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MARCH 2016

March is National Nutrition Month



National Nutrition Month is a nutrition education and information campaign celebrated annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

DID YOU KNOW?

More than 60% of deaths in **Prince George's County** are due to **chronic illnesses** like diabetes, hypertension and heart disease. Poor eating and physical inactivity contribute to overweight and obesity. Healthy eating includes consumption of appropriate portion sizes, fruits and vegetables. It also includes good fats, and reducing the consumption of salty foods, sugary drinks, and unhealthy fats.

DINE & LEARN PROGRAM

Join the Prince George's County Health Department for interactive and educational evenings on how to take steps towards a healthier YOU! This FREE program will feature:

Suitland Community Center at 5600 Regency Lane from 6:00pm-8:00pm.

- **March 23* - National Nutrition Month: Savor the Flavor**
Spring is around the corner. Freshen up your regular meals and enjoy healthy meals that will have you savoring the springtime flavor.*Come early and learn your Health Numbers: Total Cholesterol, Blood Pressure, BMI and Waist Circumference will be screened free of charge.
- **April 27 - Boosting Your Brainpower**
Improve your memory with foods that nourish your mind and body
- **May 25 - Rockin' the Spice Rack**
Reduce your risk of Stroke using flavorful spices and fresh herbs.
- **June 22 - Farm to Table Fresh: Eating from the Ground up**
Learn about selection and preparation of nature's finest ingredients

For More Information Please Call

The Prince Georges County Health and Wellness Division
301-883-3545

CITY OF SEAT PLEASANT

MAYOR

Eugene W. Grant

COUNCIL PRESIDENT

WARD I

Elenora Simms

WARD II COUNCILMEMBER

Aretha A. Stephenson

WARD III COUNCILMEMBER

Reveral L. Yeargin

WARD IV COUNCILMEMBER

Gerald R. Raynor, Sr.

WARD V COUNCILMEMBER

Eugene F. Kennedy

AT-LARGE COUNCILMEMBER

Johnie L. Higgs, Sr.

AT-LARGE COUNCILMEMBER

Kelly Porter

ACTING CITY ADMINISTRATOR

Robert L. Ashton

TREASURER

Robert L. Ashton

CHIEF OF POLICE

Christopher Cotillo

DIRECTOR OF PUBLIC WORKS

Johnny Thompson

CITY CLERK

Dashaun N. Lanham

COMMUNITY SERVICES

Tiffani Darby

FAMILY MOVIE NIGHTS

Enjoy a Family Night of Fun on Us!

Friday, March 11, 2016

@ 6:30 PM

Alexander and The Terrible, Horrible, No Good, Very Bad Day

Seat Pleasant Activity Center



FREE REFRESHMENTS WILL BE SERVED!!!!



Mark your calendar for movie night on April 15th

Summer 2016 Internship

The City will begin taking applications for our summer internship program on

Monday, April 4, 2016

**To be eligible you must be a
Seat Pleasant Resident, ages 15-18, have a 3.0 GPA or higher.**

**You may come to get an application from City Hall 6301 Addison
Rd. Seat Pleasant, MD 20743 OR
email Tiffani.Darby@seatpleasantmd.gov**

Deadline for completed applications is May 27, 2016

SEAT PLEASANT DAY

SATURDAY, MAY 7, 2016

Get ready for a family day filled with fun!!

Parade will begin at 11

Goodwin Park Events at 12

- | | |
|---------|---------------|
| • Food | • Mega Health |
| • Music | Fair |
| • Games | • Prizes |
| | • Information |

Date: Friday, March 25, 2015

Time: 10 am to 2 pm

Second Annual Job Fair

Pre Employment Seminar

Thursday, March 17, 2016

10 am to 1 pm

Call to RSVP



The Seat Pleasant Activity Center

5720 Addison Road

Seat Pleasant, MD 20743

301-773-6685

Speak with representatives from:

- The Training Source
- Prince Georges County Office of
- Human Resources
- Prince George's County Department of Corrections & more

*Please remember to dress professionally and bring multiple copies of your resume.

Please contact Tiffani Darby for additional information.

The City of Seat Pleasant

6301 Addison Road

Seat Pleasant MD, 20743

Phone: 301-336-2600

Fax: 301-336-2800

E-mail: tiffani.darby@seatpleasantmd.gov

Seat Pleasants Community Services Department is looking for committed individuals to join our **Sustainable Maryland** and **Let's Move** planning teams. The teams will help to make decisions in the city that will have benefits such as team sports for children and clean energy options. We want Seat Pleasant to be a healthy place to live, work and play. The teams will meet once per month and will also receive training to begin the programs. If you are interested please call Tiffani Darby at 301-336-2600.



The Mayor, City Council, City Administrator, staff and specifically Chief Catillo would like to say thank you to Sheriff High for bringing awareness to **Domestic Violence and Human Trafficking month** in **October**. Over 1 million people in the U.S are victims of domestic violence. If you or someone you know needs help or additional information call **The Family Crisis Center of Prince Georges County** at **(301)731-1203**.



Melvin C. High
Sheriff

Chief Christopher Cotillo
City of Seat Pleasant
6301 Addison Road
Seat Pleasant MD 20743

OFFICE OF THE SHERIFF Prince George's County, Maryland

February 1, 2016

Dear Chief Cotillo:

Happy New Year! I hope this letter finds you well and back from a safe and happy holiday season. As we begin our year at the Sheriff's Office, I wanted one of my first acts to be to write this letter thanking you, the City of Seat Pleasant for being our partner in "Purple Light Nights" in 2015.

With your support, we were able to reach more members of the community and to create greater awareness about domestic violence and the toll it takes on individuals, families, and far too often, children. Thank you also for joining us at the lighting ceremony that kicked off a month of activities to promote domestic violence awareness and the resources that are available to people who need assistance.

I am especially excited that, because of support from our Presenting Sponsor, Pepco, we were able to provide thousands more lightbulbs to citizens throughout the county to light their porches or window. We'll have more lightbulbs next year to share with you and citizens in your community. Every light is a reminder that "Domestic Violence has no place in our Community."

Chief Cotillo, we recognize that there are many worthwhile events and activities your agency could support and I am pleased and appreciative that you chose to partner with us in "Purple Light Nights." As a result of your partnership, I believe this important event has the potential to grow in the county and throughout the state.

Thank you again for the partnership and collaboration between our agencies. On behalf of myself and the members of the Office of the Sheriff, we look forward to continuing to work closely with you and wish you and your members a safe and successful year ahead.

Sincerely,

Melvin C. High
Sheriff, Prince George's County Office of the Sheriff

cc: Mayor Eugene W. Grant
LaTasha C. Gatling, City Administrator

P.O. Box 548, Upper Marlboro, Maryland 20773
(301) 780-8600

Mayor's Review



Mayor **Eugene W. Grant** was honored to receive a Governor's Citation for his leadership in the **Stop The Violence Campaign**. The Citation was presented by Lt. Governor **Boyd Rutherford** during the **Stop The Violence Forum**. The Forum was attended and supported by a number of Seat Pleasant residents and businesses. While overall crime is down in Seat Pleasant the city has had a homicide already this year.



Mayor **Eugene W. Grant** lead hundreds of Marchers during the **Dr. Martin Luther King, Jr. Stop The Violence March** on January 19th. The event received wide spread media coverage highlighting the importance of the event. Federal, state, local political leaders as well as civic, business and religious leaders were among the 1,800 participants. The March served as a kick-off for a year-long campaign.



Mayor **Eugene W. Grant** served as a principle Speaker for the United Aid for Africa Gala (UAA) at the Embassy of the Ivory Coast. UAA provides humanitarian support to women and children in Africa. Attendees included members from the Diplomatic Corps, Congress and other high level dignitaries.



Mayor **Eugene W. Grant** attended the White House African Diaspora Leaders Policy Briefing. Mayor Grant endorses many of President Barack Obama's initiatives that support the continent of Africa. Among them include: Strengthening Democratic Institutions; Spurring Economic Growth and Investments; Advancing Peace and Security and Promoting Opportunity and Development. As Mayor Grant prepares for future travels to Africa and other countries he pledges his commitment to Human Rights, Peace, Non Violence and Love.



Mayor **Eugene W. Grant** served as the keynote speaker at the Washington Suburban Sanitary Commission (WSSC) Black History Month ceremony. He is pictured here with the new General Manager of WSSC Mrs. **Cala A Reid**. Reid becomes the first woman in WSSC's 97-year history to serve as General Manager/CEO. Reid previously worked for WSSC for 20 years including serving as Deputy General Manager of the Commission from 2005-2006.

*From the Office of: **Code Enforcement and Nuisance and Abatement***

The Office of Code Enforcement would like to re-introduce the following Codes that city residents should be aware of. After careful review of these violations you will notice there is a fine for non-compliance. We encourage you to carefully read the following Codes below.

§ 129-12. Residential Collections: [Added 4-14-1969 by Ord. No. 69-02]

A. All refuse; trash and garbage shall be placed in containers of not less than 10 and not more than 20 gallons' capacity. Refuse containers shall be provided by the owner or tenant and maintained in a leak proof and sanitary condition. No trash or garbage shall be placed in paper or cardboard containers. Containers shall be made of metal or of a type approved by the Mayor and Council and shall have tight-fitting lids. No container shall be too heavy to be manageable by one person.

B. Trash and garbage containers shall be placed at the curb for collection no earlier than darkness of the day before collection and **must be removed to the rear of properties and out of public view by darkness on the day of collection.**

C. Commercial establishments and multifamily residences of more than three units shall be exempt from Subsections A and B. Editor's Note: Former Subsection C, dealing with recyclables, was deleted 2-14-1994 by Ord. No. 94-01. See now Art. V, Recycling, of this chapter.

D. Public trash receptacles shall be used exclusively for street litter.

§ 129-13. Violations and penalties. [Amended 2-14-1994 by Ord. No. 94-01]

Violations of the provisions in this article shall constitute a municipal infraction with a fine of \$400.

**ARTICLE V
Recycling**

[Adopted 4-9-1990 by Ord. No. 90-05] **§ 129-14. General provisions.**

The City administration will secure the necessary containers for each household and provide collection and recycling information.

§ 129-15. Advertisement.

The City administration will not limit the advertisement of this article to Charter requirements but will set as its goal additional advertisement to ensure that each citizen has had the opportunity to be made amply aware of the Seat Pleasant recycling program.

§ 129-16. Materials. [Added 2-14-1994 by Ord. No. 94-01]

Newspapers, magazines, aluminum, glass and plastic shall be securely bundled and tied before being placed at collection points. Such items shall be reduced to a size manageable by one person. Items which were used of containment of oil, solvent, gasoline or alcohol shall not be deposited in containers.

Commercial establishments and multifamily residences of more than three units shall be exempt from this section.

§ 129-17. Violations and penalties. [Amended 2-14-1994 by Ord. No. 94-01]

Any violation of this article shall be deemed a municipal infraction punishable by a fine of \$400.



COUNCIL PRESIDENT CORNER

Honorable
Elenora Simms

The City Council actions in the months of February:

We survived the 2016 Blizzard! Many of us did not have any casualties, power loss or damages to our homes. We are pleased with the diligent and hard-work and collaborative efforts of our Public Works and Police Departments. We are continuing to strive to improve services for the citizenry in Seat Pleasant.

Please join your local legislator for **District 24 Night** on **Monday, March 14, 2016** in **Annapolis, MD**. The City will provide transportation for our residents, please call the City Clerk directly on 301-336-2600 to register no later than Monday, March 7, 2016. The buses will depart City Hall no later than 4:30p.m., on Monday, March 14, 2016.

FY2016-2017 Budget

Please join the Seat Pleasant City Council for the upcoming Budget Hearing. We value your input and would welcome you to come and provide your recommendations. If you are unable to attend, please contact your Ward representative or one of the At-Large Councilmember's to give them your input for the budget. The budget hearing dates are listed below:

Monday, March 21, 2016 at 6:00p.m.

Monday, April 11, 2016 at 6:00p.m.

Saturday, April 16, 2016 at 10:00a.m.

Feggans Center Redevelopment Public Hearing

Please join the Seat Pleasant City Council for the Public Hearing on the Feggans Center Redevelopment on one of the following dates:

Monday, March 14, 2016 at 7:00p.m.

Monday, April 11, 2016 at 7:00p.m.

The Public Hearings will be held at the Seat Pleasant City Hall.

The elected officials meeting attendance for the month of February:

Mayor & Councilmember	Public	Work Session	Special	Closed
Eugene Grant	A	A	A	N/A
Johnie Higgs, Sr.	P	P	P	P
Kelly Porter	E	P	P	P
Elenora Simms, Ward I	P	P	P	P
Aretha Stephenson, Ward II	P	P	A	P
Reveral Yeargin, Ward III	P	A	A	A
Gerald Raynor, Sr., Ward IV	E	P	P	P
Eugene Kennedy, Ward V	E	P	A	P
P-Present				
C-Cancelled				
N-None				
A-Absent				
E-Excused				
L-Late				
U-Unexcused				

BUSINESS NAME

6301 Addison Road
Seat Pleasant, MD 20743

Phone: 301-336-2600
Fax: 301-336-0029
E-mail:

tiffani.darby@seatpleasantmd.gov

Seat Pleasant
"A City of Excellence"
6301 Addison Road
Seat Pleasant, Maryland, 20743



**PRESORTED
FIRST CLASS
U.S. POSTAGE
PAID**

IMPORTANT PHONE NUMBERS

SEAT PLEASANT POLICE DEPARTMENT	301-499-8700
PRINCE GEORGE'S COUNTY NON-EMERGENCY	301-352-1200
SEAT PLEASANT VOLUNTEER FIRE DEPARTMENT	301-336-2331
BATES TRASH	301-773-2069
CITY HALL/CALL-A-BUS	301-336-2600
METRO ACCESS	301-562-5360
PEPCO/OUTAGES & WIRES	202-833-7500/ 877-737-2662
PRINCE GEORGE'S COUNTY DEPT. OF AGING	301-265-8450
PRINCE GEORGE'S COUNTY DEPT. OF SOCIAL SERVICES	301-909-7025
PRINCE GEORGE'S COUNTY ELECTION BOARD	301-341-7300
PRINCE GEORGE'S COUNTY THE BUS	301-883-5600
WASHINGTON GAS/EMERGENCY	703-750-1000/ 703-750-1400
WSSC/EMERGENCY	301-206-9772/301-206-4002
SEAT PLEASANT ELEMENTARY SCHOOL	301-925-2330
CARMODY HILLS ELEMENTARY SCHOOL	301-808-8180
G. JAMES GHOLSON MIDDLE SCHOOL	301-883-8390