



THE HERALD



“When you change your thoughts, remember to also change your world.”—Norman Vincent Peale

"DON'T QUIT"

When things go wrong, as they sometimes will,
 When the road you're trudging seems all uphill,
 When the funds are low and the debts are high,
 And you want to smile but you have to sigh,
 When care is pressing you down a bit -
 Rest if you must, but don't you quit....
 By: Edgar A.



LATEST NEWS!!!

- Fall Leaf Collection
- CAP News
- Fiesta Place Garden
- Events Calendar
- And more...



FALL LEAF COLLECTION



The Public Works Department will begin its annual Fall Leaf Collection on Wednesday, November 01, 2023.

The City will be divided into four sections, as shown on the map below. Piles of leaves with sticks, rocks, bricks, car parts, bottles, etc., will not be picked up. The leaves should be piled between the sidewalk and the curb, not more than four feet from the curb, as the vacuum hose will not reach any further. If the leaves are wet and heavy, they will not be picked up on the scheduled pick-up day until they become dry.

Please note: Leaves will be picked up non-scheduled from December 26, 2023, through January 2, 2024. After this time, all leaves must be put in brown lawn bags or a trash can with an "X" on the front or a note that says yard waste and placed curbside for Bates Trash Service, which picks up leaves and grass clipping on Mondays.

There will be no leaf collection on the following dates: November 10, 23, 24, and December 25, 2023. Tree limbs will not be picked up during the fall leaf removal season.

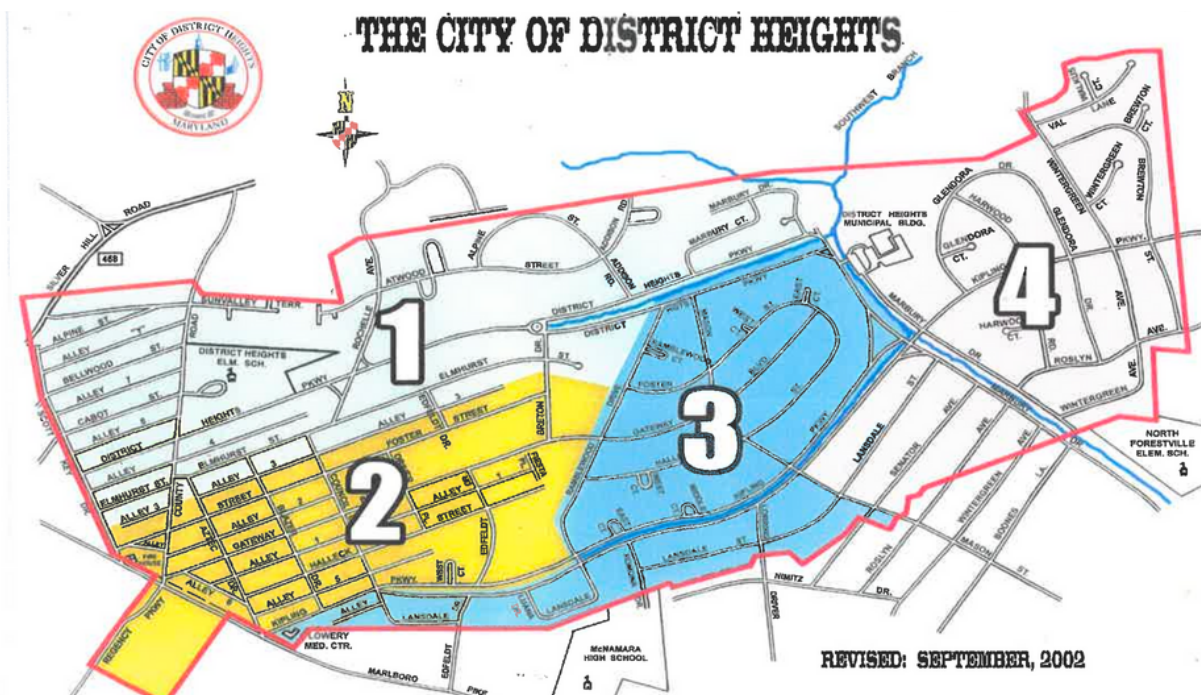
Limb pick-up will resume on Tuesday, January 14, 2024. Christmas trees will also be included in this pick-up.

Section I: November 1, 2, 3, 17, 20, 21, & December 7, 8, 1.

Section II: November 6, 7, 8, 22, 27, 28, & December 12, 14, 15.

Section III: November 9, 10, 13, 30, & December 1, 15, 18, 19.

Section IV: November 14, 15, 16, & December 4, 5, 6, 20, 21, 22.



CITIZENS ACTION PATROL (CAP) NEWS

NATIONAL NIGHT OUT 2023

NNO was a huge success. Thanks to all who planned and participated. This year's event undoubtedly had the largest attendance ever. Looking forward to next year's event.

Tip of the Issue: "Wallet Audit" As reviewed in an AARP news bulletin: Trim wallets down to necessary items, Limited cash, only one significant debit/credit card, no blank checks, no social security card, Medicare card on appointments only, and no house keys. Reducing what you carry in your wallet safeguards you from having someone use available information in a lost or stolen wallet to cause you physical or financial harm.

Home (s) of the Month: The District Height's houses are July 2512 Edfelt St., August 6911 Foster St., and September 6902 Kipling Pkwy. Congratulations to the awardees. Contact CAP for house of the month nominations.

CAP Meetings: Meetings are held bi-monthly, at 7:00 p.m. at the District Height's Municipal Bldg. 2000 Marbury Dr. The next and last meeting for the year is October 18th. Meetings for 2024 are as follows: February 21st, April 17th, June 19th, and October 16th. There are no meetings in December. Make an effort to make a difference. Email us at dhchvicactionpatol@gmail.com for more information.

District Heights Civic Coalition

Veterans Corner: Vietnam Veterans of America (VVA): VVA is an organization whose goals are to advocate on issues important to veterans, seek access to quality health care, identify the range of disabling veteran injuries incurred, hold government agencies accountable for laws mandating veteran health care, create a positive public perception of Vietnam veterans, serve our communities, and to support the next generation of Americas war veterans. For more information, go to VVA.org.

FIESTA PLACE GARDEN



FIESTA PLACE GARDEN UPDATE

By: Teri Speight

Fiesta Place Community Garden thrives as the summer growing season winds down. It is time to plant late-season crops such as carrots, collards, kale, Brussels sprouts, lettuce, and garlic.

The garden features a Little Free Library filled with books for most ages...and more on the way. We have incorporated programming about gardening for our residents and friends. SiStain8, LLC presented our inaugural Second Sunday in the Garden program.

We learned much about composting, had lively conversations, and had a seed giveaway. Please save the date on your calendar for our following two programs. We would love to see more residents and friends show up and become empowered.

Feel free to come in and watch us grow if the gate is open. You should join a growing community by signing up to become a Plot Partner in 2024.

UPCOMING EVENTS

SUNDAY, OCTOBER 8, 2:00 PM

Esther Mitchell - Winter Lawn Care and Feeding
Teri Speight - Gardening with Garlic

What is a soil test? When should I take one, and how? Why soil test? What about those mushrooms on my lawn? What are fairy rings? This will be presented by Esther Mitchell, Prince George's County Home Horticulture Educator and Master Gardener Coordinator, who is trained in turf and soil best practices.

Did you know that garlic is best grown in the wintertime? When do you sow it? How do you care for it over the winter? These questions and more will be answered in a short presentation by Teri Speight, Master Gardener, Author, National Garden Club Container Plants, and Urban, Garden Chair and Author, Black Flora, and The Urban Garden – 101 Ways to Grow Food and Beauty in the City.

SUNDAY, NOVEMBER 12, 2:00 PM

Kim Roman - Growing through the Winter Indoors
Kim Roman is a local author who authored an Indoor Growing book.

YES – you can grow indoors and have a successful harvest. Kim will walk us through the process, share tips, and offer her book for sale. Kim is also a Certified Square Foot Gardener and offers online courses where she teaches Mel Bartholomew's concepts on square-foot gardening.

We often think the growing season ends when frost comes knocking. However, harvesting salad greens or micro greens for the holidays and even in January is something most cannot imagine.

Winter gardening is more than simply houseplants!



HELLO NEIGHBORS

Summer is ending, and we are now entering the fall. Our treasured young scholars are heading back to school. It will also be getting dark sooner. As the seasons change and evolve, so does our beloved City of District Heights.

The Commission is excited about all the positive changes occurring in the city. We are encouraged by the engagement of the community as the city continues to transform. I hope residents appreciate the newly paved streets, speed bumps, and neatly manicured roads. However, we're not done; stay on the lookout for more that will enhance the quality of life for our community.

Your city government is working hard to keep the Community updated on meetings, events, and activities occurring throughout the city. Please check our website at www.districtheights.org and other social media platforms such as Facebook, YouTube, and Instagram to stay connected and updated on what's happening in our city. If you want to receive these notifications electronically, please consider signing up for Constant Contact. Notifications will be forwarded to you in a timely fashion. Please message Ms. T'Neisha Turner in our Media Department at mediacoordinator@districtheights.org. If you have any questions, please call (301) 336-1402.

As a reminder, the City of District Heights front office is fully staffed. Please reach out or stop by and say hello to our friendly, professional, and knowledgeable staff about your questions. Ms. Starr Jefferson (City Clerk) and Ms. Nike'sa Lewis (Administrative Assistant) can be reached at (301) 336-1402 or jeffersons@districtheights.org and lewisn@districtheights.org.

Save the Date: Veterans Day, Saturday, November 11th. This annual celebration honors America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. The District Heights Veterans Committee will convene meetings soon, and information will be shared as it becomes available.

We will celebrate Halloween, Thanksgiving, Christmas, and other special dates in the next few months. Please enjoy time with family and friends and be safe.

Neighbors, I will continue to say I am humbled to be your Ward 2 Commissioner, and it is my honor to serve you and to be your advocate.

Sincerely,

Commissioner Pamela Janifer



SENIOR CENTER



NATIONAL FAMILY CAREGIVERS MONTH

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers nationwide. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. This year's theme is "Caregiving Happens," we acknowledge that caring for a loved one often requires around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.

For people who do not know, families are frequently the primary caregivers for vulnerable populations. Today, more than 53 million family caregivers provide unpaid care, and the total economic value is more than \$470 billion.

My favorite caregiver's quote is:

"There are only four kinds of people in the world — those that have been caregivers, those that are caregivers, those who will be caregivers, and those who will need caregivers."

-Former First Lady Rosalynn Carter

November is
**NATIONAL FAMILY
CAREGIVERS MONTH**

#CaregiverAnd



FAMILY AND YOUTH SERVICES



Active Parenting of Teens:

A facilitated program to help ensure your teens develop the skills and character they need to survive and thrive as they gain independence.

This program can help you create harmony and stability in your family while raising your teens to be responsible, courageous, and prepared for an independent life.

Active Parenting of Teens Continued:

Active Parenting of Teens provides the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth.

Sessions are packed with activities, discussion, real-world examples, and feedback; you'll learn a proven approach to parenting, plus indispensable techniques and insights.

Parents will learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior, How to be an encouraging parent . . . and much more,
- Plus, it provides insight into critical issues such as teens online, bullying, and depression.

Beginning October 19th on every 1st and 3rd Thursday of the month



Pictured L to R: Miles Gates, Makeda Dixon, Pashince Daniels-Francis, Andre Robinson (not pictured)

CONGRATS TO THE RECIPIENTS OF THE MAYOR'S SCHOLARSHIP AWARD

On July 25, 2023, four outstanding scholars were honored by the City of District Heights and awarded the prestigious Mayor's Scholarship Award for the 2023-2024 Academic School Year. It's heartening to witness these brilliant students being acknowledged for their hard work and accomplishments. Congratulations to the recipients!



SUMMER WORK PROGRAM (PUBLIC WORKS)

Each summer, the City of District Heights Public Works Department hires four residents, ages 14-18, to complete an eight-week job training program with the department. Congratulations to the young men for successfully completing the program.

CITY OF DISTRICT HEIGHTS EVENTS CALENDAR

OCTOBER

20TH- "GAME NIGHT" POOL TOURNAMENT @ 4:30 PM-6:30 PM

21ST- YARD SALE/SHRED DAY @ 9:00 AM-1:00 PM

28TH- FALL FESTIVAL @ 1:00 PM-4:00 PM

31ST- TRUNK OR TREAT (WOODLAND SPRINGS) @ 5:00PM-8:00 PM

NOVEMBER

3RD- PING PONG TOURNAMENT @ 4:30 PM-6:30 PM

10TH- INDOOR SOCCER GAMES @ 5:30 PM

17TH- CHARLIE BROWN'S THANKSGIVING @ 5:30 PM-7:30 PM

20TH- THANKSGIVING LUNCHEON @ 12 NOON-2:00 PM

DECEMBER

1ST- HOW THE GRINCH STOLE CHRISTMAS @ 5:30 PM-7:30 PM

8TH- AIR HOCKEY TOURNAMENT @ 5:30 PM

16TH- CHRISTMAS PARTY @ TBD

22ND- HOME ALONE MOVIE @ 5:30 PM-7:30 PM

29TH- 3-ON-3 BASKETBALL TOURNAMENT @ 6:00 PM-7:30 PM



**YARD
SALE**



**FOR MORE INFORMATION PLEASE VISIT
WWW.DISTRICTHEIGHTS.ORG**



COMMISSIONER

ANTHONY
TILGHMAN

WARD 1

COMPASSIONATE • COURAGEOUS • COMPETENT
LET'S BUILD OUR COMMUNITY TOGETHER

CONTACT ME

301-752-7924

tilghmana@districtheights.org

website:

<https://www.districtheights.org>

OUR CITY MEETINGS ARE HELD MONTHLY:

THE FIRST THURSDAY, 2ND & 4TH TUESDAY OF THE MONTH.

Visit www.districtheights.org for more information.

MISSED A MEETING?

Check out our Meeting Archive!

<http://www.districtheights.org/home/pages/meeting-archive>

Have a question about Ordinances and Resolutions that the Commission has passed?

If you have any questions or require a copy, please email City Clerk Starr Jefferson, jeffersons@districtheights.org or call **301-336-1402 ext. 110**, or visit the Municipal Building.



PHOTO COURTESY CITY OF DISTRICT HEIGHTS

District Heights City Commissioner Gyasi Gomez

City Commissioner Gyasi Gomez Selected as Delegate to Local Government 2030

By PRESS OFFICER
City of District Heights

DISTRICT HEIGHTS, Md. (Aug. 28, 2023) District Heights City Commissioner Gyasi Gomez (Ward 2) was named as one of 62 delegates from across the county to Local Government 2030 in Phoenix, Arizona in January 2024.

Local Government 2030 is a small group of elected officials, professionals, and stakeholders assembled to provide leadership in implementing solutions that address some

of the greatest challenges facing local governments across the nation: growing a resilient workforce; reimagining the way local government approach the art of communication; and envisioning a local government workforce that is resilient, equitable, and inclusive by creating employment opportunities in the public sector for justice-impacted individuals.

Commissioner Gomez is the only delegate from Maryland.

Additional information can be found online at: <https://www.localgov2030.com>

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Telephone Numbers

General Government
(301) 336-1402

Police Department & Code
Enforcement
(301) 336-1400

Non-Emergency Police
Contact
(301) 352-1200

Youth Services Bureau
(301) 336-7600

Recreation, Cultural and
Parks Department
(301) 336-5633

Public Works Department
(301) 336-7417

Bulk Trash
(301) 773-2069

Communications/Media
Department
(301) 550-0001



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