



THE HERALD

THE OFFICIAL NEWSLETTER OF THE CITY OF DISTRICT HEIGHTS



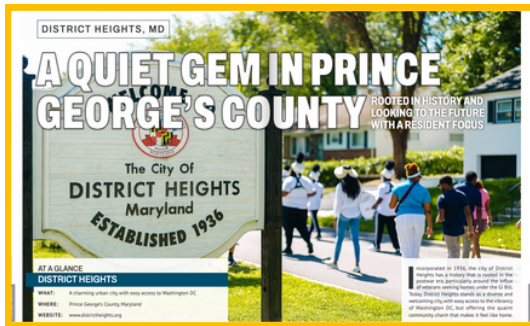


THE HERALD

THE OFFICIAL NEWSLETTER OF THE CITY OF DISTRICT HEIGHTS

DISTRICT HEIGHTS IN THE NEWS

**BUSINESS VIEW MAGAZINE,
JUNE 2024**



**CBS/WUSA9,
MY SOLE KNOWS 5K**



**2024 ANNUAL LEGISLATIVE CONFERENCE
MEDIA BLITZ (LEFT TO RIGHT): BLACK WITH NO CHASER, PRAISE 104.1, MAJIC 102.3**



SCHOOL UNIFORMS TO LOCAL STUDENTS



The City of District Heights, in partnership with N'Style Hair Grooming's nonprofit, **C.U.T. (Cultivating Unlimited Talent)**, has provided **over 300 school uniforms** to students at District Heights Elementary, North Forestville Elementary, and Longfields Elementary.

This initiative helps ease the financial burden on families while promoting unity and school pride among students.

Mayor Cynthia Miller emphasized, "This is about more than uniforms —it's about ensuring every child feels confident and ready to succeed."

For more information, contact publicaffairs@districtheights.org.

GREETINGS, NEIGHBORS!



I'm excited to share that at the start of Fiscal Year 2025, I was appointed by the Mayor and Commission to serve a one-year term as Vice Mayor. In this role I continue representing Ward 2, while stepping in for the Mayor in her absence.

Have you noticed the beautiful landscaping at the Clock Tower on District Heights Pkwy? Or around the City Sign on Kipling Parkway/Council Drive? The Department of Public Works now employs a landscaping specialist. This strategic hire aligns with the Mayor and Commissions vision of pristine, vibrant, and resilient green spaces.

I want to extend my gratitude to Commissioner Xander Harcourt, who served as Vice Mayor over the last two fiscal years. I am humbled to have been selected, and I look forward to serving and representing you all—my neighbors—this fiscal year.

Sincerely,

Vice Mayor Gyasi Gomez

COMMUNITY CLOSE-UP: REDDZ DANCE STUDIO



Bernadette James-Newell, owner of **Reddz Dance Studio**, is making a difference in District Heights, Maryland, by offering a creative space for local youth. Located at **6110 Old Silver Hill Road**, her studio has been a beacon for young talent since 2019. With a focus on providing children a platform to express themselves through dance, James-Newell's passion stems from her own background as a dancer, despite facing physical limitations today.

"Kids surprise you when you give them space to create," James-Newell shares, emphasizing the importance of opportunities for youth to showcase their talents. Her studio has become a safe haven for children, encouraging confidence and creativity.

A proud Black woman-owned business, Reddz Dance Studio is just one of several ventures James-Newell manages. In addition to her studio, she also runs a mental health program for children. Her goal is to integrate this program into the studio, offering a place for kids to do homework, relax, and feel supported.

For James-Newell, it's all about giving back and creating a space where children can thrive. While the studio has yet to develop a strong social media presence, its impact on the community is undeniable.

For more information on Reddz Dance Studio, call (202) 607-3425.



CITY ANNOUNCEMENTS

BECOME A YDF BOARD MEMBER

The **District Heights Youth Development Foundation, Inc.** (YDF) was established in 2016 to extend support for children, youth, and their families involved with our community counseling agency, the **District Heights Family & Youth Services Bureau** (YSB).

The mission of the District Heights Youth Development Foundation is to perpetuate, improve and preserve the delivery of positive youth development services for children, youth and families in the City of District Heights and surrounding areas.

The YDF supports a continuum of services that include mental/behavioral health counseling and activities that build flourishing families from the expressive arts to college and career exploration.

We are currently accepting applications for individuals interested in becoming board members with this organization.

For more information, please contact us via email at director@dhydf.org or via phone at **(301) 336-7600**.



FREE HEALTH SCREENINGS



The **City of District Heights** has partnered with Care Access to provide **no-cost heart and kidney health screenings** at the District Heights Senior Center, located at 2000 Marbury Drive.

These screenings are part of the Future of Medicine program, which aims to promote health and encourage community involvement in medical research.

Screenings are available Monday through Friday. To schedule your appointment, visit MyFreeHeartTest.com. Don't miss out on this opportunity to prioritize your health!

For more information, contact seniorcenter@districtheights.org.

MEET THE DISTRICT HEIGHTS COMMISSION



**COMMISSIONER,
WARD 1**
ANTHONY TILGHMAN



**COMMISSIONER,
WARD 2**
PAMELA JANIFER



MAYOR
CYNTHIA MILLER



VICE MAYOR
GYASI GOMEZ



**COMMISSIONER,
WARD 1**
XANDER HARCOURT



FALL MENTAL HEALTH TIPS

By: District Heights Family & Youth Services Bureau

Welcome to Fall! It's true that as the leaves change, our moods can shift, too. Embracing the indoor season can sometimes lead to feelings of isolation, but with the right tools and strategies, we can make the most of this time.

Here are some tips to help manage those winter blues:

- **Stay Active Indoors:** Find online workout classes or create your own routine. Even a few minutes of movement can boost your mood.
- **Create a Cozy Environment:** Use soft lighting or fairy lights to create a cozy atmosphere. Surround yourself with blankets, pillows, and your favorite books or movies.
- **Stay Connected:** Schedule regular video calls with friends and family. Engage in forums or social media groups that share your interests.
- **Practice Mindfulness:** Try guided meditations or breathing exercises to help center yourself. Reflect on your thoughts and feelings to process emotions.
- **Explore New Hobbies:** Get creative with arts and crafts projects. Try your hand at cooking or baking, and experiment with new recipes.
- **Get Outside When You Can:** Bundle up and take short walks to enjoy the crisp air and changing scenery. If you have outdoor space, even small gardening tasks can be healing.
- **Seek Support:** If you're feeling overwhelmed, reach out to friends or a mental health professional. Look into local support groups or workshops.

CONNECT WITH YSB!

LOCATION: 6421 ATWOOD STREET
DISTRICT HEIGHTS, MD 20747

PHONE: (301) 336-7600

FAX: (301) 499-2121

EMAIL: YSB@DISTRICTHEIGHTS.ORG

FALL GARDENING TIPS

By: Fiesta Place Community Garden

The hot temperatures of the Summer 2024 are mostly behind us. Many gardeners in the Mid-Atlantic region found the temperatures challenging and the garden producing less than usual. Now that autumn is here, it is time to rethink the garden.

Here are a few things to consider:

- **Consider lawn alternatives** that give back to nature and require minimal work. Alternatives to the traditional lawn include clover, zonal wildflower mixes, creeping thyme, low growing sedum mixtures, or even low growing phlox. Visit a reputable local garden center for tips or contact your local Extension Office.
- If you MUST have a lawn, **minimize how much you have**. Lawns require upkeep such as fertilizing, mowing at the proper height, and providing water. Reducing the amount of lawn you have is more cost effective to most homeowners and is better for our environment. Improper or over fertilizing only adds to the run-off which adversely affects the Chesapeake Bay.
- **Need a splash of color?** Cool season annuals such as pansies, snapdragons, and gerbera daisies can be found at most garden centers. It is also the perfect time to divide perennials you might already grow. These can be planted elsewhere in your garden or shared with friends. Don't forget to plant bulbs such as daffodils, tulips, muscari, and alliums.
- **Discover new plants and shrubs.** Most garden centers have begun end of season sales. It is the perfect time to try something new! A lot of the newer plants can be found at a discount and now is the time to plant them.
- **Consider growing** garlic, and cool season vegetables such as collard, kale, lettuce, kohlrabi and more. With our warmer winters, these are items that are not just good for you – but they grow and taste better once they are touched by frost.

DISTRICT HEIGHTS POLICE DEPARTMENT WELCOMES NEW OFFICERS



It is the mission of the **District Heights Police Department** to safeguard the lives and property of the citizens of the City of District Heights we **serve**; to aggressively investigate and report criminal activity, to **reduce** the incidence and fear of crime, and to **enhance** public safety while working with the diverse communities to **improve** their quality of life.



DEP. CHIEF R.J. PLOOF

With over 20 years experience in law enforcement and public safety, **Deputy Chief R.J. Ploof** is a welcome and needed addition to the District Heights Police Department.

Deputy Chief Ploof will be primarily responsible for bringing DHPD to the digital age; using advanced technology to streamline processes, increase efficiency, and prioritize resident-centric services.



LT. DOMINICK WATTERS

Lieutenant Dominick Watters comes to District Heights with over 14 years of professional law enforcement experience. He will be serving District Heights as its primary Commander of Operations.

"I want to foster relationships with the residents, and strengthen community ties so that we can move forward as a stronger, safer District Heights."



MEET THE CODE ENFORCEMENT TEAM

As the city continues to grow, the **Code Enforcement Department** continues to grow with as well. We are constantly looking for new and improved ways to enforce the laws that has allowed our community to thrive even in the face of adversity.

Call Us: (301) 336-1400 ext.140

Email Us: codeenforcement@districtheights.org

Left to Right: Keyon Lomax, Rashad Lee, Damon Thompson

CONTACT US

PHONE: (301) 336-1400

General DHPD information
pdinfo@districtheights.org

DHPD-involved complaints/issues
policecomplaint@districtheights.org

Code Enforcement inquiries
codeenforcement@districtheights.org

Request DHPD records & reports
pdrecords@districtheights.org

CITIZENS ACTION PATROL (C.A.P.)

C.A.P. Meetings are held **bi-monthly at 7:00 P.M.** in the District Height's Municipal Building:
2000 Marbury Drive, District Heights MD, 20747.

Contact CAP at dhcivicactionpatrol@gmail.com for more information.



SENIOR CENTER: WE ARE OPEN!

Starting **Monday, October 28**, the District Heights Senior Center will begin full service operations.

The center will be open **Monday through Friday from 9:00 AM to 4:00 PM**, offering a variety of services to support our seniors.

For more information, contact the Senior Center at **(301) 336-1402** or via email at **seniorcenter@districtheights.org**.

We look forward to serving you!

CONGRATS! EMPLOYEE OF THE YEAR

In September, **Angela (“Angie”) Barnhill-Love** was awarded as the FY 2024 Employee of the year. As Operations Manager, Angie has dedicated over 18 years of service to the City of District Heights.

“Over the last year, Ms. Barnhill-Love has embodied District Heights’ commitment to proactive public service,” says David Street, City Manager for District Heights. “She is a reliable, go-to staff member for residents and departments alike. Her exceptional job performance is a reflection of her commitment to the City’s ideals.”



WANT TO BE IN THE HERALD?

Beginning December 1, 2024, send your submissions to **publicaffairs@districtheights.org**. Emails MUST include the subject line “**Herald Submission, [Month] 2025**”.

Emails without this text in the subject line will **NOT** be considered or included in the next issue.

FOLLOW US!



@THECITYOFDISTRICTHEIGHTS



@THECITYOFDISTRICTHEIGHTS



NEXTDOOR.COM/PAGES/THE-CITY-OF-DISTRICT-HEIGHTS-DISTRICT-HEIGHTS-MD

DEPARTMENT OF PUBLIC WORKS

Our department works hard to provide and maintain public services and facilities that contribute to the health, safety, and well-being of our city. These efforts primarily include planning, engineering, operation, maintenance, and replacement of the community's infrastructure investment.

For more information, email us at publicworks@districtheights.org, or call **(301) 336-7417**.

SOLID WASTE COLLECTION UPDATE

Please note that there will be **NO trash or recycling pickup** on the following weeks:

- The week of Thanksgiving (November 25-29)
- The week of Christmas (December 23-27)

Solid waste collection will resume its normal schedule on **January 8, 2025**.



AMERICA IN BLOOM

America in Bloom (AIB) is a nonprofit dedicated to promoting community beautification nationwide. For the first time ever, AIB toured the District Heights and evaluated the many initiatives the City undertakes to make it safe, clean, and welcoming.

Per the Evaluation Report: "We want to thank Lakeesha Washington, Toni Anderson, the [Department of] Public Works staff, and the District Heights team for providing us with an overview of a great community. District Heights has begun to build a foundation that will enable them to soar to the stars."



LEAF COLLECTION, FALL 2024

The Public Works Department will begin its annual Fall Leaf Collection on Friday November 01, 2024. Please note that piles of leaves that have sticks, rocks, bricks, car parts, bottles, or anything similar 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.

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

Go to [districtheights.org/public-works](https://www.districtheights.org/public-works) for more information.

UPCOMING EVENTS

Join us as we honor all who served this Veterans Day!

Date: Monday, November 11, 2024

Time: 10:00 AM

Where: City of District Heights Veterans Park
(Kipling Parkway Spur & Marbury Drive, District Heights, MD 20747)

Let's come together to pay tribute to the brave men and women who have dedicated their lives to protecting our nation.

Are you a Veteran? We would love to acknowledge your service! Call **(301) 336-1402** for more information.



The District Heights Recreation Center is excited to announce its lineup of fall programs for October and November! Starting **October 15** and **November 18**, we'll be offering fun, skill-building activities for elementary and middle school students:

October Classes:

- Dodgeball (Mondays & Wednesdays)
- Kickball (Tuesdays & Thursdays)

November Classes:

- Basketball Basics (Level 1)
- Intro to Fitness Training (Level 1)

For more information, contact us at **(301) 336-1402** or email recreation@districtheights.org. Don't miss out on the fun and learning!

HOLIDAYS IN DISTRICT HEIGHTS

2024 EVENT DATES

- **Mon., November 11** Veterans' Day Celebration
- **Mon., November 25** Thanksgiving Food Giveaway & Luncheon
- **Sat., December 7** Holiday Bazaar & Tree Lighting Ceremony
- **Fri., December 13** Senior Holiday Party
- **Sat., December 21** Children's Holiday Party





**CITY OF
DISTRICT HEIGHTS**
MARYLAND
2000 Marbury Drive
District Heights, MD 20747

Pre-Sorted Standard
U.S. Postage Paid
District Heights, MD
Permit No. 1840



THE HERALD

THE OFFICIAL NEWSLETTER OF THE CITY OF DISTRICT HEIGHTS