



# Beyond the Capital

The official newspaper of  
National Capital Parks-East  
Washington, D.C. and Maryland

Fall 2012

## A Visitor's Guide to National Capital Parks-East

Dr. Carter G. Woodson.  
Credit: Scurlock Photographic Studio Records,  
Archives Center, National Museum of American  
History, Smithsonian Institution.



National Park Service  
U.S. Department of the Interior

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The National Park Service cares for the special places saved by the American people so that all may experience our heritage.

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**Please tell us what you think.**

*Beyond the Capital: A Visitor's Guide to National Capital Parks-East* is a publication of the National Park Service.

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## Message from the Superintendent: Preserving a Monument to a Remarkable Figure

I would like to take this opportunity to tell you about the Carter G. Woodson Home National Historic Site and the work we are doing to prepare this historic treasure for visitation.



Considered the "Father of Black History," Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History in 1915 (now the Association for the Study of African-American Life and History (ASALH)). In 1926 Dr. Woodson and the ASALH founded "Negro History Week," now observed as "Black History Month."

Built in 1872, Dr. Woodson owned and occupied 1538 9th Street NW in the historic Shaw neighborhood of Washington, D.C. from 1922 until 1950. During this era the home was his residence, his research and writing center, served as the headquarters of ASALH, and was a publishing house. Due to Dr. Woodson's significant contributions to American history, the Carter G. Woodson Home was designated a National Historic Landmark on May 11, 1976. In 2000, District of Columbia Congresswoman Eleanor Holmes Norton introduced legislation, which was signed into law December 19, 2003 on Dr. Woodson's 128th birthday authorizing the NPS to take ownership of Dr. Woodson's residence and two adjacent properties at 1540 and 1542 9th Street, NW. On February 28, 2006, the Carter G. Woodson Home National Historic Site became the 389th unit of the National Park Service (NPS). The Woodson Site is managed by National Capital Parks-East.

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# Mission

The National Park Service preserves unimpaired the natural and cultural resources and values of the National Park System for the enjoyment, education, and inspiration of this and future generations. The National Park Service cooperates with partners to extend the benefits of natural and cultural resource conservation and outdoor recreation throughout this country.

*Did you know that National Capital Parks-East is one of almost 400 national parks found all across America?*

## Important Phone Numbers

Emergency	911
U.S. Park Police Dispatch	202-610-7500
Park Headquarters	202-690-5185
Frederick Douglass NHS Tours	877-444-6777 <a href="http://www.recreation.gov">www.recreation.gov</a>
Metro Rail/Bus	202-637-7000 <a href="http://www.wmata.com">www.wmata.com</a>

## For Your Information

### Hiking and Camping

As you take in the park's beautiful scenery, think ahead, be prepared and stay safe.

- Check the weather forecast before heading outdoors for a hike. It is not safe to hike when thunderstorms or heavy snowfall is expected. Immediately seek shelter if hazardous weather approaches.
- Carry drinking water. Don't drink from streams, springs, or lakes without first properly treating the water.
- Observe wildlife from a safe distance. Don't try to get too close to wild animals.
- Stay on the trail – if you leave it, you may get lost.
- To help prevent food poisoning keep cold foods cold and hot foods hot. Don't store perishable foods in a hot car.
- Clean all surfaces and utensils that come into contact with raw meat or meat juices before reusing them.
- Wash hands frequently when preparing food, and before serving and eating.
- Keep children away from grills and lighter fluid, and keep grills away from flammable materials.
- Be aware of tiny deer ticks that carry Lyme disease and know which symptoms to watch out for. When in a potentially infested area, apply insect repellent, wear light colored long sleeved-shirts, pants, and socks.
- Only build a fire in designated grills or fire rings.
- When extinguishing a campfire, let it die down then break-up the coals or logs, spread the pieces, and soak them with water.

### Park Regulations

To help protect park resources and ensure an enjoyable visit for everyone, please follow park rules and posted regulations.

- Pets are welcome in all areas of National Capital Parks-East (NACE), except at Oxon Cove Park. Pets must be on a leash no longer than 6 feet and under control at all times.
- Discharging firearms anywhere on NACE lands is unlawful.
- Please dispose of your garbage and other refuse in trash containers or take it with you when you leave.
- For your safety while hiking, stay on the established trails and watch your footing at all times.
- Prevent damage to resources by bicycling on paved roads and designated bike trails only.

## Become a Volunteer!

Do you want to give back to the park that gives you so much? Have you ever thought of volunteering your time and talents to the National Park Service (NPS)? Become a steward of the park by joining the VIP (**V**olunteers-**I**n-**P**arks) program at National Capital Parks-East (NACE).



Volunteers contribute not just to the mission of the NPS, but to the communities they serve. NACE VIP job opportunities are as diverse as the parks. VIPs welcome visitors to the parks, conduct guided tours, assist with special events, maintain trails, serve as campground hosts, work with computers, and much more.

NACE offers a wide array of historic, cultural, and recreational areas that are part of Washington, D.C., and its eastern environs. The park is comprised of over 8,000 acres of federal land ranging from community parks and national historic sites to unique wetland ecosystems, meadows, and mature hardwood forests.

Contact the park at 202-690-5185 to find a coordinator near you or visit us at [www.nps.gov/nace](http://www.nps.gov/nace) and click on the volunteer link.



Students help clean up Oxon Cove. NPS Photo.

### Special Services

NACE makes every effort to provide access to all of our facilities and programs for the broadest possible range of visitors. From children and the elderly to those who are physically challenged, NACE strives to create inclusive opportunities for all people. For detailed information on special services, visitors should contact the park's Accessibility Coordinator at 202-690-5188.

# Parks of National Capital Parks-East

## Anacostia Park

Anacostia Park presently spans over 1,200 acres stretching the length of the Anacostia River from the Frederick Douglass Memorial Bridge north approximately five miles to the District/Maryland line. It includes Langston Golf Course and River Terrace and it is one of the largest and most important parks in Washington, D.C., with diverse recreational opportunities, natural areas, and historic sites.

This multi-use recreation park, with shoreline access, skating pavilion, ball fields, basketball and tennis courts, and picnic areas attracts people from throughout the city and across the nation. The shorelines also provide opportunities for river access, fishing, birding, and just relaxing!

The park is open daily from 9:00 a.m. to 5:00 p.m. except January 1, Thanksgiving Day, and December 25.

### Contact Information

1900 Anacostia Drive SE  
Washington, DC 20020  
202-472-3884  
[www.nps.gov/anac](http://www.nps.gov/anac)

## Kenilworth Park & Aquatic Gardens

Kenilworth Park & Aquatic Gardens is the only National Park Service site devoted to the cultivation of flowering aquatic plants. It is a 12-acre sanctuary that features serene ponds, flowering water lilies and lotus, as well as many species of birds and wildlife.

Park will open from 7:00 a.m. to 4:30 p.m. starting Labor Day. The park is closed Thanksgiving, December 25 and January 1.

Kenilworth Marsh is a 77-acre freshwater tidal marsh that borders the Kenilworth Park & Aquatic Gardens. The marsh includes 32 acres of marsh restored in the 1990s to provide habitat for a wide array of native wildlife and wetland plants. A boardwalk and trail from the Aquatic Gardens provide visitors access to various marsh zones and the Anacostia River.

### Contact Information

1550 Anacostia Avenue NE  
Washington, DC 20019  
202-426-6905  
[www.nps.gov/keaq](http://www.nps.gov/keaq)

## Baltimore-Washington Parkway

Enjoy our scenic gateway into the Nation's Capital! Opened in 1954, the parkway is a 29-mile scenic park highway that connects Baltimore, Maryland to Washington, D.C. The "parkway concept" involves preserving a wide, scenic, mostly natural corridor along a limited-access divided roadway, following the "lay of the land" allowing the visitor to experience the local topography and natural scenery, undistracted by billboards, traffic signals, and adjacent dense development.

The Baltimore-Washington Parkway is one of four parkways that provide scenic access between major points in the National Capital Region. The National Park Service manages this parkway from Fort Meade south to the Nation's Capital.

### Contact Information

Baltimore Washington Parkway  
c/o Greenbelt Park  
6565 Greenbelt Road  
Greenbelt, MD 20770  
202-619-7105: U.S. Park Police  
301-344-3948: Parkway Maintenance  
[www.nps.gov/bawa](http://www.nps.gov/bawa)

## Mary McLeod Bethune Council House NHS

Nestled in the heart of the Logan Circle Historic District in Washington, D.C., is the Mary McLeod Bethune Council House National Historic Site. Bethune founded the National Council of Negro Women and the site served as its national headquarters from 1943 to 1966.

The National Archives for Black Women's History, housed at the site, has materials pertaining to black women and their organizations and contains extensive correspondence, photographs, and memorabilia related to the National Council of Negro Women.

The site is open to the public Monday through Saturday from 9 am to 5 pm. The park is closed January 1, Thanksgiving Day, and December 25.

### Contact Information

1318 Vermont Avenue NW  
Washington, DC 20005  
202-673-2402  
[www.nps.gov/mamc](http://www.nps.gov/mamc)

## Capitol Hill Parks

When Pierre Charles L'Enfant submitted his design for the national capital of Washington in 1790, a system of grand avenues, public buildings, and grounds dominated the overall plan. Many of the parks, medians, circles, and squares of Capitol Hill evolved from this plan and its subsequent modification in 1901 by the McMillan Commission.

The Capitol Hill Parks, located between 2nd Streets NE and SE and the Anacostia River, provide elegant and open green space within the city of Washington for relaxation, aesthetic enjoyment, and historic commemoration.

Included in this group are: Lincoln, Folger, Stanton, and Marion Parks; Maryland Avenue Triangles; Pennsylvania Avenue Medians, Squares and Triangles, including Seward Square; Potomac Avenue Metro Station; Twining Square, and other inner city green spaces.

### Contact Information

1318 Vermont Avenue NW  
Washington, DC 20005  
202-673-2402  
[www.nps.gov/cahi](http://www.nps.gov/cahi)

## Oxon Cove Park/ Oxon Hill Farm

Located in the District of Columbia and Prince George's County, Maryland, Oxon Cove Park features the 63-acre Oxon Hill Farm, a working historic farm. Visitors can explore the early 19th-century farm house (Mount Welby) and other historic barns, stables, and outbuildings. Animals, crops, orchards, and gardens are also found on the farm site. The park's 485 acres provide recreational opportunities for hiking, biking, and picnicking, and are an excellent resource for environmental studies and wildlife observing.

The farm is open to the public daily from 8:00 a.m. to 4:30 p.m. except January 1, Thanksgiving Day, and December 25. Reservations are required for special programs, education offerings, and popular activities such as milking cows, gathering eggs, and wagon rides.

### Contact Information

6411 Oxon Hill Road  
Oxon Hill, MD 20745  
301-839-1176  
[www.nps.gov/oxhi](http://www.nps.gov/oxhi)

## Carter G. Woodson Home NHS

Imagine a world in which people like you have no written history, or that which has been written is incomplete or distorted. Before Dr. Carter G. Woodson (1875–1950) began his work, there was very little information, and much of that stereotypical misinformation, about the lives and history of Americans of African descent.

The Carter G. Woodson Home at 1538 9th Street NW, in Washington, D.C., was Dr. Woodson's home from 1922 until 1950. From there, he directed the operations of the Association for the Study of Negro Life and History and pursued his own studies of African American history.

The home was acquired by the National Park Service in 2005. The planning process is underway to restore the home and renovate the adjacent buildings into a visitor and research center. The site is closed to the public.

### Contact Information

1318 Vermont Avenue NW  
Washington, DC 20005  
202-673-2402  
[www.nps.gov/cawo](http://www.nps.gov/cawo)

## Piscataway Park

Situated along the Potomac River in Maryland, Piscataway Park was created to preserve the historic views from Mount Vernon, home to President George Washington, to Fort Washington. Piscataway Park is a natural area and is home to bald eagles, beavers, fox, osprey, and many other species. The forested coves and tidal marshes located along the Piscataway Park shoreline are a great place for exploring by canoe. Piscataway Park is a beautiful place for picnicking and fishing. National Colonial Farm, located in the park, is an outdoor living history museum founded by the Accokeek Foundation. The park offers a public fishing pier, two boardwalks over freshwater tidal wetlands, and a variety of nature trails.

The park is open from dawn to dusk.

### Contact Information

13511 Fort Washington Road  
Fort Washington, MD 20744  
301-763-4600  
[www.nps.gov/pisc](http://www.nps.gov/pisc)

# Parks of National Capital Parks-East

## Civil War Defenses of Washington

To protect the District of Columbia from Confederate assault during the Civil War, a complex system of field fortifications was built on ridges and terraces encircling the outer edges of the Federal city. The section of the Fort Circle Parks now under the jurisdiction of National Capital Parks-East extends southward from Bladensburg Road in Northeast Washington, through the segment of the city which lies east of the Anacostia River, and to Fort Foote in Prince George's County, Maryland. It includes Forts Mahan, Chaplin, Dupont, Davis, Stanton, Carroll, Greble, and Foote, Battery Ricketts, and various land parcels, including Shepherd Parkway, which connect these sites.

### Contact Information

1900 Anacostia Drive SE  
Washington, DC 20020  
202-690-5185  
[www.nps.gov/cwdw](http://www.nps.gov/cwdw)

## Shepherd Parkway

Shepherd Parkway is actually not a roadway, but a "corridor park" encompassing a forested ridge line overlooking the Potomac River in southeast Washington, D.C. It forms the forested backdrop along the eastern side of Interstate 295, and also contains multiple historical Civil War defenses sites within its predominantly wooded, natural scenery. It contributes greatly to the "greenness" of our Capital City, as well as to our oxygen supply!

Shepherd Parkway is managed as a natural area by National Capital Parks-East.

### Contact Information

1900 Anacostia Drive SE  
Washington, DC 20020  
202-472-3884  
[www.nps.gov/nace](http://www.nps.gov/nace)

## Fort Washington Park

Fort Washington Park is a 19th-century fortification that was built to defend the nation's capital from naval attacks. It remained active through 1946.

Tours of the fort are available daily. Picnicking areas, river views and access, extensive woodlands, and hiking trails are also available.

Fort Washington Park hosts a number of special events annually including Civil War artillery firing demonstrations and living history programs.

The fort is closed on Thanksgiving Day, December 25, and January 1. The grounds are open from sunrise to sunset and the fort and visitor center are open from 9:00 a.m. to 5:00 p.m. Memorial Day through Labor Day and from 9:00 a.m. to 4:30 p.m. Labor Day through Memorial Day. An entrance fee is charged from April through October.

### Contact Information

1355 Fort Washington Road  
Fort Washington, MD 20744  
301-763-4600  
[www.nps.gov/fowa](http://www.nps.gov/fowa)

## Suitland Parkway

Suitland Parkway extends from Andrews Air Force Base in Camp Springs, Maryland to the Martin Luther King, Jr. Bridge (South Capitol St.) in Washington, D.C. It is the scenic "gateway" that countless visiting dignitaries, royalty, world leaders, and Presidents have traveled on their route into the Nation's Capital.

Originally built as a wartime access road to Andrews Air Force Base, the parkway was redeveloped in the 1950s into the scenic, forested park roadway that it is today. It is one of four scenic parkways in the Washington, D.C., metropolitan area, providing an aesthetic access to important destination points. The portion within Maryland is managed by the National Park Service.

Today, the parkway is extensively used by thousands of visitors to the Nation's Capital arriving from the east. Notably, the parkway is often the first image that foreign heads of state get of the United States.

### Contact Information

1900 Anacostia Drive SE  
Washington, DC 20020  
202-472-3884  
[www.nps.gov/nace](http://www.nps.gov/nace)

## Frederick Douglass NHS

The Frederick Douglass National Historic Site houses an impressive collection of original furnishing and artifacts from Frederick Douglass.

Visitors learn about the life of Frederick Douglass through exhibits, a film in the park's visitor center, and ranger-led tours of the home. Reservations are required for groups of more than 10, maximum of 60 persons per group. Groups of 10 or less are strongly encouraged to make reservations. Tickets are available on-site the day of the tour on a first-come, first-served basis.

The site is open to the public daily, except January 1, Thanksgiving Day, and December 25.

For further information, please call 1-877-444-6777 or visit [www.recreation.gov](http://www.recreation.gov). Tours are free; however, reservations require a service charge of \$1.50 per person. School groups pay a flat service fee of \$5.00 per reservation.

### Contact Information

1411 W Street SE  
Washington, DC 20020  
202-426-5961  
[www.nps.gov/frdo](http://www.nps.gov/frdo)

## Greenbelt Park

Greenbelt Park is a natural oasis situated just 12 miles from Washington, D.C., and 23 miles from Baltimore, Maryland. The park's 1,100 acres of oak, maple, sweetgum, and old pine are a retreat from the pressures of city life and a forested refuge for native plants and animals.

A wide range of recreational opportunities and educational programs are available year-round, including facilities for picnicking, camping, backpacking, biking, bird watching, hiking, and wildlife viewing.

The park is open daily from dawn to dusk. The ranger station is open year-round from 8:00 a.m. to 3:45 p.m., except January 1, Thanksgiving Day, and December 25.

### Contact Information

6565 Greenbelt Road  
Greenbelt, MD 20770  
301-344-3948  
[www.nps.gov/gree](http://www.nps.gov/gree)



Fort Washington.  
NPS Photo.

# Park Partners & Cooperating Associations

## Accokeek Foundation

The ACCOKEEK FOUNDATION operates the National Colonial Farm, located in Piscataway Park. The farm was established by the foundation in 1958 to educate people about farm life. It is a recreation of a middle class farm dating back to 1775. Demonstrations depict the life of a typical family during colonial times. Visitors will find a circa 1780 farm dwelling, an 18th-century tobacco farm, a smokehouse, a public fishing pier and a riverside path with a beautiful view of Mount Vernon, the former home of President George Washington. The Ecosystem Farm offers educational opportunities through the Center for Land-Based Training.

### Contact Information

Angela Barnes  
Communications Manager  
Accokeek Foundation  
3400 Bryan Point Road  
Accokeek, MD 20607  
outreach@accokeek.org  
301-283-2113  
www.accokeek.org

## Alice Ferguson Foundation

The ALICE FERGUSON FOUNDATION is a key environmental educational organization on the Potomac River in Piscataway Park. As a leader of watershed stewardship, it models innovative practices, outreach, partnerships, programs, and events that are replicated globally. Through its award-winning program for school children at Hard Bargain Farm and the Bridging the Watershed program, students are guided to conduct investigations of the local environment, including wetlands, farmlands and meadows while expanding their personal connection to the natural world.

Each year, more than 10,000 students from the Washington, D.C., metropolitan area come to Hard Bargain Farm for day or overnight education field trips, the Annual Potomac Watershed Cleanup and the Annual Spring Farm Festival.

### Contact Information

Alena Rosen  
Communications Manager  
2001 Bryan Point Road  
Accokeek, MD 20607  
arosen@fergusonfoundation.org  
301-292-5665  
www.fergusonfoundation.org

## Aquatic Resources Education Center

The AQUATIC RESOURCES EDUCATION CENTER (AREC) is located in Anacostia Park adjacent to the Anacostia Skating Pavilion. The Center is cooperative partnership between the District of Columbia's Fisheries and Wildlife Division, U.S. Fish and Wildlife Service and the National Park Service.

Visitors and students learn about the ecology, conservation and biology of local aquatic and fisheries resources through workshops, presentations and interactive displays. These activities and programs also serve to educate the local community on the need for awareness and protection of these fragile resources.

### Contact Information

Bryan King  
Associate Director Fishers and Wildlife  
1900 Anacostia Drive SE  
Washington, DC 20020  
bryan.king@dc.gov  
202-535-2260  
www.doh.dc.gov/doh/cwp

## Earth Conservation Corps

Earth Conservation Corps (ECC) is a non-profit youth development and environmental service organization located on the Anacostia River. ECC provides underprivileged young people with hands-on life skills, education, career, and environmental training with an overall goal to facilitate the restoration of the Anacostia River and its surrounding communities.

Since 1992, ECC has recruited and trained over 18,000 young people in an effort to reclaim the Anacostia River. In 2002, ECC was awarded a grant to construct the first three demonstration sites of the Riverwalk Trail: Henson Park, the Old Capital Pump House, and a trail beneath the 11th Street Bridge. ECC is a valuable partner to the National Park Service, assisting in the clean up, beautification, and restoration of several park sites.

### Contact Information

Annett Gantt (Executive Director)  
agantt@ecc1.org, or  
Kellie Bolinder  
kbolinder@ecc1.org  
First Street & Potomac Avenue SE  
Washington, DC 20003  
202-554-1960  
www.ecc1.org

## Eastern National

Eastern National is a 501(c)(3) not-for-profit "cooperating association," that supports National Capital Parks-East and other National Park Service sites. Eastern National assists the educational and interpretive mission of the National Park Service primarily by procuring, distributing, and selling educational material in retail outlets located in national parks. Eastern National also assists by providing supplemental funding for land and artifact acquisitions, special events, educational and interpretive programs, and research grants. Since its incorporation in 1948, Eastern National has donated over \$100 million to the National Park Service, in the form of direct donations and grants.

Eastern National bookstores can be found in National Capital Parks-East at Frederick Douglass NHS, Fort Washington Park, Oxon Cove Park, Kenilworth Aquatic Gardens, and Mary McLeod Bethune Council House NHS.

### Contact Information

470 Maryland Drive, Suite 1  
Fort Washington, PA 19034  
215-283-6900  
www.easternnational.org  
www.eparks.com

## Living Classrooms of the National Capital Region

Living Classrooms Foundation strengthens communities and inspires young people to achieve their potential through hands-on education and job training, using urban, natural, and maritime resources as "living classrooms."

Living Classrooms Foundation is a Baltimore-Washington based non-profit educational organization, founded in 1985 in Baltimore, and serving the National Capital Region since 2001.

Our maritime heritage programs create opportunities for employment training. Our education programs use our environmental and maritime resources as living learning laboratories. Our employability programs create stronger communities that are better prepared to exercise environmental stewardship.

### Contact Information

515 M Street SE, Suite 222  
Washington, DC 20003  
202-488-0627  
www.livingclassroomsdc.org

## Sewall-Belmont House and Museum

The Sewall-Belmont House and Museum is the site where suffrage leader Alice Paul and the women of the National Woman's Party led the fight for equal rights for women in the United States and throughout the world. The National Woman's Party was instrumental in gaining the passage of the Nineteenth Amendment to the Constitution giving women the right to vote.

Alice Paul, the author of the Equal Rights Amendment, lived and worked in the house for many years. The library, which contains an unparalleled collection of suffrage and equal rights artifacts and documents, is dedicated to the history of the party and the history of the suffrage and equal rights movements. Please call for tour availability.

### Contact Information

Elisabeth Crum  
Public Programs & Outreach Manager  
144 Constitution Avenue NE  
Washington, DC 20002  
elisabeth.crum@sewallbelmont.org  
202-546-1210  
www.sewallbelmont.org

## Student Conservation Association

The Student Conservation Association (SCA) provides high school students, college students, and others with meaningful conservation service internships and volunteer opportunities in our national parks. Students enjoy adventure, gain experience, and make a difference. SCA has made an invaluable contribution to the beautification and conservation of the parks in National Capital Parks-East.

### Contact Information

Deirdre Fitzgerald  
Media Relations  
1800 North Kent Street,  
Suite 102  
Arlington, VA 22209  
dfitzgerald@thesca.org  
703-524-2441  
www.thesca.org

# Events

## Recurring Events

### MARY MCLEOD BETHUNE COUNCIL HOUSE TOURS

Monday–Saturday  
202-673-2402

Visitors can tour the Mary McLeod Bethune Council House. Please contact the site for tour details.

### FREDERICK DOUGLASS HOME TOURS

Daily  
202-426-5961

Ranger-led tours are the only way to see the inside of the Frederick Douglass house. Tours are ticketed and there are a limited number of tickets available for each tour. Tour tickets are available by reservation or on a first-come, first-served walk-in basis. Visitors are strongly encouraged to make a reservation to guarantee their place on the tour. Tours last approximately 30 minutes. Visitors are encouraged to arrive at least 20 minutes early to pick up tickets at the visitor center and use restrooms.

### BIRDING ALONG THE ANACOSTIA

Anacostia Park  
Weekly, every Sunday  
10:00 a.m.  
202-472-3884  
Free for all ages

Come enjoy birding for beginners along the Anacostia River with Ranger Miguel at Anacostia Park. See a variety of birds and learn about their habitats and why they call Anacostia home. Bring your own binoculars or

borrow a pair from us. Keep your eyes open, you may get a chance to see Osprey nesting in Anacostia Park!

### ORATORICAL CONTEST

Frederick Douglass NHS  
Application Deadline—Monday,  
November 12  
Contest—December 6–8  
Grades 1–12  
Free  
202-426-5961

Let the world hear your voice. Hone your public speaking skills and follow in the footsteps of Frederick Douglass. Memorize a portion of a Douglass speech and deliver here at his home.

## September

### RANGER FIT CHALLENGE

Anacostia Park—Skating Pavilion  
September, every Thursday  
6:00 p.m.–7:00 p.m.  
202-472-3884  
Free for all ages

Come out to Anacostia Park, a Healthy Park for Healthy People, and get Ranger Fit! Walk around the park and get moving while elevating your heart rate and stop at one of the many Ranger Fit activity stations for a quick agility activity. Rangers will be available to encourage and promote healthy lifestyles and healthy parks! Contact Ranger Miguel.

### ARTILLERY FIRING DEMONSTRATION

Fort Washington Park—Old Fort  
Sunday, September 2  
1:00 p.m.–3:00 p.m.  
301-763-4600  
All Ages

Ever wonder how Civil War cannons were fired? The Fort Washington Guard, in period uniforms will demonstrate and explain the procedures used during the muzzle-loading era of American Artillery. The park has two artillery pieces, a 6-pound field gun and a 12-pound mountain howitzer. Firings will be at 1:00 p.m., 2:00 p.m., and 3:00 p.m.

### WINTER PARK OPERATION HOUR CHANGES

Kenilworth Aquatic Gardens  
Monday, September 3  
202-426-6905

Park will be open from 7:00 a.m. to 4:30 p.m. starting Labor Day. The park is closed Thanksgiving, December 25 and January 1.

### PONTOON BOAT RIDES

Bladensburg Waterfront Park  
4601 Annapolis Road  
Bladensburg, MD  
September 6 and 28  
12:00 noon  
301-779-0371  
All ages, FREE

Join a National Park Ranger at Bladensburg Waterfront Park for a delightful one hour tour of the Anacostia River at its natural best. Discover the rich history of the area. Participants must be at the marina by 11:30 a.m. to sign up. Call the Bladensburg Waterfront Park for reservations and conditions.

### BACKYARD BIRDS

Piscataway Park/Accocheek Foundation  
Saturday, September 8  
10:00 a.m.–12:30 p.m.  
301-283-2113  
\$40 non-members; \$30 members

Birds can bring feathered fun—and free insect control—to a backyard garden. Join us for an introduction to the backyard birds of Maryland. From red-breasted robins to cheerful bluebirds, instructors will identify several common birds of Maryland and discuss how to attract them with shelter, water, and food—from seed and suet cakes to bird-friendly native plants. Weather permitting; participants will take a guided trail walk. This program is provided by the Accocheek Foundation, a partner of the National Park Service. For more information or to register online, visit [www.accocheek.org](http://www.accocheek.org).

### BEAVERS IN THE WETLAND ECOSYSTEM

Kenilworth Aquatic Gardens  
Sunday, September 9  
1:00 p.m.  
202-426-6905  
All ages, FREE

Join Ranger Lee to learn about the beaver's place in wetlands.

### LISTEN TO THE MUSIC

Kenilworth Aquatic Gardens  
Saturday, September 15  
8:00 a.m.–8:45 a.m.  
202-426-6905  
RSVP to Kate  
Appropriate for older teens and up. FREE

AARP is the latest to endorse “vitamin N” for healing. The N stands for nature which can be therapy for stress, pain, and speed recovery from surgery and illness. Join Ranger Kate for a half hour or more of gentle exercise, relaxation techniques and focus on the music of nature our ears were made for. No special equipment is needed.

# Events

## LISTEN TO NATURE'S MUSIC

*Kenilworth Aquatic Gardens*  
Saturday, September 15  
1:00 p.m.  
202-426-6905  
All ages, FREE

Join us for a combination of meditation, yoga, and directed listening to the sounds of nature, mind, and body.

## CHILDREN'S STORIES

*Greenbelt Park—Ranger Classroom*  
Saturday, September 15  
12:00 noon  
301-344-3944  
Ages 6–8

Join a park ranger in reading nature stories introducing life cycles of animals and their habitats.

## MONTHLY FOODWAYS

*Piscataway Park/National Colonial Farm*  
Saturday, September 15  
12:00 noon  
301-283-2113  
FREE

Join us at the National Colonial Farm for a kitchen table conversation as we introduce you to the epicurean delights of colonial Marylanders. Learn how our tastes and the food itself have changed over 300 years as we explore the “receipts” (recipes) and meal preparation. This month’s theme is “Well, Fancy That!” featuring: To Make Force-Meat Balls, Gravy for White Sauce and To Force a Tongue. For more information about this monthly program, visit [www.accokeek.org](http://www.accokeek.org). This program is provided by the Accokeek Foundation, a partner of the National Park Service.

## HOW FORT WASHINGTON CAN HELP YOU SURVIVE A ZOMBIE APOCALYPSE

*Fort Washington—Old Fort*  
Saturday, September 15 & 22  
2:00 p.m.  
301-763-4600  
Ages 12–Adult

The time has come when the dead walk the earth; what would you do to survive? Come and explore the 19th century fort that defended Washington, D.C. and see how to survive within its walls. Learn why this fort was designed and placed where it was, and how it could help you survive in the chaos of a Zombie attack.

## READING STORIES WITH RANGER STEPH: FARM ABC'S

*Oxon Cove Park—Visitor Barn*  
Monday, September 17  
9:00 a.m.–10:00 a.m.  
301-839-1176  
Ages 0 to 5 and accompanying adults

ABC... Easy as 1 2 3! Simple as Do re mi, ABC, 1 2 3, baby you and me! Every third Monday of the month, come listen to stories, sing songs, and enjoy other activities. This month, join Ranger Steph as she takes a look at the alphabet through a farm lens. Meet in the Visitor Barn.

## POND LIFE

*Kenilworth Aquatic Gardens*  
Saturday, September 23  
8:00 a.m.–8:30 a.m.  
202-426-6905  
RSVP to Ranger Kate  
Suitable for children 9–11 years old, FREE

Join us for a program that explores life in the ponds.

Emphasis will be on how animals adapt to winter.

## HAS THE NATIONAL PARK SERVICE GONE TO THE DOGS?

*Fort Washington Park—Visitor Center*  
Saturday, September 29  
11:00 a.m.–12:00 noon  
301-763-4600  
All ages

How many types of dogs does the National Park Service employ? What do they do and where do they work? Ever wonder about these questions? Come out to the park and learn about these special dogs.

## NATIONAL PUBLIC LANDS DAY—RIVER CLEAN-UP

*Fort Washington Park—Lighthouse*  
Saturday, September 29  
9:00 a.m.–11:00 a.m.  
301-763-4600  
All ages

National Public Lands Day is the nation’s largest single day volunteer event. Volunteer at Fort Washington to help clean up the Potomac River. Grab your gloves and meet us at the lighthouse. The park has a limited supply of gloves.

## NATIONAL PUBLIC LANDS DAY

*Kenilworth Aquatic Gardens*  
Saturday, September 29  
9:00 a.m.–1:00 p.m.  
202-426-6906  
RSVP to Ranger Doug  
All ages, FREE

Join volunteers and the Friends of Kenilworth Aquatic Gardens for a host of opportunities that will make a difference in the park. We will be cleaning ponds,

equipment, and getting grounds ready for winter. All hands needed.

## NATIONAL PUBLIC LANDS DAY CLEAN-UP

*Oxon Cove Park*  
Saturday, September 29  
9:00 a.m.–12:00 noon  
301-839-1176  
Ages 18 and up (Children are welcome if accompanied by an adult)

Do your part to help clean up the Potomac River Watershed by picking up trash down at Oxon Cove. Earn service hours needed for your organization! Wear old clothes and shoes that you don’t mind getting wet and muddy. Bring work gloves and rakes, if you have them. Meet in the parking lot. For more information, go to [www.publiclands-day.org](http://www.publiclands-day.org).

# October

## RANGER FIT CHALLENGE

*Anacostia Park—Skating Pavilion*  
October, every Thursday  
5:00 p.m.–6:00 p.m.  
202-472-3884  
Free for all ages

Come out to Anacostia Park, a Healthy Park for Healthy People, and get Ranger Fit! Walk around the park and get moving while elevating your heart rate and stop at one of the many Ranger Fit activity stations for a quick agility activity. Rangers will be available to encourage and promote healthy lifestyles and healthy parks! Contact Ranger Miguel.

# Events

## A FUNGI FORAY

*Piscataway Park/Accoceek Foundation*  
Saturday, October 6  
10:00 a.m.–12:30 p.m.  
301-283-2113  
\$5 suggested donation

This fall, join biologist Tovi Lehmann for a foray into the fascinating world of fungi. In this two-part workshop, Tovi will introduce participants to mushroom life cycles and habitats, as well as the important role that fungi play in the natural world. Tovi will also discuss the basics of mushroom identification. Participants will take a guided trail walk to hunt for fungi. Please wear close-toed shoes and clothing appropriate for the weather. This program is provided by the Accoceek Foundation, a partner of the National Park Service. Registration online at [www.accoceek.org](http://www.accoceek.org)

## ARTILLERY FIRING DEMONSTRATION

*Fort Washington Park—Old Fort*  
Sunday, October 7  
1:00 p.m.–3:00 p.m.  
301-763-4600  
All ages

Ever wonder how Civil War cannons were fired? The Fort Washington Guard in period uniforms will demonstrate and explain the procedures used during the muzzle-loading era of American Artillery. The park has two artillery pieces, a 6-pound field gun and a 12-pound mountain howitzer. Firings will be at 1:00 p.m. and 2:00 p.m.

## LISTEN TO THE MUSIC

*Kenilworth Aquatic Gardens*  
Saturday, October 13  
8:00 a.m.–8:45 a.m.  
202-426-6905  
RSVP to Ranger Kate  
Appropriate for older teens and up. FREE

AARP is the latest to endorse “vitamin N” for healing. The N stands for nature which can be therapy for stress, pain, and speed recovery from surgery and illness. Join Ranger Kate for a half hour or more of gentle exercise, relaxation techniques and focus on the music of nature our ears were made for. No special equipment is needed.

## WAR OF 1812 WAYSIDE WALKING TOUR

*Oxon Cove Park*  
Saturday, October 13  
12:30 p.m.–1:30 p.m.  
301-839-1176  
Ages 10 and up

The War of 1812 has begun and it is impacting families all along the Potomac River. Find out how the DeButts family and others coped during this time by joining a park ranger for a short walking tour. We will view our indoor and outdoor exhibits. A discussion will take place at each stop. Be sure to wear comfortable shoes.

## FOOD AND FARMING MIXER

*Piscataway Park/Accoceek Foundation*  
Saturday, October 13  
4:00 p.m.–7:00 p.m.  
301-283-2113  
\$5 suggested donation

The Food and Farming Mixer is a great networking opportunity amongst the farm and food systems community and will feature opportunities to get to

know more about the various organizations in the area that are working towards a more sustainable food system. This evening will include a tour of the Accoceek Foundation’s certified organic vegetable farm operation, a short hike, a discussion about our local food system and sustainable agriculture, a potluck, music and more! Please bring lawn chairs, hiking boots, bug spray and a dish to share. Visit the website for more information or e-mail the education and outreach coordinator at [mmeehan@accoceek.org](mailto:mmeehan@accoceek.org). This program is provided by the Accoceek Foundation, a partner of the National Park Service.

## READING STORIES WITH RANGER STEPH: YOU’RE THE APPLE OF MY EYE

*Oxon Cove Park*  
Monday, October 15  
9:00 a.m.–10:00 a.m.  
301-839-1176  
Ages 0 to 5, and accompanying adults

Every third Monday of the month, come listen to stories, sing songs, and enjoy other activities. This month, we’ll concentrate on everyone’s favorite sweet October treat... No, not candy corn! The All-American Apple! Find out if it’s true that an apple a day keeps the doctor away. Meet Ranger Steph in the Visitor Barn.

## “TALK IN TRASH WITH SASHA THE SPIDER”

*Greenbelt Park—Ranger Station*  
Saturday, October 20  
11:00 a.m.  
301-344-3944  
Ages 7–12

Want to become a puppeteer? Talk in Trash is a play, which

helps children learn about the animals that live in Greenbelt Park and how they have easily adapted to an urban lifestyle. Come and join us as a puppeteer to educate those interested in learning about the park.

## HISTORIC STRUCTURES TOUR

*Oxon Cove Park*  
Saturday, October 20  
2:30 p.m.–3:30 p.m.  
301-839-1176  
All ages

Join a Park Ranger for a walking tour of Oxon Cove Park’s historic structures.

## TWILIGHT TALES

*Piscataway Park/National Colonial Farm*  
Friday, October 26 & Saturday, October 27  
7:00 p.m.–9:00 p.m.  
301-283-2113  
\$10 non-members; \$7 members

When night descends on the Potomac River, this historic site comes alive with spirits from Maryland’s past. Guests will enjoy scary stories and songs performed as the sun sets over George Washington’s Mount Vernon across the river; each with their own lantern-led ghoulish guide to explore the haunted farm house, through the fields to the historic tobacco barn and the “Tavern” where they’ll encounter various lost souls from Colonial Maryland. Registration online at [www.accoceek.org](http://www.accoceek.org). This program is provided by the Accoceek Foundation, a partner of the National Park Service.

# Events

## PUMPKINS, THE SPECIAL SQUASH

*Oxon Cove Park*  
Sunday, October 28, 2012  
9:30 a.m.–10:00 a.m.  
301-839-1176  
Ages 3 to 12, but all are welcomed

Ever wonder why pumpkins are a prominent symbol of fall and the holiday season? Through songs, stories, and poems we will discover the cultural importance of pumpkins and their place in the American landscape. This program is for kids, ages 3–12, but all are welcome. Reservations required.

## November

### SLEEPY TIME FROGS

*Kenilworth Aquatic Gardens*  
Sunday, November 4  
1:00 p.m.  
202-426-6905  
All ages, FREE

Ever wonder where frogs go for the winter? Walk with Ranger Lee to discuss how frogs prepare for hibernation.

### COLONIAL HOME SCHOOL DAY

*Piscataway Park/National Colonial Farm*  
Wednesday, November 7  
10:00 a.m.–12:00 noon  
301-283-2113  
\$5 per person; 2 and under are free

Calling all homeschoolers! Join the Bolton Family at the National Colonial Farm and spend the day learning about life on a small tobacco farm in the mid-18th century. Children will learn about heritage breed farm animals, crops and gardens, and try their hands at colonial chores. This program is

an open house style activity for home school grades K–8. E-mail the manager of education at [education@accokeek.org](mailto:education@accokeek.org) to register and for more information or visit [www.accokeek.org](http://www.accokeek.org). This program is provided by the Accokeek Foundation, a partner of the National Park Service.

### LISTEN TO THE MUSIC

*Kenilworth Aquatic Gardens*  
Saturday, November 10  
8:00 a.m.–8:45 a.m.  
202-426-6905  
RSVP to Ranger Kate  
Appropriate for older teens and up. FREE

AARP is the latest to endorse “vitamin N” for healing. The N stands for nature which can be therapy for stress, pain, and speed recovery from surgery and illness. Join Ranger Kate for a half hour or more of gentle exercise, relaxation techniques and focus on the music of nature our ears were made for. No special equipment is needed.

### OXON HILL HISTORY TALK

*Oxon Cove Park*  
Saturday, November 10  
2:30 p.m.–3:30 p.m.  
301-839-1176  
All ages  
Join a Park Ranger for a presentation on the rich history of the city of Oxon Hill, Maryland.

### FIELD ARTILLERY BIRTHDAY

*Fort Washington Park—Old Fort*  
Sunday, November 11  
1:00 p.m.–3:00 p.m.  
301-763-4600  
All ages

The Continental Congress unanimously elected Henry Knox “Colonel of the Regiment of Artillery” on 17 November 1775.

Join the Fort Washington Guard as they celebrate the 237th birthday of the Field Artillery and all who have served in the defense of the nation. The Fort Washington Guard in period uniforms will demonstrate and explain the procedures used during the muzzle-loading era of American Artillery. The park has two artillery pieces, a 6-pound field gun and a 12-pound mountain howitzer. Firings will be at 1:00 p.m. and 2:00 p.m.

### MEET THE BEAVER

*Greenbelt Park—Classroom*  
Saturday, November 17  
11:00 a.m.  
301-344-3944  
Ages 8–12

Join a Park Ranger Debbie to learn about the beaver characteristics and their habitats.

### READING STORIES WITH RANGER STEPH: WHAT'S FOR DINNER?

*Oxon Cove Park—Visitor Barn*  
Monday, November 19  
9:00 a.m.–10:00 a.m.  
301-839-1176  
Ages 0 to 5, and accompanying adults

Food, food, and more food. November is a time to celebrate a bountiful harvest. But what are the favorite foods of farm animals? Every third Monday of the month, come listen to stories, sing songs, and enjoy other activities. This month, learn what the animals of the farm like to feast on. Meet Ranger Steph in the Visitor Barn.

### Continued from page 2

We are actively developing plans to restore the home to its period of significance. These formal plans, including a General Management Plan/Environmental Assessment, a Historic Structure Report, and a Historic Resource Study, will guide us through the restoration process.

The natural disasters (earthquake and Hurricane Irene) that occurred in the D.C. metro area in 2011 caused significant damage to the Woodson home and the adjacent NPS owned properties. In response to this damage, the National Park Service's Historic Preservation Training Center is planning exterior earthquake stabilization and needed condition assessments for the site. Additionally, we are working with the District of Columbia Historic Preservation Office and completing compliance processes specified by Section 106 of the National Historic Preservation Act in order to begin work now scheduled for early autumn. This work will temporarily brace the exterior facade in preparation for more comprehensive rehabilitation. This is a monumental project to begin stabilization and rehabilitation of the three buildings. We are working with many stakeholders to identify needs and understand how they could help us return the home to its former glory. The home is an incredible historic resource and we are excited about this project and the progress we have made to date! If you would like to learn more about the project or Dr. Woodson, please visit our website at [www.nps.gov/cawo](http://www.nps.gov/cawo).

Thank you,

Alexcy Romero  
Superintendent

## Archaeology Students “Find” History at Fort Mahan

By Jim Rosenstock

This summer, the newly-formed Urban Archeology Corps (UAC) was active in our parks. An educational program to foster awareness of the field of archeology, this group of five young adults and their archeologist-mentor focused their activities on the heavily urbanized park lands of their neighborhood, near Fort Mahan Park in the District of Columbia.

The UAC had not planned to do any actual digging; their focus was to learn the processes of research and field investigations that need to be done before any shovels are used. However, near the end of the program, a suspicious “dig” was discovered by NPS maintenance employees at Fort Mahan. After an initial investigation, park managers allowed the UAC to practice their newly learned skills, while also documenting an important historic site in the park.

The group’s examination of the site revealed a brick-lined well about 100 years old. They also recovered artifacts including metal parts, old bottle glass, buttons, and other early 20th-century items. The UAC findings will create greater awareness about the history of the Fort Mahan area. Thanks, ladies!



Two students look for artifacts. NPS Photo.

## Paddle on the Anacostia River

In late October, students representing local schools, will canoe the Anacostia River as part of the third annual Anacostia Paddle.

The week-long event of 10 half-day trips runs Oct. 22–28 and aims to inspire the students to reconnect with the River and to seek opportunities to serve, advocate, and lead a lasting, sustainable future for the River.

The public is invited to experience the Paddle during free, 30–45 minute trips on Saturday Oct. 27 and Sunday, Oct. 28. Please contact us for program times. No experience is necessary and registration and equipment will be provided on-site.

In traditional Voyageur-style, 24’ canoes, participants will have the opportunity to connect with local natural resources, experience firsthand the successes of efforts to reclaim the River, and better understand the challenges the River and its neighboring communities and green spaces face. Organizers hope that the program will encourage participants to be a new generation of stewards for the river, sparking a lasting commitment to protect and transform it and its communities.

The Paddle is brought full-circle with classroom lessons and educational materials provided by the sponsoring organizations that focus on sustainable living, the importance of community green spaces, and how the River touches every facet of the students’ day-to-day lives and neighborhoods.

The Paddle is a collaboration between a number of local and federal partners, including the National Park Service (National Capital Parks-East), Wilderness Inquiry, DC Department of Health, DC Department of Parks and Recreation, District of Columbia Government, National Parks Trust, US Army Corps of Engineers, the Anacostia Watershed Society, and Washington Parks & People.

Community members are invited and encouraged to join the Paddle. For more information on how to join, visit [www.wildernessinquiry.org](http://www.wildernessinquiry.org).



Paddling on the Anacostia River. NPS Photo.

## Dupont Kalorama Museums Consortium Walk-Weekend

By Kimberly Brown

The Mary McLeod Bethune Council House National Historic Site kicked off an exciting summer of events with this year's Dupont Kalorama Museums Consortium Walk-Weekend special program, Artists and Activists: The National Council of Negro Women and the Fight for Justice through Artistic Alliances.

The two-day affair featured a panel discussion with leading theatre scholars Eric Ruffin (Howard University Professor of Theatre Arts), Sybil Roberts (American University Professor of Dramaturgy and Performing Arts), and Faedra Carpenter (University of Maryland Assistant Professor of Theatre Dance Performance Studies). With more than two hundred people from the neighborhood and surrounding community in attendance, guests not only engaged in an informative and stimulating exchange about the responsibility of contemporary artists to use their platforms to call for equality, but also relaxed and enjoyed monologues presented by producer and writer Lauren E. Banks and the Howard Theater Collective. The audience snapped along and gave oral responses to the actors during the African-style call-and-response readings. A former Miss Howard University and Miss HBCU, Kendall Isadore, embodied the event's theme with a stirring performance that combined classical violin and old Negro spiritual. Museum visitors were moved to a standing ovation.

The next day, Council House favorite and regular Walk-Weekend feature Jeff Antoniuk and his three-piece jazz ensemble did not disappoint as folks mingled and swayed in the courtyard. After she heard the trio begin its Duke Ellington set, visitor Heather Nurse, a music enthusiast and junior biology student from Howard University, squealed, "I am so glad I came out here. Can you say love, love, LOVE?" Those inside the museum learned about one of America's foremost educators and intellectuals of the early 20th century, Mary McLeod Bethune. Dr. Ida Jones, Assistant Curator at Moorland-Spingarn Research Center, explained the importance of the roles of Mrs. Bethune and Kelly Miller in her book, *Heart of the Race Problem: The Life of Kelley Miller*. In keeping with the theme, kids were all smiles making theatrical masks with the help of Park Guides, Kelly and Veronica. In light of Mrs. Bethune's consistent emphasis on youth and her regular collaborations with artists of all kinds, this year's programming certainly did its best to capture her spirit.



Jeff Antoniuk and his three-piece jazz ensemble during the DKMC Walk-Weekend. NPS Photo.

## Groundwork Anacostia River DC heads out to the Shenandoah Mountains

By Miguel Marquez

In July, the Groundwork Anacostia River DC "Green Team," including 5 youth and their leaders, ventured to Shenandoah National Park for a week-long camping and service learning program. While in the park the team conducted several resource management projects; including trail rehabilitation, invasive vegetation removal, and GPS view shed projects. They also learned about the unique treasures of Shenandoah National Park....and by all accounts had a great time. Three National Capital Parks-East rangers; Tommy Safranek, Eli Alford, and Miguel Marquez worked with NPS Rivers, Trails and Conservation Assistance staff and Shenandoah National Park rangers to plan, prepare, and lead the team during the expedition. The collaborative efforts of Groundwork and the National Park Service created an experience of a lifetime for 5 urban youth.



The Groundwork Anacostia River DC "Green Team" with Rangers at Shenandoah National Park. NPS Photos.

# Articles

## Feet in the Street

By Thomas Safranek

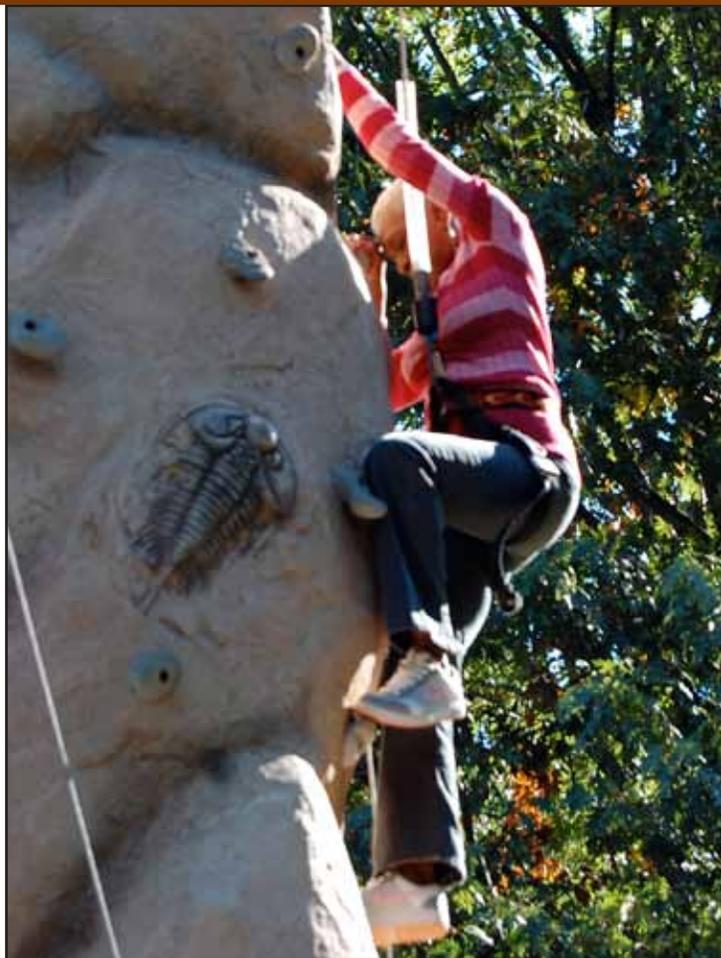
The National Park Service will hold its fourth annual "Feet in the Street" event at Fort Dupont Park on Saturday, September 22, 2012, from 10:00 a.m. to 4:00 p.m. We are excited to team up again this year with the District of Columbia Department of Transportation (DDOT) and for the first time with the annual Car Free Day! It seemed only natural to join forces with this great program and help promote physical activity, green transportation choices, and community spirit:

"Car Free Day is an international event celebrated every September 22nd in which people are encouraged to get around without cars and instead ride a train, bus, bicycle, carpool, subway, or walk.... The benefit to greater society is a day with less traffic congestion, a greener environment and reduced gasoline demand."

Fort Dupont Park is one of the largest parks in the Nation's Capital, with 361 acres to explore. On September 22, the roadways in the park, including Fort Davis Drive and Fort Dupont Drive, will be closed to motor vehicles from 10:00 a.m. to 5 p.m. Residents and visitors are invited to come put their Feet in the Street and run, walk, bike, skate, and move along this 1.6 mile long corridor. There will also be organized activities and programs including:

- 5k Walk/Run to kickoff the event
- Guided nature hikes
- Rock climbing wall
- Physical fitness classes
- Community garden and bee hive tours
- Farmer's Market
- Face painting
- Free bike rentals courtesy of Bike and Roll
- Mountain bike tours of the Hiker/Biker trail
- Capitol Bikeshare test rides and free ride coupons
- Much more!!!!

Participants are encouraged to cycle, walk or take transit to the event if possible, but a limited amount of parking will be available at the Fort Dupont Activity Center. Drivers can access the parking from Minnesota Avenue. The park is also accessible by Metro. For more information call 202-426-7723.



Rock Climbing (above) and yoga classes in the park (below).  
NPS Photos.



# Articles

## Don't Get Ticked Off

By Eli T. S. Alford Jr., Park Ranger—Greenbelt Park

National Capital Parks-East features incredibly diverse sites with numerous recreational, cultural, and historical opportunities for the adventurous visitor. With summer upon us, it is important to recognize that spending time outdoors has inherent hazards. Among these hazards are insects, arachnids, and mites that live in the outdoors and thrive in warmer climates. Mosquitoes are one the most commonly recognized summer pests, but for anyone who spends time outdoors, ticks are a close second. Fortunately, there are several tactics you can use to prevent tick bites and reduce your risk of tick-borne illnesses.

One of the more common diseases you can get from a tick bite is Lyme disease. Lyme disease is a tick-borne illness that is transmitted to humans by the bite of infected ticks. People who spend extended periods in grassy and wooded areas during the active tick season (April to October); pose a high risk in contracting Lyme disease.

Lyme disease is spread to people by the bite of a blacklegged tick (*Ixodes scapularis*, commonly called a deer tick). Ticks must be attached to the body for at least 24 hours before they pass the Lyme disease bacteria to humans, but not every bite causes Lyme disease. If a tick does bite you, thoroughly check your body for tick attachments. If you notice a tick bite, immediately remove the tick with tweezers. Do NOT try attempt to remove the tick with hot matches, alcohol or petroleum jelly to coax the tick to 'back out.' These irritants may cause the tick to deposit more disease-carrying saliva into the bite site. If bitten by a tick, monitor the site of the bite for the appearance of a rash beginning 3 to 30 days after the bite. If a rash or other early symptoms develop, see a physician immediately.

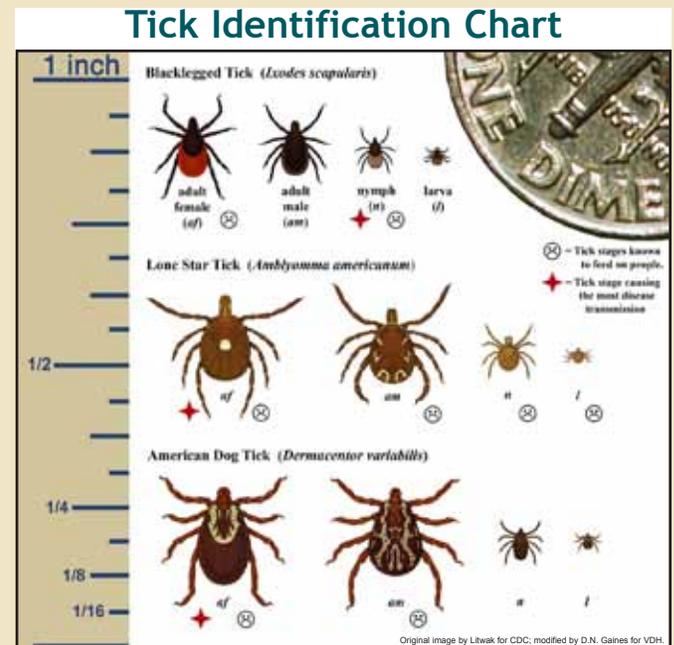
The best way to prevent Lyme disease is to prevent tick bites. Each individual is responsible for taking precautions to reduce the likelihood of infection, such as:

- Wear light-colored, tight weave, long sleeved shirts, long pants, socks, close-toed shoes, and a hat.
- Apply 20-40% DEET or other tick repellent (e.g. Repel-Lemon eucalyptus) to exposed skin or clothing-but not to underclothing. Reapply as necessary.
- Apply permethrin insecticide to clothing (if not already using DEET on clothing)—but DO NOT apply to skin. Apply especially to shoe tops, socks, and lower portion of pants. One application of permethrin typically stays effective through several washings.
- Tuck pant legs into sock or boot tops to help delay ticks from getting in contact to skin.
- When you get back from the field, carefully inspect the entire body and remove any attached ticks. Immature ticks are very small and may be hard to see. Remember to check your hair, underarms, and groin for ticks. Most people are unaware that they have an attached tick without a careful check.
- Remove, wash, and dry your clothing. Unattached ticks brought in on

clothing can potentially result in a latent tick bite. Blacklegged ticks (deer ticks) can survive for many days if humidity is above 65%, and can also survive a warm or hot water wash but they cannot withstand one hour in a hot dryer.

- Take a hot shower and wash off DEET with soap and water and re-check for ticks.

Taking small safety precautions and educating yourself on ticks and tick borne illnesses are great first steps in ensuring a safe and healthy summer.



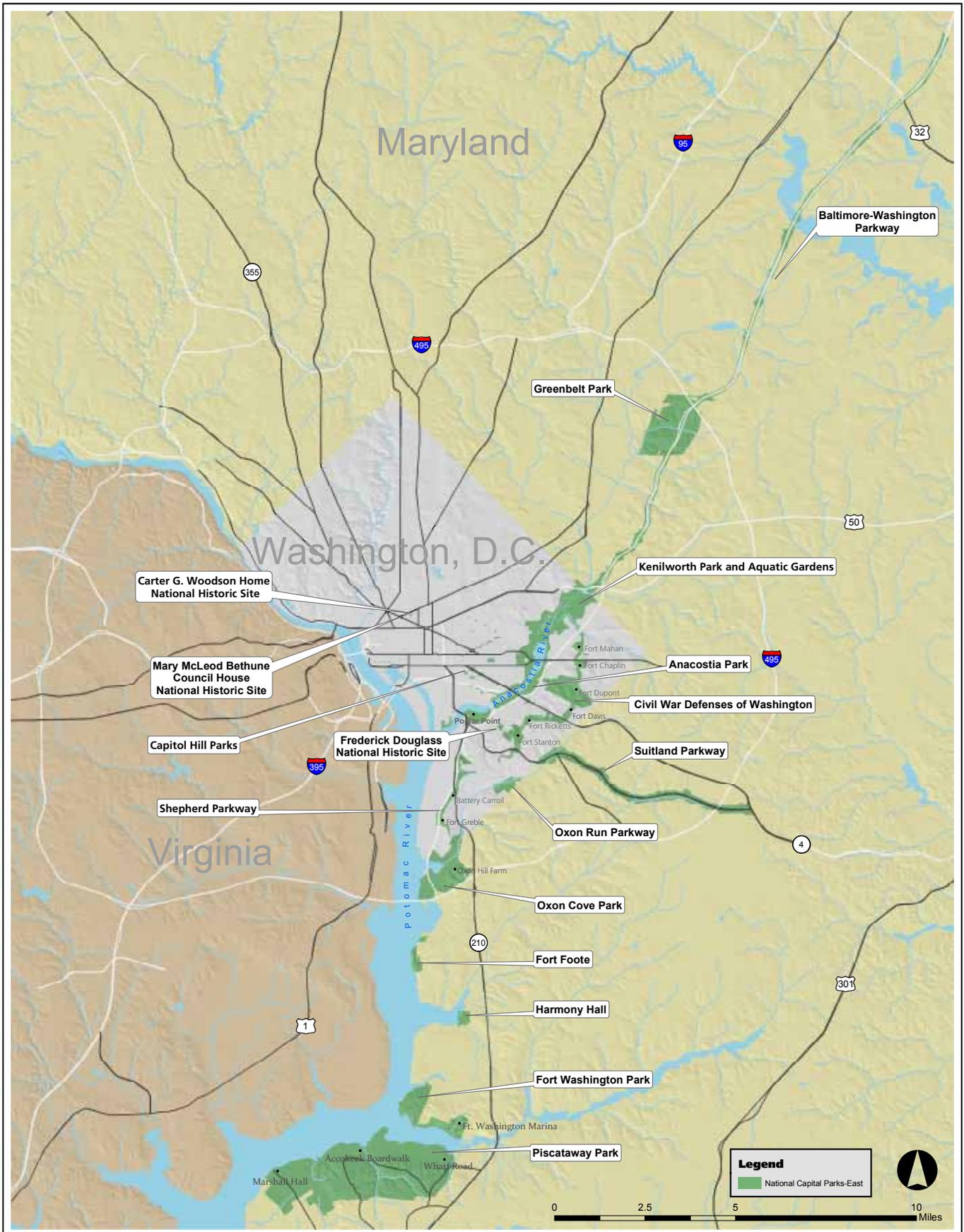
## Tick-borne Disease Chart

Tick-borne Diseases	Anaplasmosis	Ehrlichiosis	Babesiosis	Lyme Disease	Rocky Mountain Spotted Fever	Tularemia
<b>Blacklegged Tick</b> <i>Ixodes scapularis</i>	Vector		Vector	Vector		
<b>Lone Star Tick</b> <i>Amblyomma americanum</i>		Vector				Vector
<b>American Dog Tick</b> <i>Dermacentor variabilis</i>					Vector	Vector
<b>Tick Stage that Transmits the Most Disease to People</b>	Nymph	Adult	Nymph	Nymph	Adult Only	Nymph or Adult
<b>Minimum Feeding Time for Disease Transmission</b>	24 hours	24 hours	36 hours	36 hours	4-6 hours	Not known

For more information on tick-borne diseases, visit [www.vdh.virginia.gov/TickBrochure](http://www.vdh.virginia.gov/TickBrochure).  
June 2010

**VDH** VIRGINIA DEPARTMENT OF HEALTH  
Protecting You and Your Environment

# Map





National Park Service  
U.S. Department of the Interior

National Capital Parks-East  
1900 Anacostia Drive, SE  
Washington, DC 20020-6722

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## Activities at your fingertips

	Biking	Birding	Camping	Education Programs	Hiking	Live Music	On-Site Parking	Picnicking	Ranger-led Programs	Sports Fields	Visitor Center
Anacostia Park	●	●		●	●		●	●	●	●	
Fort Dupont Park	●	●		●	●	●	●	●	●		
Fort Washington Park	●	●		●	●		●	●	●	●	●
Frederick Douglass NHS		●		●			●	●	●		●
Greenbelt Park	●	●	●	●	●		●	●	●	●	●
Kenilworth Park & Aquatic Gardens		●		●	●		●	●	●		●
Mary McLeod Bethune Council House NHS				●					●		●
Oxon Cove Park	●	●		●	●		●	●	●		●
Piscataway Park	●	●		●	●		●	●	●		●