

This is Home.



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- Meet Commissioner Wright
- and MORE!



CITY ANNOUNCEMENTS



Senior Services:

Are you a reader who enjoys discussing a good book with other book enthusiasts? Join the Senior Star Book Club on the first and third Thursdays in December as they dive into another impactful book.

Upcoming Meetings:

Thursday,
December 4th, 2025:
City Meeting

NOTE THAT EVENT DATES ARE SUBJECT TO CHANGE.
To view more events, visit
www.districtheights.org/calendar/month.



The City of District Heights encourages all to voice any questions, comments, and concerns that you may have. We are committed to responding to comments and complaints within 24 hours, Monday-Friday. It's very important that citizens identify themselves so we can respond quickly to your concerns. Please be sure to include within your email your Name, Home Address, and Phone Number.

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INTERVIEW

with

**Katrina
Emerson**

**Youth Service Bureau
Director**



The holiday season often brings celebration, connection, and tradition. But for many individuals and families, this time of year can also heighten feelings of sadness, loneliness, financial strain, or emotional overwhelm. To help residents navigate these challenges, Katrina Emerson, Director of the District Heights Family & Youth Services Bureau (YSB), has shared timely guidance and wellness tools aimed at supporting emotional and mental well-being.

Holiday Wellness at a Glance

YSB encourages community members to take practical, manageable steps:

- **Acknowledge Your Feelings:** You don't have to feel festive; recognizing your emotions can ease stress.
- **Keep Routines Steady:** Consistent sleep, meals, hydration, and activity help regulate mood.
- **Set Healthy Limits:** Prioritize what matters most and don't be afraid to say no.
- **Stay Connected:** A call, text, or visit can reduce isolation.
- **Unplug When Needed:** Social media comparisons can worsen negative feelings.
- **Ground Yourself:** Try breathing exercises, mindfulness, journaling, or a short walk.
- **Seek Out Joy:** Small pleasures like music, reading, or crafts can restore balance.
- **Ask for Support:** Counselors and trusted individuals can help you cope more effectively.

When Additional Support May Be Needed

Be mindful of prolonged sadness, withdrawal, loss of interest, changes in sleep or appetite, difficulty concentrating, or irritability. These may be signs of depression, especially if they persist for more than two weeks. Certain signs—such as expressing hopelessness, talking about wanting to die, giving away belongings, or searching for ways to self-harm—require immediate action. Call or text 988 for the Suicide & Crisis Lifeline, or contact emergency services if someone is in danger.

How YSB Supports the Community

YSB provides counseling, supportive services, community programs, and referrals for youth and families.

District Heights Family & Youth Services Bureau

6421 Atwood Street, District Heights, MD 20747
301-336-7600
ysb@districtheights.org

Programs & What's Ahead

This month, YSB is wrapping up its Comfy & Cozy Series and the latest Teen Support Group cycle—both designed to strengthen family and youth connections. In January, YSB will launch Connected Futures, a new family-focused initiative that promotes stronger relationships, deeper youth engagement, and greater emotional wellness. More details on enrollment and participation will be shared soon.



Got a story for "The Herald"? Send your submissions to publicaffairs@districtheights.org.

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ANNOUNCEMENTS



Meet Commissioner Wright

The City of District Heights proudly announces the appointment of Commissioner Rahsheim Wright to represent Ward 2 on the City Commission. A lifelong Forestville resident, Wright brings over a decade of experience in government, nonprofit, and civic leadership at the local, county, and federal levels.

He serves on the District 7 Community Advisory Team and the boards of Hillcrest Children and Family Center and Klean Energy Kulture. Dedicated to service, Wright has led neighborhood clean-ups, safety initiatives, and youth engagement programs. He aims to strengthen community connections, promote transparency, and help build a safe, inclusive, and prosperous District Heights.



Meet Officer Perkins

Jasmia Perkins is dedicated to making a difference through a career in law enforcement. Growing up in Washington, DC, she witnessed the challenges of gun violence and community hardship, experiences that shaped her desire to protect and serve others.

A near-miss shooting incident in her home strengthened her resolve to become part of the solution – someone who brings safety, trust, and hope to her neighborhood. Jasmia believes law enforcement is about compassion, integrity, and service, and she hopes her journey will inspire others to rise above adversity and create positive change.



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VOLUNTEER HIGHLIGHTS



Tiffany Hannon

District Heights welcomed Tiffany Hannon to the Communications Department in October, and she hit the ground running. A seasoned public service professional, she previously served as Chief of Staff to County Council Member Krystal Oriadha and has worked with Senator Ben Cardin, Congressman Anthony Brown, and the Maryland Democratic Party.

Tiffany brings a deep well of experience in community engagement, grant strategy, and event coordination. She is helping strengthen City newsletters, sharpen outreach, and shape the foundation for an Interdepartmental Event Committee to improve collaboration, event planning, and resident engagement across City departments. Her steady hand and know-how are already making a difference.



Danielle Coates

With strong Prince George's County experience and a key role as Constituent Services Director for Council Member Wanika Fisher, Danielle Coates knows how to get things done. She stepped up for District Heights by volunteering her photography skills for the Veterans Day Ceremony on Tuesday, November 11th, capturing the moments that matter and supporting the City's efforts to honor local service members.

Her willingness to serve on top of an already demanding workload shows the heart of true public service.



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TRUNK OR TREAT



District Heights Trunk or Treat & Fall Festival Brings Out Families, Fun, and Plenty of Pumpkins

District Heights turned up the autumn spirit in a big way as residents packed into the Recreation Center gym for this year's Trunk or Treat & Fall Festival. City staff, volunteers, and the Police Department went all-in on the celebration, decking out their vehicles with ghosts, lights, and Halloween flair while greeting families in full costume. The decorated trunks were a major hit, giving kids a safe, festive place to enjoy the holiday and snag plenty of treats.

Inside the gym, the festival atmosphere came alive. Rows of bright orange pumpkins stretched across the stage, creating a picture-perfect backdrop for families picking out their favorites. Fall-themed decorations, hay bales, warm cider, and community-made displays added to the welcoming scene.



City staffers showed up in costume, helping hand out candy, run activities, and make sure every family felt at home. The Police Department didn't disappoint either – officers joined the fun, turning patrol vehicles into Halloween masterpieces and showing the community a different side of public safety.

The event brought neighbors together in a relaxed, family-friendly environment that highlighted the best of District Heights: connection, creativity, and community pride. With strong turnout and smiling kids at every corner, the Trunk or Treat & Fall Festival proved once again that when this City throws a seasonal celebration, it does it right.



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VETERANS DAY PROGRAM

District Heights Honors Service and Sacrifice at 2025 Veterans Day Ceremony

District Heights held its annual Veterans Day Ceremony on Tuesday, November 11, inside the Recreation Center Gym, bringing the community together to honor the men and women who served our nation.

The program included a welcome from Mr. James Fisher, an invocation by Delegate Kent Roberson, a wreath-laying by the Buffalo Soldiers, and the Pledge of Allegiance led by Commissioner Tilghman.

The City proudly recognized the Veterans Day Planning Committee for their hard work in organizing this year's ceremony: James Fisher, Former Vice Mayor Harryette Irving, Leonard Marshall, Charles L. Smith, Jourdana Claibourn-Boyd, Deborah Turner, and Lou Williams.

A major highlight of the event was the keynote address by Lieutenant Colonel (Ret.) Mike Bowers, Chair of the Maryland Veterans Commission. His message on service, sacrifice, and ongoing support for veterans deeply resonated with attendees and was a tremendous honor for the City. Delegates Karen Toles and Denise Roberts were also in attendance in support of Veterans.

District Heights remains committed to uplifting its veterans and ensuring their service is remembered and respected.



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SENIOR PROM

Celebrating and Supporting Our Seniors: District Heights Strengthens Its Commitment

District Heights hosted a special Senior Prom on Saturday, November 15th, transforming the Senior Center into a warm and welcoming space for an afternoon of celebration. From 2 PM to 6 PM, seniors enjoyed music, dancing, food, and fellowship. The City partnered with N'Style and Food-4-Thought to bring the event to life, offering residents a chance to gather, reconnect, and enjoy time set aside exclusively for them.

The Senior Prom complemented earlier efforts this season to support the City's older residents and those who care for them. District Heights also partnered with Community of Hope in Action AME Church to host "Who's Caring for the Caregivers?", a program designed to provide recognition, resources, and guidance to individuals caring for loved ones every day. Led by Keisha Nelson of Howard University Television (WHUT), the forum addressed the challenges caregivers face and connected attendees with county services, hospital resources, and opportunities for additional support.

Together, these events highlight the City's ongoing commitment to its senior community. Whether through meaningful moments of celebration or through programs offering practical assistance, District Heights continues to invest in the well-being of its seniors and the caregivers who support them. Both the Senior Prom and the caregiver forum reflect a clear message. In District Heights, seniors are valued, supported, and firmly at the heart of the community.



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CAREGIVERS PROGRAM



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THANKSGIVING

Thanksgiving Week in District Heights: Service, Support, and Community

Food Giveaway – Saturday, November 22, 2025

The City of District Heights kicked off Thanksgiving week with a drive-up food giveaway at the District Heights Recreation Center. In partnership with Creating Opportunity Within Our Community (COWOC), Community of Hope A.M.E. Church, and Project Giveback, the City distributed 250 food boxes to residents. Volunteers placed boxes directly into vehicles, making the process quick and accessible for families preparing for the holiday week.

Thanksgiving Luncheon – Monday, November 24, 2025

More than 369 residents and guests gathered on the Municipal Campus for the annual Thanksgiving Luncheon. The free event offered a warm holiday meal during a time when many families continued to feel the effects of the federal shutdown.

County Council Member Calvin S. Hawkins II attended and sponsored \$2,000 toward the luncheon. Also present were State's Attorney Tara Jackson, District 25 Delegate Denise Roberts, District 22 Delegate Nicole A. Williams, and County Council Member Wanika Fisher. We also welcomed Ms Velma Long, a longtime District Heights resident who is 108 years of age and was warmly acknowledged by the community in attendance.

Thanksgiving Day Dinner – Thursday, November 27, 2025

On Thanksgiving Day, the City partnered with Ella Ray's Café to provide a free holiday dinner for furloughed federal employees and their families impacted by the government shutdown. The effort ensured that local families facing uncertainty still had a place to gather and enjoy a complete Thanksgiving meal.



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THANKSGIVING LUNCHEON



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PUBLIC WORKS

2025 Fall Leaf Collection Schedule

The Public Works Department will begin its annual Fall Leaf Collection on Monday November 03, 2025. The City will be Divided into four sections, as shown on the map below. Piles of leaves that have sticks, rocks, bricks, car parts, bottles, etc., will not be picked up. The leaves should be piled between the sidewalk and 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, on the scheduled pick-up day, they will not be picked up until they become drier.

Please note: Leaves will be picked up on a non-scheduled basis from December 30, 2025 through January 7, 2026. After this time, all leaves must be put in brown lawn bags or in your regular trash can with your trash, leaves and grass clipping are picked-up on Mondays.

There will be no leaf collection on the following dates:

November 11, 27, 28, and December 24, 25, 2025.

Tree limbs will not be picked up during the fall leaf removal season.

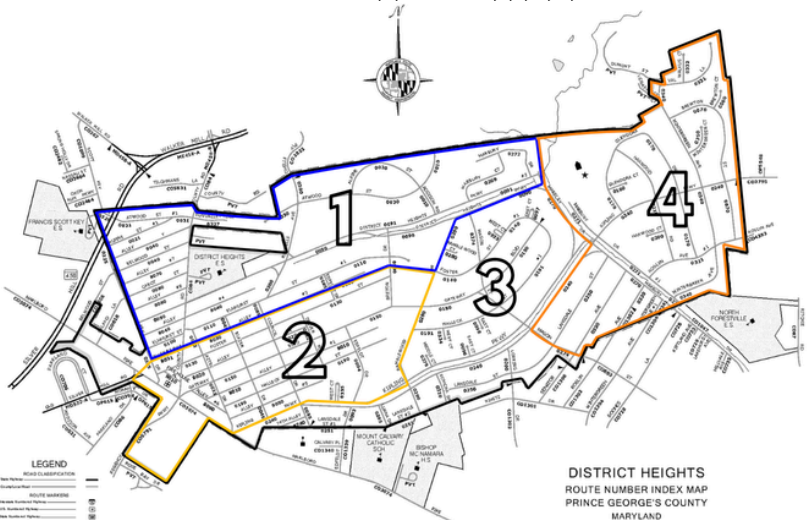
Limb pick-up will resume on Tuesday January 13, 2026. Christmas trees will also be included.

Section I: November 3, 4, 5, 20, 21, 24, & December 10, 11, 12.

Section II: November 6, 7, 10, 25, 26, & December 1, 15, 16, 17.

Section III: November 12, 13, 14, & December 2, 3, 4, 18, 19, 22.

Section IV: November 17, 18, 19, & December 5, 8, 9, 23, 26, 29.



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Newsletter Transition

Going Digital in 2026

with an option to subscribe for a physical copy.



Exciting news, District Heights!



Starting January 1, 2026, the District Heights Herald is moving online! 🌟

If you prefer to continue receiving a printed copy, please contact us at cityclerk@districtheights.org or call 301-336-1402 ext. 114.

Stay connected, stay informed – wherever you are! 📧 📞



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- Upcoming Events
- Meet Officer Perkins
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- YSB Support Groups and MORE!

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General Government

(Monday - Friday: 9:00 am to 5:00 pm)
301-336-1402 ext. 110

Police Department

districtheights.org/police-department
301-336-1400 ext. 111 For emergencies
call 9-1-1 (24 hours)

Code Enforcement

districtheights.org/code-enforcement
301-336-1400 ext. 160

Public Works

districtheights.org/public-works
301-336-7417

Senior Services

districtheights.org/senior-services
301-350-3660

Recreation Center

districtheights.org/recreation-parks-culture-department
301-336-5633

Family & Youth Services

districtheights.org/family-youth-services
301-336-7600

THE OFFICIAL NEWSLETTER FOR THE CITY OF DISTRICT HEIGHTS



The Herald