

October 2, 2018

THE COMMUNICATOR!

Marshall Heights Community Development Organization, Inc. Newsletter
News, and Updates of What's Going On, In, And Around Ward 7!

THE CULTURE OF HEALTH WORKSHOP 10/25/18

The Marshall Heights Community Development Organization/MHCDO would like to invite you to join us for a health education and awareness workshop that will enhance your ability to become more conscious of healthy living. Health is a state of physical, mental, and social well-being that promotes strength within the foundation of the family, environment, and community.

Date: October 25, 2018

Time: 6:00 pm to 7:30 pm

Place: MHCDO, 3939 Benning Road NE

Washington, DC 20019

Light Refreshments will be served.



ELECTION DAY NOVEMBER 6, 2018

Are you concerned about what's going on in your community, your country? You can make a difference - **Your Vote Matters!** Every election impacts our communities. **You are encouraged to Register and Vote!!** Don't be silent, talk to your family and friends encourage everyone to **register and to vote.**

[Click here](#) for more information on how, where, and when to **register and vote.**

REAL PROPERTY TAX WORKSHOPS FOR SENIORS 65 AND OLDER

The District of Columbia Office of Tax and Revenue (OTR) announced today that it will host a series of workshops in October to educate senior residents about real property tax relief programs that are available to reduce their tax liability. The workshops, which are supported by the Office on Aging, will take place at various senior wellness centers across the city.

"District of Columbia property owners who are senior citizens may be eligible for significant real property tax relief that would reduce their taxes," said Deputy Chief Financial Officer Keith J. Richardson. "At the Office of Tax and Revenue we are committed to ensuring that senior homeowners, many on fixed incomes, take advantage of the tax relief programs available to them." Workshop Locations:

Wednesday, October 24 - 10 am to noon

Washington Seniors Wellness Center

3001 Alabama Avenue, SE

Tuesday, October 30 - 9:30 am to 11:30 am

Congress Heights Senior Wellness Center

3500 Martin Luther King, Jr. Avenue, SE

Seniors can receive assistance with:

- ◆ Senior Assessment Cap
- ◆ Homestead Deduction
- ◆ Homeowner/Renter Property Tax Income Tax Credit (Schedule H)
- ◆ Lower Income, Long-Term Homeowners Income Tax Credit
- ◆ Property Tax Deferral
- ◆ Low-Income Senior Homeowners
- ◆ Senior or Disabled Owner Tax Relief

For additional information, please contact OTR's Customer Service Center at (202) 727-4TAX (4829).

INCLUSIONARY ZONING REGISTRATION REQUIRED

DC's Inclusionary Zoning (IZ) Program helps city residents rent and buy places to live when they can't afford market-rate prices.

DC Department of Housing and Community Development (DHCD) disposes of IZ units through a lottery process. Households interested in purchasing or leasing an IZ home must take an Inclusionary Zoning Orientation class provided by MHCDO on the **4th Thursday of every month at 12:00 pm or 2:30 pm.** [Click here](#) to register on line or call 202-650-5604 for more information or to register by phone.

WARDS 7 AND 8 COMMUNITY CALENDAR

Interested in what is happening in Wards 7 and 8 on a daily or monthly basis? Listed on the calendar are farmers markets, health, educational, recreational, cultural, volunteer, and many other kinds of events, activities, and opportunities to engage. [Read more.](#)

OCTOBER IS HEALTHY LUNG MONTH

It's incredibly important to take care of your lungs, whether you have healthy lungs, or a disease such as Chronic Obstructive Pulmonary Disease, you need to keep your lungs working as well as possible. Your whole body depends on your lungs to keep breathing and distributing oxygen-rich blood throughout your body, and to get rid of the body's gaseous waste, carbon dioxide. Your whole body depends on your lungs working properly, but your brain and heart are two of the major organs that require more oxygen than any other part.

Now that summer is over, many people are going into the colder months of the year, which is when they are more likely to experience trouble breathing. The seasons affect everyone differently, and for many people, October is the beginning of the tougher time of the year. This is an appropriate time to think about taking extra care of your health, and your lungs in particular. Besides following your doctor's orders on medication and follow ups, there are many things you can do to help keep your lungs as healthy as possible.

Stop Smoking and Never Start Again - Once you quit smoking, your lungs begin to bounce back a little, even if you've been smoking for many years. Even if the damage has already been done and you've been diagnosed with COPD, quitting will still make a difference in how the disease progresses or not. It could make a huge difference in how bad your exacerbations are, and whether or not you have them at all.

Pay Close Attention to Your Breathing - Call your doctor at the first sign of a flare up. He or she will have you treated before the exacerbation puts you in danger. You should also be mindful of how you are breathing, in the sense that you should be breathing in deeply through your nose and out through your mouth. We often get into the habit of breathing too shallow, or breathing in through our mouths. Breathing through your nose filters the air better and allows for a deeper breath. Use a peak flow meter to keep an eye on your lung function at home.

Drink Plenty of Water - If you have COPD you likely have an overabundance of thick phlegm in your airways. Drinking at least 64 ounces of water a day will help thin the mucous and make it much easier for you to get rid of. Staying well hydrated will also help keep your immune system working as well as possible to keep out any illnesses that can flare up your COPD or asthma.

Avoid Air Pollutants - This goes for the air inside, as well as outside. You shouldn't be using any strong chemicals to clean your home, and wood burning stoves can also be harmful. If you must use bleach to clean with, use only a little bleach mixed with water. A little bleach or ammonia goes a long way. Avoid using chemical air fresheners and stick to things that are more natural, but pay attention to make sure even the natural scents aren't bothering you. [Read More.](#)



DC FIRST FRIDAYS OCTOBER 5, 2018

The October "DC First Fridays" event will be held on October 5, 2018, from 6:00 pm to 8:00 pm at MHCDO, located at 3939 Benning Road NE, Washington, DC 20019. The Guest

Speaker is Ms. Sybongile Cook, Great Streets Director, Office of the Deputy Mayor for Planning and Economic Development. The topic of discussion is "Small Business Opportunities in the District of Columbia." Panelists include: (1) Claudia Herrera, Program Analyst, Small Business Resource Center, DC Department of Consumer & Regulatory Affairs (DCRA); (2) Katherine Mereand-Sinha, Program Manager, Innovation & Equitable Development Office, DC Department of Small and Local Business Development; and (3) Professor Christie Harris, Villanova University, Department of Homeland Security, Government Contracting. Plan to attend and network!! Contact Vivian Mercer at 202-650-5621 for additional information.

JOIN OUR MAIL LIST!

Don't miss important events and information.

Click [here](#) to join.



Marshall Heights Community Development
Organization, Inc.
The Lloyd D. Smith Center
3939 Benning Road NE
Washington, DC 20020
202-396-1200
www.mhcdo.org



NEWS FROM WARD 7 COUNCILMEMBER VINCENT GRAY

- ◆ Back to School Edition 2018 - 9/4/18 [Read More](#).
- ◆ Back in Session 2018 Fall Edition -9/27/18 [Read more](#)

NEWS FROM MAYOR MURIEL BOWSER

- 8/30/18 Vol. 4, Issue 35, [Read more](#).
- 9/6/18 Vol. 4, Issue 36, [Read more](#).
- 9/13/18 Vol. 4, Issue 37, [Read more](#).
- 9/20/18 Vol. 4, Issue 38, [Read more](#).
- 9/27/18 Vol. 4, Issue 39, [Read more](#).

NATIONAL PARK SERVICE PREPARING TO REPAVE FORT DUPONT AND FORT DAVIS DRIVES

Much anticipated construction will begin this fall
*National Park Service News Release 9/4/18, Contact Jonathan
Shafer, jonathan_shafer@nps.gov, 202-619-7186*

The National Park Service (NPS) has cleared the last major hurdle before beginning a \$4 million complete rehabilitation of Fort Dupont and Fort Davis Drives in Southeast Washington, DC. The Federal Highway Administration, on behalf of the NPS, awarded a construction contract on August 30 to repave the entire roadways and improve storm water management along the roadways. ... In the coming weeks, the NPS will work to finalize a construction schedule and share that with the public. ...Once work begins, the Ridge Road picnic area and portions of the activity center parking lot will close for the duration of the project. The work will not prevent visitors from accessing the community garden, and the Randall Circle picnic areas will stay open. As a part of this project, the short Lanham Estates loop road will be converted into a pedestrian trail and an improved parking area will be created for people using the picnic area, visiting the Civil War era earthworks or just enjoying the park. [Read More](#).

JC NALLE COMMUNITY SCHOOL OFFERING FREE GED CLASSES—JOIN NOW

Classes which are offered on Tuesday and Thursday 5:30 PM to 7:30 PM started on 9/4/18, but it is not too late to join.

The [J.C. Nalle Community School](#) is a full service, evidence-based community school model located in East of the River, Ward 7 DC which offers innovative academic and cultural enrichment activities, structured out-of-school time, mental health support, and social services to students and their families.

Contact Information:

La'Mont Geddis, Director of JC Nalle Community School, 202-396-9330 x333 L.Geddis@nccf-cares.org
The National Center for Children and Families
219 50th St. SE, Washington, DC 20019

MAYOR BOWSER APPOINTS PAUL KIHN AS ACTING DEPUTY MAYOR FOR EDUCATION

Tuesday, September 25, 2018 Mayor Bowser announced her nomination of Paul Kihn as the Acting Deputy Mayor for Education, effective October 1, 2018. Kihn, who has worked in education for nearly three decades, began his career as a teacher and later served as the Deputy Superintendent of the School District of Philadelphia. Most recently, he has worked in Washington, DC as an independent consultant, guiding school operators, city agencies, and philanthropies on effective strategies for improving equity and better serving at-risk students and youth.

"Paul brings a wide range of experiences to this position—from working in the classroom as a teacher, to studying and implementing best practices as a consultant, to helping to lead a large urban school district," said Mayor Bowser. "Paul understands what it takes to build strong schools, he's committed to equity and transparency, and we are excited to have him on our team."

Kihn served as second-in-command to the Philadelphia Superintendent from 2012 to 2015. In that position, he directly managed academic and operational functions for the 135,000-student school district and oversaw the revision of charter authorizing policies and procedures. As Deputy Superintendent, Kihn was responsible for building a strategic school management system; balancing the budget and successfully pulling it from a five-year structural deficit; and promoting evidence-based innovations in schools and classrooms. [Read More](#).

**SECOND SUNDAY JAZZ PRESENTS
ORGAN SOUL JAZZ
BENJIE PORECKI ORGAN ENSEMBLE**
October 14, 2018 @ 3 PM to 5 PM
FREE Admission/ Donation Appreciated Event.
[Click here](#) for more information.

A partnership with Anacostia Arts Center and East River Jazz, Second Sunday Jazz brings FREE monthly jazz performances to Anacostia. Location: Anacostia Arts Center, 1231 Good Hope Road, SE, Washington, DC, 20020, Tel. # 202-631-6291.

NEW NOMA PARK WILL BE NAMED FOR THE WOMAN WHO HELPED OPEN FIRST D.C. SCHOOLS FOR BLACK CHILDREN



*By Staff in News,
DCIST, 8-29-18*

NoMa has a name drawn from a buried piece of D.C.'s African American history for a new large park in the works. The new 2.5-acre

park adjacent to the Metropolitan Branch Trail just north of the New York Avenue bridge in NoMa will be called Tanner Park. It is named for [Aethia Browning Tanner](#), a former slave who helped open the District's first school for African American children, the Bell School, in 1807.

...Depending on when construction begins, the NoMa Parks Foundation hopes to open Tanner Park by late 2019 or in 2020. [Read More](#).

BREAKING GROUND AT RFK

On August 29th, Mayor Bowser was joined by Events DC, the District's convention and sports authority, to break ground on the multi-purpose recreational fields that begin the RFK Campus redevelopment plan. Construction will begin in September 2018 and the fields are expected to open for play in March 2019.

The redevelopment will transform nearly 27 acres of asphalt into three new state-of-the-art artificial turf fields with community amenities. The recreational fields are part of restoring the RFK complex as one of the District's original sports and entertainment corridors in the city.

The three fields will be available to the public during day and evening hours. In addition, there will be a picnic area and playground, as well as a 2,900-square-foot pavilion with food and beverage stations and restrooms with changing areas. Learn more about the transformation [HERE](#).

HERE ARE THE BIG ISSUES THE D.C. COUNCIL PLANS TO TACKLE WHEN IT RETURNS

By Staff, DCIST, 9/14/18

Guess who's back! The D.C. Council returns from its summer recess on September 17 with no shortage of issues on the docket. These next few months are particularly important because they're the final ones of this two-year council session. So, anything that's been introduced but doesn't pass gets relegated to the trash bin, and must be reintroduced next session. This list, while bustling, is not exhaustive—legislators will likely introduce new bills in response to news that occurs throughout the fall.

- ◆ Initiative 77
- ◆ Hospitals and Health
- ◆ Money in Politics
- ◆ Letting 16-Year-Olds Vote
- ◆ Cyclist and Pedestrian Safety
- ◆ AirBnb and Home-Sharing
- ◆ DCRA, the most maligned of D.C. agencies
- ◆ Environment
- ◆ Public Bathrooms
- ◆ Amplified Noise
- ◆ How D.C. Develops
- ◆ Immigration
- ◆ Amazon's HQ2
- ◆ Gas-Powered Leaf Blower Ban
- ◆ Youth in Foster Care

[Click here](#) for information about the issues.

[Stay informed on matters affecting DC!!!!](#)

THE D.C. COUNCIL IS CHALLENGING THE MAYOR'S CONTROL OF D.C. SCHOOLS

BY JENNY ABAMU, WAMU, 9/18/18

Members of the D.C. Council are challenging Mayor Muriel Bowser's control of schools. Council Member David Grosso (I-At Large) is introducing a bill that would make the Office of State Superintendent of Education (OSSE) an independent agency outside of the mayor's office. OSSE currently oversees federal funding, enrollment, and education standards for D.C. Public Schools.

The bill would also extend the term of the superintendent from four years to six and it would only allow the superintendent to be fired with just cause. Currently, the mayor can hire and fire the superintendent at will. The legislation further gives OSSE the authority to hire all of its personnel, rather than allow the mayor's office to fill certain positions.

"What we are trying to do is remove politics from education policy as much as we can while still supporting the mayoral control of [D.C. public school's] work," Grosso says. ... "Representatives from the mayor's office say they don't support the legislation. The students of the District of Columbia can ill afford misguided education legislation that moves our city backwards more than a decade and undermines the hard work of our teachers, administrators and staff," says Interim Deputy Mayor for Education Ahna Smith in a statement. "We need to be working collaboratively in the best interest of our students, and ensuring that the Office of the State Superintendent of Education and our schools have the resources they need to make every day count." [Read More](#).

DC'S NEWEST SPORTS COMPLEX OPENED SEPTEMBER 22 IN CONGRESS HEIGHTS



On September 22nd the Entertainment and Sports Arena (ESA) opened. It will be the practice facility for the Washington Wizards and the home court for both

the Washington Mystics and the NBA G-league team Capital City Go-Go. The 4,200-seat venue is located in the former St. Elizabeths Hospital campus, right near the Congress Heights metro station. Over the next 20 years, the arena will bring in \$90 million in new tax revenues. The new arena will attract retail and drive investment - creating new jobs and opportunities for nearby residents and small businesses. [Read More.](#)

METROPOLITAN POLICE DEPARTMENT ANNUAL COFFEE WITH A COP - 10/3/18

MPD will host their annual Coffee With A Cop on **Wednesday, October 3, 2018**. Throughout the city, each district will host various sites. The Sixth District will have two locations, for your convenience, during different hours.

Site 1 - McDonalds 3901 Minnesota Avenue NE
8am-10am (Coffee will be provided)

Site 2 - Benning Stoddert Recreation Center
100 Stoddert Place SE 9:30am-12pm
(Breakfast and coffee will be served at this site)

SAFE AT HOME PROGRAM

The District of Columbia Office on Aging Safe at Home Program provides safety adaptations in and around the homes of qualifying seniors and adults with disabilities.

In-home Adaptations—Safe at Home provides in-home preventative adaptations to reduce the risk of falls. Examples include:

- Handrails
- Grab bars
- Tub cuts
- Shower seat
- Furniture risers
- Chair lift

Home Security—Safe at Home's Private Security Camera Program enable eligible DC seniors and residents with disabilities to receive a private security camera system without cost. This program is intended to help deter crime and assist law enforcement with investigations. Restrictions apply, click [here](#) for more information.

Who should apply? - District residents, age 60 and over, or adults with disabilities, age 18 and over, who are homeowners or renters of a property used as a primary residence, with an annual household income at or below 80% of Area Median Income (AMI)* (2017—1 person \$61, 750).

For more information on how you can apply for the Safe at Home Program, call [\(202\) 724-5626](tel:202-724-5626).

DC'S BLACK RESIDENTS AREN'T BENEFITING AS MUCH FROM THE CITY'S PROSPERITY

By Ed Lazere (DCFP), Greater Greater Washington, 10-1-18
This article was first published by the DC Fiscal Policy Institute.

The District's long-term success depends on ensuring that everyone has economic opportunity and the chance to succeed. Yet new income and poverty data from the Census Bureau tell us while many District residents are benefitting from DC's strong economy, many Black residents are still struggling to make ends meet and are not sharing in our city's rising prosperity.

The District must do more to break down economic barriers faced by people of color and support families in building a secure future for their children.

Overall, median household income in the District rose last year, continuing a 10-year trend. The median household income is now \$82,400, which means that half of all DC households have incomes above this level and half have incomes below it. The increase in median household income is a sign that many DC families are doing better as the city creates more jobs and wages rise. But a closer look shows that DC's growing prosperity is not evenly shared: while the median income for white households has increased significantly over the last decade, the median income for Black households hasn't budged. [Read More.](#)

BLACK HISTORY FACTS FOR OCTOBER

[Click here for October Monthly facts.](#)



D.C. AIMS TO CRACK DOWN ON K2 SUPPLIERS WITH EMERGENCY LEGISLATION

By Elly Yu, WAMU, 9/25/18
A package of K2, a concoction of dried herbs or spices

sprayed with chemical compounds. D.C. officials want to broaden the way compounds are classified as illegal.

D.C. Mayor Muriel Bowser says she will introduce emergency legislation to make it easier for law enforcement to crack down on suppliers of the synthetic drug K2, which has been behind hundreds of overdoses in D.C. in the past few months.

"This is not marijuana, the effects are very different and they can be deadly," Bowser says.

Since mid-July, the District has seen 1,700 overdoses, with more than 1,300 people sent to the hospital, according to D.C. Fire and Emergency Medical Services.

K2, also known as spice or "Scooby Snax," is made from a mixture of herbs or spices and sprayed with chemicals that can produce mind-altering effects. [Read More.](#)

SMALL BUSINESS GRANTS

Applications are now being accepted for the latest round of Great Streets small business retail grants. Grants of up to \$50,000 each will be awarded on a competitive basis to owners of small retail and service-oriented businesses in Great Streets corridors to support these entrepreneurs in completing improvement projects for their commercial properties. The Great Streets corridors in Ward 7 include Minnesota Avenue/Benning Road NE and Nannie Helen Burroughs Avenue NE. **The deadline to apply is Monday, October 22.** For more information, refer to the Great Streets [website](#).

DC DEBUTS TINY HOMES IN DEANWOOD

By Nena Perry-Brown, Urban Turf, 9/25/18



...On Monday, the Department of Community and Housing Development (DHCD) unveiled a pair of tiny homes, constructed in the 1100 block of 50th Place NE in partnership with the DC Students Construction Trades Foundation. Students from the Academy of Construction and Design at IDEA Public Charter School in Northeast assembled the two houses, which were designed by Minim House.

...It remains unclear whether the tiny homes are indicative of the mayor's intention to pursue policy that would legalize their use in the District, whether as emergency shelter or as a less-expensive alternative to traditional housing. The length of time the tiny homes will be on display and their fates following the demonstration are still to be determined. [Read More.](#)

D.C.'S MINIMUM WAGE RISES TO \$13.25

By Rachel Sadon, DCIST, 7-2-18

The minimum wage rose from \$12.50 per hour to \$13.25 per hour, part of a step-ladder of increases that ends in 2020 with a \$15 minimum wage. Tipped workers also saw an increase from \$3.33 per hour to \$3.89 per hour—not the \$15 rate that voters just passed.

About 111,000 workers earn minimum wage (or less) in the District of Columbia, according to 2016 data from the Bureau of Labor Statistics.

The changes that went into effect on **July 1** are part of 2016 legislation that was passed after an extensive lobbying effort as part of the so-called "Fight for 15" campaign. The regular minimum wage will rise to \$14 in 2019, before hitting \$15 in 2020, and being tied to inflation thereafter. Under that law, the tipped minimum wage will rise to \$5 in 2020. But that may change. Washingtonians voted by a 10 percent margin in the June primary to raise the tipped minimum wage to \$15 (it would also go up in stages until it hits that rate in 2026). [Read More.](#)

OCTOBER TRIVIA

Birthstone: Opal and Tourmaline
Flower: Marigold
Horoscope:
Libra (September 21—October 20)
Virgo (October 21—November 20)

