do you support the renaming of Entrepreneur Park to honor Henry and Isabella Randall?
- Would you like to submit comments or questions for discussion at the upcoming Town Council meeting?

To share your input, please email Councilmember Dame (edame@northbrentwood.com) and/or Town Manager Jacqueline Goodall (townmanager@northbrentwood.com). We look forward to hearing from you and working together to celebrate the legacy of our Town's founders.

### Patricia Page, City Clerk

Patricia joined the Town Office staff in July 2024. She manages the Mayor's administrative needs and supports Town operations. Her experience as an entrepreneur, includes process

improvement, project management, HR training and development; just what we need in a City Clerk! And, as a longtime Hyattsville resident, Patricia understands the needs of our unique community.

She earned her Bachelor's degree in Business Administration and Management from University of Maryland's Global Campus. Patricia also has several certificates (e.g., Policy Leadership) from Brookings Institute's Executive Education Program, and achieved a Global Career Development Facilitator certificate from the National Counseling Association.

As well, Patricia is a member of the Organization for Black Scientists and she's on the Trustee Board and Treasurer for the National Association Council of Community Churches of America and Elsewhere, Inc. And, as a certified and licensed chaplain, she considers herself a Spiritual Chaplain for everyone.

### **Old Cornerstone for Municipal Offices**

As part of ongoing efforts to honor North Brentwood's rich history, we proudly announce

inclusion of the cornerstone, from the circa-1950 municipal building, in the new Town Municipal Center at 4519 Rhode Island Avenue. This cornerstone symbolizes the foundation of our community's governance and



progress: a bridge between past and future. By preserving and prominently placing this piece of history in our new center, we honor the vision and dedication of those who built North Brentwood into the thriving Town it is today.

## North Brentwood Featured in *The Lab* Magazine



We *are* the cover story, "A Town Reframing its Past to Shape its Future," in the Fall 2024 issue of

Gateway Media Arts Labs' magazine, *The Lab*. The multipage spread covers the course of our Town's 100 years: *issuu.com/thelabmag/docs/ final\_fall\_2024?fr=xKAE9\_zU1NQ*.

The Lab is a lead project of Gateway



Community Development Corporation, which drives economic revitalization along US Route 1. Learn more,

and read back issues of *The Lab*, at *www.gatewaycdc.org*.





Over the next five years, Randail Town and its reidents flourished. New renident Jereminh Hawkins, served as the town's first mayer and was elected as a detegate to the Republican National Convention in 1920. He led the effort to incorporate the town four years later, establishing key roles including cablert members, councilines, a police justice, town celerk and treasurer.

This period of development for North Brentwood - and the rise of other African American settlements across th nation - began during the backdrop of the Reconstruction Era and The Great Migration, a surge of African American families leaving the South headed North and West.



THE LAB | 08



However, the creation of "Black Codes" and legislative decisions tuch as the Supreme Court striking down the Citid Rights Act of 4375 and Pleasy berguison began the advent of "separate but equal" and consequently the Jim Crow Ers.

Meanwhile in 1904, The Holladay Land Company, created by Captain Bartlett, established the smaller subdivision of Brentwood. This neighboring town was a premium swatch of land and home to all wh

Three years after Brown v. Boord of Education of Topoka, the landmark case that ended separate but equal on paper, many U.S. localities, municipalities and states did not follow suit, enacting their own diacriminatory laws. And in agy, the town of Beentwood installed a metal highwy barrier at the interaction of Windom Road and gith Street, to physically divide the two towns; Brentwood became a 'undown town'.



leaders and residents over an 18-mosth engagement process to establish shared values for placemaking. The proposed site plans include interpretive signs, bankas, bio-retention planters, tree boxes, pervious curbs and gutters, and residential streetscape planting, extending into the adjacent park.



As the years passed, the collective memory of the towns faded. Many were unaware of the infamous history of the barrier. It was not until local firefighters requested that the barrier be removed to improve their emergency route that the current mayor of Brentword, Recoff Treminis-Lopes,

Appalled, she wanted to immediately destroy it, however, she partnered with the mayor of North Brentwood, Petrella Robinson, to produce a solution that would not erase, but would pay homage to, the lived history of the residents of North Brentwood.

"Together, our thought was just that, togetherness... but we must not forget the past..." "When the Mayor approached me, it was about how do we remember the past and move to the future," said Robinson. As the town representative on Gateway CDC's board, I know we'll continue to make even more strides. Gateway will provide us with opportunities to share our story and further define North Brentwood as a place of creativity and resilience. --Evan Dame

Mayor Robinson is a long-time resident of North Brentwood and remembers walking past the barrier on the way to school, but not knowing what it was or what it represented.

The mayors would spend the next seven years developing a plan to do respect the past and future. Hence, the Windhom Road Barrier Park project was born.

own fouws were birthed by discriminatory local laws and used violence and intimidation intain segregation. After 6pm or sunset, it was unsafe if not unlawful for African icans and sometimes Indigenous, Chinese, Mexican and Japanese peoples to remain in

n towns, counties and suburbs sprang up across the country during the Jim Crow Era, the origins can be traced to pre-Reconstruction. Once the laws were challenged, the duit were achieved with exclusive real scattar practices and covenants. Such policies aurior led to the creation of *The Nepro Materia Chrone Book* published by and five African era is haven abole lower zwar as de about remembrane and automation from emenantiza-



FROM DIVISION TO CONNECTION

> African American artists Nchemikh Daon III and Weiley Clack created the memorial coupture fee Witchmen And Burier Park. The coupture made of epoxy faam and steel is two hands holding a section of the original Javrier, which is now vertical. Located an the boundary of North Beerwood and Brentwood, it significant the sufficient of the torown. Dans enlisted the help of Clark, a Lorendata attist and sculptor who has a studie in College Park.

Dixon, a DC native who is trained as a painter and late sculpting, originally proposed the design. He serves as Public Programming and Community Engagement for



tate june, a junctoents coloration was nead as the official opening s park attended by citizens of North Brentwood and Brentwood. Both on Mayors were speakers and skared the motivation for this historic

"The sculpture today is very impressive. It makes me feel that we have accomplished a hurdle, jumped over that barrier, or crawled under the barrier to get to the other side. Here we are on the other side, shared values, common goals, and uplifting of each other." - Mayor Petrella Robinson







Sic's Taven has since been renovated by the City of North Bernstrood and the Hystatric Community Development Corporation with the support of local, state and federal grant funding. The Neighborhood Design Center provided intertor dorigin direction and project management support to complete the project at Six's. The Center partnered with residents to create a design for the second space stested articles. For the second second second space step is the second metric.

Mayor Robinson hosted a grand re-opening of the tavern for the community. People were invited to return laughter, music and energy to the historic juda-joint. Now, it is a gathering space that can be rented by the public for events. THE LAB (K



# NORTH BRENTWOOD HISTORICAL SOCIETY

PRESENTS

# **ANNUAL CHRISTMAS LUNCHEON**



# NORTH BRENTWOOD COMMUNITY CENTER

4012 Webster Street North Brentwood, MD 20722



# WEDNESDAY DECEMBER 11, 2024



This is an invitation-only event with limited seating. Kindly RSVP to secure your spot with Robbin Queen at (301) 351-2626



## Code Officer Cuffie's Corner

Be Proud of North Brentwood!

This month, a few important notes...

#### **Fire Safety**

Winter months bring colder temperatures, and an increased use of heating equipment such as space heaters, fireplaces and furnaces. While essential for keeping homes warm, these also pose serious fire risks if not used properly. As your local Code Enforcement Officer, I emphasize the importance of adhering to fire safety regulations to protect lives and property during the winter season.

First, ensure all heating equipment is in good working condition. Space heaters should be placed at least three feet away from flammable materials such as curtains, furniture or bedding. Check cords for cracks or wear before use, and always turn space heaters off when leaving the room or going to bed. If you use a fireplace, have it inspected annually by a professional and cleaned regularly to prevent creosote buildup, a highly flammable substance. Furnaces should also be checked and serviced to ensure safe functioning.

Additionally, homes must be equipped with working smoke detectors and carbon monoxide alarms. These devices provide critical early warnings in the event of a fire or gas leak, saving lives. Test all alarms monthly, replace batteries at least once a year, and follow local codes about installation in specific areas of your home.

State law requires all homeowners to install 10-year lithium battery tamper-resistant smoke alarms with the silence/hush feature (to silence accidental alarms for 10 minutes). Request a Fire/EMS Department Fire Safety Advisory Inspection (they'll even install a free smoke alarm!). Call the PG CountyClick 311 line from 7 am to 7 pm; after hours call 301.864.SAFE(7233).

Lastly, always have a fire extinguisher accessible and ensure all family members know how to use it. By taking these precautions and following safety codes, we can all enjoy a safe and warm winter season.

### North Brentwood Community Speed Cameras

The Town has now speed cameras going north and south on Rhode Island Avenue. Speeding violation tickets will be \$40.00 each.

Please be aware this is for the safety of all citizens, including pedestrians.



### **Town Policies**

- 1) All leaves must be put in brown leaf bags; the trash company will not take leaves in plastic bags.
- 2) Reminder: mattresses/box springs must be wrapped in plastic or the trash company won't pick these up.
- 3) Leaves/bushes/clippings must go in brown leaf bags.
- Please don't put out bulk trash ahead of time. Also, if you put 'free' on bulk trash, it will not be picked up.
- 5) If you have expired auto tags you will receive a ticket.
- 6) Please watch the community channel (1983) and read the newsletter: there is a lot of important information

## Covid-19 Vaccine Every 6 Months

The CDC recommends people 65 years-plus (or immunocompromised) get a second dose of 2024-2025 COVID-19 vaccine six months after the first dose.

# DON'T MISS YOUR VACCINES.

Get protected against flu and COVID-19.

VACCINES.GOV

So, if you got your first vaccine or booster in September, you're likely eligible for second dose in March 2025, in time for the next COVID season that brings an annual uptick in cases. These updated guidelines also allow for three-plus doses for the immunocompromised, in consultation with a doctor.

Source: cdc.gov

## Pepco's Winter Storm Preparedness: Stay Safe and Informed

As temperatures drop and winter storms loom, preparedness is more than just a precaution—it's a responsibility. Together, we can ensure we're ready for whatever winter throws our way.

**Steps to Prepare for Winter Storms** 

Preparation is key to minimize disruptions/stay safe:

- Make an Emergency Storm Kit. Stock up on bottled water, non-perishable food, flashlights, batteries, medications, a first-aid kit, and blankets and warm clothing in case of power outages.
- **Create a Winter Storm Plan.** Have a clear plan for your household in the event of an outage/severe storm. Identify a safe, warm location to wait it out Keep important contact numbers handy.
- Stay Connected. Confirm your current phone number in the "My Alerts and Notifications" section of *pepco.com/myaccount*, to receive critical updates during emergencies. Download the Pepco mobile app, at *pepco.com/mobileapp*, to access real-time info and resources.
- Access Additional Resources. Visit pepco.com/ stormprep for a tips, resources, and safety info.

### Pepco's Commitment

If a severe storm hits, we monitor local weather reports closely and follow emergency management officials' guidance. Our response plan prioritizes restoring power to the greatest number of customers as quickly and safely as possible. To learn more, visit *pepco.com/restoration*.

### Pathway to Purchase Mortgage Program

In October, the Department of Housing and Community Development, and the Redevelopment Authority, worked with the State to launch the MD Mortgage Program's Pathway to Purchase: the county's First-Time Homebuyer Assistance Program. The partnership increased benefits for homebuyers and makes it easier to buy a first home:

- Pathway to Purchase now offers up to \$25,000 in down payment and closing cost assistance.
- The program still provides a zero percent deferred loan, which is forgiven after 10 years.
- Homebuyers no longer need 1.75 percent of the purchase price in cash for the down payment.

For info, go to princegeorgescountymd.gov/business/ redevelopment-authority/first-time-home-buyerassistance-programs/pathway-to-purchase) and the MD Maryland Mortgage Program site (mmp.maryland.gov).

#### Blizzard Winter Weather Winter Storm Warning Warning Advisory Severe winter weather Dangerous winter weather Potentially dangerous is expected within the is expected within the winter weather is next 12 to 36 hours or is next 12 to 36 hours or is expected within the occurring -- including occurring. Considerable next 12 to 36 hours or is whiteout conditions. travel problems are occurring. Travel Do not travel. difficulties are expected. expected. take action. take action. be aware.



# Special Promotion for 2025 Facility Rentals at Sis's Tavern

Are you planning a special event in 2025? Look no further than Sis's Tavern, the perfect venue for your celebrations, meetings, and gatherings!



Limited-Time Offer: Non-Residents: \$125 per hour | Residents: \$100 per hour

But hurry—this special rate is only available for bookings made by January 31, 2025! Secure your spot now to lock in these unbeatable rates.

Contact Us Today: (301) 996-7159 EventPlanner@northbrentwood.com www.NorthBrentwood.com Let's make your 2025 unforgettable at Sis's Tavern!

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Time Capsule Event















North Brentwood Citizens Association Presents

# Annual Xmas Yard Decorating Contest

When: Saturday, December 28, 2024 Time: Have your lights on by 6:00 PM

# **PRIZES:**

1ST PRIZE: \$100 2ND PRIZE: \$50 3RD PRIZE: \$35

Show off your holiday spirit and creativity to light up our community! Join us in making this holiday season bright and festive!

## *In the News:* Despite Concerns, County Council Passes New Property Tax Credit for Seniors

It wasn't a huge surprise when the Prince George's County Council approved a measure to offer property tax credits for certain senior residents, on top of the Homestead Credit they already get. But that doesn't mean there aren't concerns about the legislation, either.

Under the bill passed by the council (by an 8-0 margin with two abstaining), county homeowners over the age of 65, who've lived in their homes for 25 years, are now eligible for the credit—as long as the assessed value of their home is no more than \$500,000.

It aims to improve a tax credit the council passed just two years ago, which made more elderly residents eligible, though not everyone who applied was accepted because of limited funds. "I had a 99-year-old woman who lived in my district, who served in our public school system for over 30 years, who cannot afford her property taxes," said the bill's main sponsor, District 8 Council member Ed Burroughs. "She's at the end of her life, and her family is stressed out about whether or not she can keep her home in this county."

There was concern from the county executive's office that how the bill was written could cause confusion and uncertainty. In some cases, members of that office believed the legislation contradicted itself. Earlier this year, the council also passed a resolution creating a task force to iron out some of those concerns about tax credit eligibility and how that would be determined.

"We've been trying to work on this bill because, two years ago, it perhaps didn't hit the mark we all were looking to hit," said John Erzen, Deputy Chief of Staff for County Executive/newly-elected US Senator Angela Alsobrooks. "We may be coming right back after this bill with another bill when you have more seniors come and say, 'I thought this was going to help me, and this one didn't end up helping me." The task force he was urging the council to wait for is supposed to have its final report ready by the end of February. It's why the CE's team was surprised by the recent push to get this bill through again before the end of the legislative year. The Alsobrooks administration also warned the new tax credit would cost \$59 million to \$98 million over the next five years, on top of the Homestead Credit offered to residents (see page 11 of this newsletter). Because the 10-year residency requirement would expand to 25 years, the administration warned nearly 15,000 residents eligible for the extra credit would become ineligible. "Is the council ready to tell those seniors under the 10 year program 'you were eligible, you may not have received a credit but because this is now going up and being expended to 25 years, you're out of the program?" said Sakinda Skinner, the County Executive's liaison with the council.

The financial impact to the county caused Council Vice Chair Sydney Harrison to speak against the credit. With the county expecting a \$158 million hole in next year's budget, he said this could jeopardize the county's bond rating. "I am not trying to send the fiscal health of this county into cardiac arrest," Harrison said. "We're playing Russian roulette with our AAA bond rating." And he wondered if taxes would have to be raised on others to pay for this new credit. "We're going to have to find money somewhere else to provide this and cut other agencies," he said. "How that shows up in public safety, how that shows up in our 27 agencies to make up that money—that's a real deal."

"We have not had a discussion about our bond rating when we've given tax breaks on development," said District 6 Council member Wala Blegay. "If we do not address and try to give something to our seniors, we will lose them, and that will be a part of your impact on budget." Burroughs said he's seen the Council "waive school surcharge fees ... public safety surcharge fees for developers. Isn't it time for us to put that same level of importance on the people who have helped build this county? Our seniors are the reason that we're here."

In offering up her vote for the bill, Council member Wanika Fisher said others who come before the council hoping for financial assistance, and more funding for certain programs, should pay close attention to how this debate played out. "Passing this bill is also passing a statement on what we will be able to do for the county," Fisher said. "This is the priority. Rental assistance will not be the priority. Social services or the housing will not be the priority. All of that is not the priority."

The bill goes to the County Executive's desk next; with the misgivings about the legislation, it's not a sure thing it will be signed. But, members of Alsobrooks' staff also said it was too early to say if she was considering a veto. On December 3, the Senator-elect resigned as County Executive, to prepare for her new role in US Congress, leaving the legislation in question. County Administrative Officer Tara Jackson is the interim County Executive until a special election is held.

Sources: wtop.com, wbal.com

### Exploring the History and Future of Rhode Island Avenue Trolley Trail

Last Saturday, 60-plus participants joined a collaborative event hosted by the Anacostia Trails Heritage Area (ATHA), National Capital Trolley Museum, MD Meadworks, Chalk Riot LLC, and Era Wine Bar—to delve into the history of Rhode Island Avenue's streetcar trolley lines and the development of the Trolley Trail. The event highlighted the trail's current extension in Hyattsville and potential expansions to connect communities such as North Brentwood, Brentwood, Mount Rainier, and regional trail systems (e.g., Anacostia River Trail).

The day began at Maryland Meadworks with a presentation about historic Route 82, by Eric Madison of National Capital Trolley Museum. A lively panel discussion, moderated by Allie O'Neill, focused on the Trolley Trail's past, present and future. Panelists, including leaders from the East Coast Greenway Alliance, City of Hyattsville, Gateway CDC, and PG Parks, shared trail development insights. Participants also viewed Hyattsville's "Trail of Opportunity" video, showcasing the impact of a newly completed half-mile trail segment connecting Maryland and DC.

The event concluded with a 1.4-mile walking tour of cultural and economic landmarks in North Brentwood, Brentwood, and Mount Rainier. Stops included Entrepreneurs Park, Gateway Arts Center, miXt Food Hall, and 3711 Studios, with updates from local leaders and developers. The day ended at Era Wine Bar, spotlighting the community's dynamic assets.









The event aligns with efforts to conduct a feasibility study to extend the trail, furthering connectivity in the Gateway Arts District and beyond.



Support local artists at BAE's Holiday Craft Fair; enjoy live music, while sampling delicious brews from MD Meadworks! Experience exhibits and shop for special gifts from local vendors. At the craft station, create your own wreaths and ornaments. Don't miss this wonderful opportunity to celebrate the holiday season together!

### North Brentwood's Linktree Hub

There's a portal for the Town's website, social media accounts, and online forms/permits. (For forms requirement payment by check, bring the form and payment to the Town Office.) You can share the Linktree via social media or email (select "..." in the grey circle on the top right of the main Linktree screen).

	Share this Linktree	1
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Town of North Brentwood	Share on Facebook	ł
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Town's Website	: Share on X :	ł
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or type:

"https://linktr.eeTownOfNorth Brentwood" into a browser.



## Homestead Property Tax Credit

To help homeowners deal with large assessment increases on principal residences, state law established the Homestead Property Tax Credit. The Credit limits the increase in taxable assessments each year to a fixed percentage, which, in North Brentwood, is 10 percent.

- ALL Maryland homeowners must submit a *one-time* application to establish eligibility for the credit: only *once* during your time in your property.
- The Homestead Credit does not limit the market value of a property determined by Department of Assessments and Taxation. Instead, it's a credit calculated on any assessment increase exceeding 10% from one year to the next.
- Before calling or emailing the Department, please check SDAT's Real Property search page to determine if you already have a Homestead Tax Credit on file. Find the status of your eligibility by looking up your property on: *sdat.dat.maryland.gov/RealProperty*.

Once you've accessed your property's page, the status of your Homestead application is located at the bottom of the page. A status of "Approved" or "Application Received" means no further action is required.

- If the status of your property says "Homestead Application Status: No Application," you must file an application.
  - File online. For fast service, go to Maryland One Stop, a portal for state agencies with one simple login, and no need for an access code to fill out a one-time form. Go to: *onestop.md.gov* and browse by State Agencies. Then, select Department of Assessments & Taxation and click on "Homestead Tax Credit Eligibility Application."
  - Paper application. Alternatively, you can complete and submit the paper application on pages 11 and 12 of this newsletter. Or, go to: *dat.maryland.gov/SDAT% 20Forms/Homestead\_application.pdf* to download it. Fax completed paper applications to 410.225.9344, or mail to: Department of Assessments and Taxation, Homestead Tax Credit Division, 700 East Pratt Street, 2nd Floor, Suite 2700, Baltimore, Maryland 21202.

Questions? Call 866.650.8783, or email the Homestead unit at *sdat.homestead@maryland.gov*.

# Prince George's County CLIMATE STEWARDS ACADEMY

Calling All Climate Leaders!



Are you passionate about fighting climate change and building a sustainable future for Prince George's County? The Prince George's County Climate Stewards Academy is looking for motivated residents to join a transformative program that will prepare you to lead local climate action efforts.

# **OVERVIEW**

The Prince George's County Climate Stewards Academy is a pilot climate education and stewardship training program that will support local climate preparedness while building the capacity of communities. The goal is to identify, train, and empower climate stewards to serve as community climate champions and lead local climate implementation efforts. Climate Stewards will learn climate best practices, establish community connections and gain the skills to assess their communities and lead implementation projects.

# REQUIREMENTS

Applicants must:

- Be a Prince George's County Resident
- Be at least 18 years of age or older
- Commit to attending all live sessions
- Commit to participating in a post pilot feedback session
- Complete a final climate stewardship project

# TRAINING CURRICULUM

Modules will be a mix of in-person, live virtual and self-paced online content.

Module 1: Saturday, February 22, 2025 @10:00-3:00PM Introduction to the Climate Stewardship Academy\*

Module 2: Tuesday, March 4, 2025 @6:00-7:30PM Understanding climate action best practices

Module 3: Tuesday, March 18, 2025 @6:00-7:30PM Assessing your community and identifying priorities

Module 4: Saturday, March 29, 2025 @10:00-3:00PM Leading climate action efforts in your community\*

Module 5: Tuesday, April 8, 2025 @6:00-7:30PM Preparing for your final climate stewardship project

\*Indicates in-person training sessions

# APPLY NOW!

All applications are due Tuesday, January 7, 2025

# CLICK HERE TO APPLY

Or visit: https://forms.gle/dXZ7KcrJKTacj7va6

# CONTACT

Email the Environmental Finance Center at efc\_climateaction@umd.edu

### Funded by:



## Shining a Light on Seasonal Affective Disorder: December Awareness Month

As days grow shorter and the winter chill sets in, many people experience a noticeable mood change. While it's common to feel a little down during colder months, for some, these feelings become severe and interfere with daily life. Seasonal Affective Disorder (SAD) is a type of depression typically emerging in late fall/early winter.

In honor of SAD Awareness Month, which is recognized each December, let's explore what this condition entails, its symptoms, and how it can be managed.

### **Understanding SAD**

SAD is more than just "winter blues." It's a recognized form of depression linked to the reduced exposure to sunlight during shorter days of fall and winter. The lack

of sunlight disrupts our circadian rhythm (body's internal clock), which may also reduce levels of serotonin—a chemical that affects mood—and increase the production of melatonin, a hormone that regulates sleep.

Symptoms of SAD

- Persistent low mood or feeling hopeless.
- Loss of interest in even fun activities.
- Fatigue/low energy.
- Loss of concentration.
- Changes in appetite, cravings for carbs.
- Sleep disturbances, e.g., oversleeping.

For some, symptoms may appear in spring/summer, a variation known as summer-pattern SAD.

#### Who Is at Risk?

- **Geography:** People living farther from the equator are more prone due to reduced daylight in winter.
- **Gender:** Women are diagnosed with SAD more often than men.
- Family History: A family history of depression or SAD may increase susceptibility.
- Age: Younger adults are at a higher risk, although SAD can develop at any age.

Sources: National Institute of Mental Health (NIMH), Mayo Clinic, American Psychological Association (APA)

### Coping with SAD

The good news is that SAD is treatable. Below are some common strategies from NIMH.

# Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
  Having less energy than usual but still able to do your job, schoolwork, or housework



#### These activities can make you feel better:

- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family
- and friendsEating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

# Do you have more severe symptoms that have lasted more than 2 weeks?

- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

#### Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit **nimh.nih.gov/findhelp**.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the **988** Suicide & Crisis Lifeline at 988 or chat at **988lifeline.org**.





Anacostia Trails Heritage Area, Inc. 4318 Gallatin Street, Hyattsville, MD 20781 anacostiatrails.org

**Position Description** Tour Guide Associate

#### Organization

Anacostia Trails Heritage Area (ATHA) is Prince George's County's state-certified cultural tourism entity. We are one of thirteen such designated areas across the state. Our mission is to develop and promote heritage tourism destinations and experiences in the county. We do this in service of economic growth, recreation and health, and increased historical and culture understanding. We complete this work through community partnerships, providing technical assistance, public history research and interpretation, hosting programs and events to support, and grantmaking to regional and local non-profits and municipalities.

#### **Position**

The Tour Guide Associate will report to the Executive Director and work closely with the Associate Director and current staff to conduct the Historic Hyattsville Public Art Walking Tour. This tour features a variety of artworks commissioned by nonprofit organizations, private businesses, and local government initiatives. The tour begins at Pyramid Atlantic Art Center, one of the major art centers in The Gateway Arts District. It typically lasts 1.5-2 hours. The Tour Guide Associate will be responsible for running 4-5 tours per month. Learn more: <a href="https://anacostiatrails.org/hyattsvillepublicarttour/">https://anacostiatrails.org/hyattsvillepublicarttour/</a>

#### **Overall Responsibilities**

- Schedule and lead regular public art walking tours
- Collect data and produce reports related to the tours
- Present ATHA to the community and stakeholders in a strong, positive light.

#### Qualifications

- Demonstrated understanding of, and commitment to, the organization's mission.
- Excellent verbal, written, and presentation skills.
- Ability to organize and carryout events.
- Goal-oriented, creative, adaptable and a proven ability to work effectively in collaboration with a diverse group of people.
- Demonstrated ability and willingness to work irregular hours.

#### Hourly Range: \$20/hour

#### How to Apply

For best consideration, apply by December 15, 2024. Please send your resume, a cover letter that includes your relevant experience, and 3 references to: Valerie Woodall, Associate Director, valerie@anacostiatrails.org.

Nondiscrimination: ATHA does not discriminate against any applicant on the basis of age, race, color, creed, pregnancy, religion, national origin, ancestry, disability, marital status, sex, sexual orientation, gender identity, physical characteristic or other unlawful basis of discrimination.



# North Brentwood Newswire A Heritage to Remember, a Future to Mold

## **Town Directory**

Town Office: 301.699.9699

Mayor: Petrella Robinson x1225

Council Members: Aaron Baynes x1227 Jacqueline Morales x1222 Evan Dame x1229

Town Manager: Jacqueline Goodall x1226

Treasurer: Shelley Dorsey x1224

**Code Enforcement Officer:** Martha Cuffie x1223

Town Clerk: Patricia Page x1227

Assistant Clerk: Cristian Ortiz-Romero x1227

Maintenance: Greg Butler/Anthony Avents

Prince George's County Police: 911 Non-Emergency: 301.352.1200

**Park Police:** Non-Emergency: 301.459.9088 Emergency 301.459.3232

Notaries: D. Edmonds 240.581.0838 S. Jones 301.922.2259 C. Ortiz-Romero 240.351.6302

**Community Channel:** Comcast 71 Verizon 1983

### **REMINDERS...**

### **Upcoming Town Meetings: January 6**

\* There are *no Town Meetings in December*. The first Meeting in the New Year, will be on **Monday, January 6, 2025**.

Meetings are conducted via ZOOM and at NBCC in person.

Meeting ID: 433 091 3800 / Passcode: 4009 / Call: 301.715.8592

All Town meetings begin at 7:30 pm. Join and share your ideas and concerns, and learn what's going on in North Brentwood and surrounding municipalities. We look forward to hearing from you!

North Brentwood Citizens Association: Meetings are at 6:30 pm. Next meeting: January 13,2025. Call-in: 774.267.2052.

North Brentwood Historical Society: No meetings until March 2025.

**NEW SHARE Program:** North Brentwood residents interested in receiving SHARE packages must call 301.699.9699 to be added to the list. Please leave your name, contact number and address.

If you have news to share, email asstclerk@northbrentwood.com, by the 3rd Monday of each month with subject line "Newsletter."

Boletin En Español



### YOU NEVER KNOW HOW STRONG YOU ARE... UNTIL BEING STRONG IS THE ONLY CHOICE YOU HAVE.

