

DC CENSUS 2010 CAMPAIGN

In March 2010, census forms will be delivered to every residence in the District of Columbia. When you receive your form, just answer the 10 short questions and then mail the form back in the postage-paid envelope provided. It is imperative that every individual residing in DC is counted. The information the census collects helps to determine how billion of dollars in federal funding each year is spent. Getting our count accurate will ensure that

infrastructure and services like schools, hospitals, job training centers, bridges, tunnels and other public works projects get funded.

As a result of the undercount in the 2000 census, DC lost million of dollars. Our city can ill afford to be undercounted and again lose its fair share of resources and services received from the Federal Government. Everyone's help is needed in reaching all DC residents.

Friends of 16th Street Heights Parks Work for Improvements



The Friends of 16th Street Heights Parks, an all-volunteer non-profit organization, seeks to improve Hamilton and Upshur Parks in ways that will benefit the entire community. Recently they have been working with the DC Department of Parks and Recreation to gather community input for a master plan for both parks; to resurface the basketball courts; to add new picnic tables and shade trees; to install newer play-spaces, playing fields and a tot-lot.

With the help and support of Councilmember Bowser, The Friends of 16th Street Heights Parks have secured \$1 million to build a new playground and entrance for Upshur Park. DPR will break ground in Spring 2010 for this much needed

playground. In addition, the organization received approval from DPR for the creation of a dog park at Upshur Park, groundbreaking expected in Spring 2010. The Friends of 16th Street Heights Parks also advocates for improvements at Upshur Pool for which lounge chairs were purchased this past summer. They have also secured \$40,000 to build and install a tot-garden at Hamilton Park.

They are seeking financial donations to purchase a shade structure and more tables and chairs. They are working with DPR to prepare the site, installation likely in the spring 2010. This will be a community effort and they need volunteers to help construct and fund this effort!

For information on assisting, becoming a member or getting email, please contact Maria Barry at mariabarry@gmail.com, (202) 258-5031 or Jean Badalamenti at jeanbadalamenti@gmail.com, (202) 829-2543. Their website is www.friendsof16thstreetparks.org.
- Maria Barry



H1N1 VACCINE CLINIC

District residents can receive free vaccinations (both injection and nasal spray forms) for the H1N1 influenza based on priority categories. The school-based vaccine clinics will serve youth from 6 months to 24-years old, and pregnant women. For more information, residents can go to flu.dc.gov or call (202) 442-5955. The Ward 4 vaccine clinic location is Coolidge Senior High School, 6315 5th Street NW. Clinic hours are 5-9 pm on Thursday, November 5 and Tuesday, November 10.

NPS Deer Management Plan for Rock Creek Park



According to a draft National Park Service Report the abundance of white-tailed deer is having an adverse impact on Rock Creek Park's ecosystem. The report cites a deer population of about 82 per square mile in 2007. This is more than four times the desired deer density for the park (15-20 deer per square mile) as determined by the same study. This has adversely impacted the forest's ability to regenerate itself. As it stands, saplings and seedlings are overwhelmed by deer browsing.

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HEARINGS ON PEPCO APPLICATION FOR RATE INCREASE

Three public hearings are scheduled before the DC Public Service Commission seeking your input on PEPCO's request for a **\$51.7 million increase** in its electric distribution rates. The DC Office of People's Counsel is challenging components of PEPCO's request for a rate increase because the company has not provided adequate justification to support its proposed increase. Instead the OPC is calling for a **\$10.4 million decrease** in PEPCO's current rates. OPC believes it is important for consumers to understand that this rate increase request is part of a continuing march toward higher electric bills.

To participate in the hearings, sign-up in advance by contacting the Commission Secretary at (202) 626-

5150 at least 3 days before each hearing and ask to be placed on the public witness list. If you are unable to attend the hearings you may submit your written testimony to be included on the public record to Ms. Dorothy Wideman, Director, Office of the Commission Secretary, DC Public Service Commission, 1333 H Street NW, Washington DC 20010. You may also send your testimony by email to dwideman@psc.dc.org.

The remaining hearing dates and locations are: **Thursday, November 19 at 6:30 pm** at the Hilcrest Recreation Center, 3100 Denver Street SE; **Friday, November 20 at 10:00 am** at the DC Public Service Commission, 1333 H Street NW, Hearing Room 7th Floor East Tower.
- OPC-DC

KEEPING WARM WHILE SAVING

With temperatures falling and energy prices rising, now is a good time to learn how to use energy wisely. Here are some simple tips to help you reduce your energy consumption:

- During the winter months, turn down your thermostat from 72°F to 68°F for 8 hours a day and you'll save as much as 10% on energy costs. Every degree you lower your thermostat could save you about 3% on your heating bill.
- Winterize windows with weather stripping (for all moveable joints) and caulk (for non-moving parts). Also, install a window kit to the inside of your windows to help keep cold air out and warm air in.

- Keep draperies and shades open during the day to let the sunshine in.
 - Change filters once a month. A well-maintained heating system can save money and increase the comfort level in your home.
 - When you cozy up to a crackling fire on a cold winter day, you may be losing more heat than you are generating if your fireplace is not airtight.
 - Inspect ductwork for any air leakage. If you do feel air leaking at joints, use silver metal duct tape to seal them. You could save up to 10% of your heating costs by eliminating those leaks.
- PEPCO

FREE FITNESS & HEALTH PROGRAM FOR RESIDENTS 60+

As part of the UDC Institute of Gerontology's BODYWISE program, seniors 60 and over can take part in Stretch & Walk Exercises to be held at First Baptist Church, 715 Randolph Street NW. For an application or additional information please

contact:

Marie Davis (202) 274-6651
University of the District of
Columbia
Institute of Gerontology
BODYWISE
4200 Connecticut Avenue NW
Washington, DC 20008

Carter Barron East Neighborhood Association (CBENA) advocates for the Community

Prior to the advent of the ANC, CBENA was formed in the 60s to address quality of life concerns and promote neighborhood social activities. CBENA continues to be involved with the community as a vehicle for neighbors to better know and communicate with each other; address residents needs and concerns with city agencies; and promote adequate city services.

In the last year CBENA has participated in two zoning cases that generated much community interest: the Latter Day Saints property at 4901 16th Street NW, and the Academy for Ideal Education at 1501 Gallatin Street NW. Both entities had applied to the Board of Zoning Adjustment (BZA) for exception to current zoning. The community was concerned about the impact of traffic and density as a result of this development. CBENA is currently working on neighborhood concerns related to businesses in the 14th Street Corridor.

CBENA east-west boundaries are from 13th Street NW to 16th Street NW; the north-south boundaries run from Decatur Street NW to Longfellow Street NW. Any resident or business interested in becoming a member should contact Sean Wieland at (202) 425-3726, smwieland@yahoo.com.
- Sean Wieland



4C02 THANKSGIVING FEAST & HOLIDAY SEASON SOCIAL

The holidays are almost upon us, which means it's time for festive partying with friends and family, sharing gifts and laughter - and getting depressed. That's right. For many people, the holidays bring on feelings of loneliness, sadness, and anxiety that can be hard to shake, and the season becomes less than joyful for some.

One of the best ways to celebrate the holidays, and one of the best antidotes for the holiday blues is to help someone else. Take the focus off yourself and put it on other people - this will add a lot more meaning to your holiday season. Join Commissioner Myers and 4C02 residents to plan events for November and December. Meetings are Saturday, November 7 & 14 at 12:00-1:30 pm at 5005 13th Street NW. For more information contact Janet Myers (202) 726-8516 or email gammawins@yahoo.com.
- Janet Myers

Bright Start Child Development Center Opens

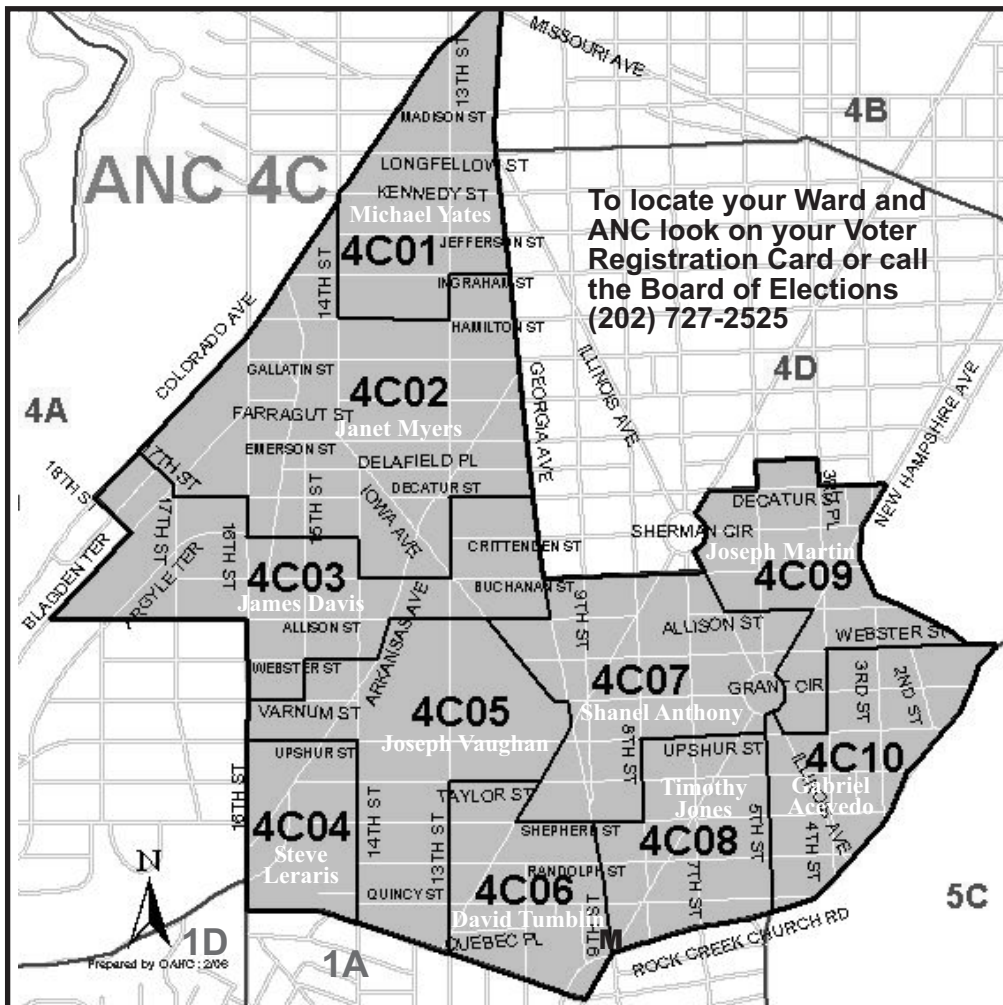
A new state of the art bi-lingual Child Development Center began operations at 1202 Kennedy Street NW in October. The center accepts children from 6 weeks to 12 years. The mission of the *Bright Start Childcare and Preschool* is to inspire children to their fullest potential; to respect, honor and nurture each child, and to embrace their uniqueness. Bright Start's Executive Director Marcia Finn is a Pediatric Nurse with eighteen years experience caring for children. She is also a childcare provider with two children of her own.

The center has an occupancy capacity of 40 children. Bright Start's curriculum is based on seven domains of learning: language, literacy, science, mathematics, creative arts, social/emotional and physical/health in order to meet the developmental needs of the whole child. The curriculum provides



creative, hands-on activities that allow children to learn through experimentation and exploration.

The hours of operation are Monday through Friday, 7:00 am to 7:00 pm. There is also an aftercare program which runs 3:30 to 6:30 pm. A formal grand opening and open house is scheduled for Saturday, November 14 from 3:00 to 5:00 pm. Mayor Fenty, Councilmember Bowser, and 4C03 Commander Linda Brown have been invited. For information, call Marcia Finn on (202) 722-2273, mapipl@brightstartearlycare.com or visit www.brightstartearlycare.com.
- Emanuel Finn



NPS Deer Management Plan

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A proposal under serious consideration would use a combination of lethal and non-lethal means to manage deer population. This provides an efficient initial removal of deer, and the flexibility to address future removals in different ways. Any removal of deer by lethal means would be carried out by professional sharpshooters (either federal government employees or contractors); no amateur hunting will take place. The deer removal sites would be located away from human population centers and those areas would be closed to the public after public notice. Finally, the NPS would donate as much of the meat from deer killed to local food banks and homeless shelters.

For more information on the Parks Deer Management Plan, you can visit the Rock Creek Park website <http://www.nps.gov/rocr/> or call (202) 895-6000 for information.

- James Davis II

Advisory Neighborhood Commission 4C

CALENDAR

2009-2010 Commissioners

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Community Connections

311 - Mayor's Citywide Call Center for reporting missed trash pick-up, a street light that's out and other city services

911 - All police, fire and ambulance emergency calls and non-emergency for MPD and the Fire Department

Adult Protective Services
(202) 541-3950

Child Protection Hotline
(202) 671-SAFE

Councilmember Muriel Bowser
(202) 724-8052 voice
(202) 741-0908 fax
Mbowser@dccouncil.us

Elder Care Locator
(800) 677-1116

Employment Services
(202) 724-7000

Energy Hotline - Heating assistance
(202) 673-6700

Metro Transit Police
(202) 962-2121

Petworth Recreation Center
805 Taylor St NW
(202) 576-6850 or (202) 576-7013

Stop Work Order - To report illegal construction
(202) 442-STOP

ANC4C MEETING

Tuesday, November 10, 6:30 pm at Roosevelt Senior High School Auditorium, 4301 13th Street NW, entrance in the rear, on Iowa Avenue NW behind MacFarland Middle School.

Thursday November 5

H1N1 Clinic, Coolidge Senior High School, 6315 5th Street NW, 5-9 pm.

Friday November 6

AKAtechnology Workshops: Facebook and Twitter, Xi Omega Center, 4411 14th Street NW, 6-8 pm.

Saturday November 7

2nd Annual Fall Fiesta, Upshur Park at 14th Street NW and Arkansas Avenue, 12-4 pm. Featuring Mariachis, food, moonbounces, crafts and face painting. Volunteers needed. Email jeanbadalamenti@gmail.com

Tuesday November 10

ANC 4C meeting, Roosevelt Senior High School Auditorium, 4301 13th Street NW, entrance in the rear on Iowa Avenue NW behind MacFarland Middle School, 6:30-8:45 pm.

H1N1 Clinic, Coolidge Senior High School, 6315 5th Street NW, 5-9 pm.

Saturday November 14th

Grand Opening, Bright Start Child Development Center, 1202 Kennedy Street NW, 3-5 pm.

Saturday November 21

23rd Annual Adoption Day in DC, Superior Court's Family Court, 10 am-noon.

Project HOPE, Xi Omega Center, 4411 14th Street NW, 10 am-4 pm.

PSA 403 Meetings

3rd Wednesday of every month, Emery Recreation Center, 5701 Georgia Avenue NW, 6:30-7:30 pm.

PSA 404 Meetings

Last Thursday of every month (no meeting on Thanksgiving), Patrol Services and School Safety Bureau, 801 Shepherd Street NW, 7-8 pm

Upshur Street Art Fair

On December 12, Domku will host the fifth year of the Upshur Street Arts Fair. This year, the fair is themed around recycled and eco-friendly arts and crafts. Items should be made of recycled or sustainable materials, have some sort of eco function, or promote a green message -- or all of the above. All items should be handmade, original creations. Anyone interested in participating should send a message to domku@domkucafe.com.

FORESEE

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Send suggestions or ideas for next month's issue to
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