

BE
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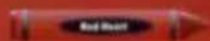
18518

Y
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PLACE 

YMCA PRESCHOOL & SCHOOL-AGE CARE



Board of Zoning Adjustment
District of Columbia
CASE NO.18518
EXHIBIT NO.34A



School-Age Children & Teenagers



Infants, Toddlers & Preschoolers



Facts About Developmental Assets



40 Developmental Assets



YMCA of Metropolitan Washington

Our Mission

The YMCA of Metropolitan Washington fosters the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

At the YMCA, we build.....

**Serving
Kids**

- Serving children from infancy through teen years.
- Providing educational and recreational programs.
- Helping develop core values of caring, honesty, respect and responsibility.

**Serving
Families**

- Being accessible to individuals and families.
- Offering a broad variety of activities for family participation.

**Strong
Communities**

- Strengthening relationships between kids, individuals and families.
- Promoting core values and healthy lifestyles.
- Modifying programs in response to changing community needs.

President's Letter

Dear Parents,



Youth Programs at the Y have been a beloved tradition in the Washington Metro area for decades, and this year's line up of programs has been developed to appeal to kids of all ages and interests. And, you know that your child will be safe, supervised and encouraged to the values that the Y stands for: mutual respect, honesty, responsibility and caring. Youth Programs are an integral component of how we achieve our mission to build strong kids, strong families, strong communities; in fact, it's FUNdamental to our goal!

To learn more about childcare offered at our branches, please call 202.732.6700 or visit our website at www.ymcawdc.org.

Angie L. Reese-Hawkins
President and CEO
YMCA of Metropolitan Washington

Why do some kids grow up with ease, while others struggle?

Why do some children and adolescents get involved in dangerous activities, while others engage in positive behaviors? Why do some youth "beat the odds" in difficult situations, while others get trapped? Many factors influence why some people are resilient in situations of adversity and why others struggle. Research by Search Institute has identified 40 concrete, positive experiences and qualities – "developmental assets" – that have a tremendous influence on young people's lives. They are the building blocks to healthy child and adolescent development that people from all walks of life can nurture. Research also shows that the 40 Developmental Assets help young people make wise decisions, choose positive paths, and grow up competent, caring and, responsible. The assets are grouped into eight categories:

Act now—don't wait until you have more time, more skills, more opportunities. Take a fresh look at how you can use the little opportunities that come up in your everyday routine.

Share your strengths—you already have gifts, talents, interests, and traits that you can be valuable for asset building.

Stretch yourself—it's good to start with things that fit into your everyday routine, but don't stop there. As you get comfortable building assets, find ways to make it a more intentional, focused part of your life.

Experiment—try something new!

Tell others about it—the more people that know about assets and start intentionally building them the better.

8 Categories of Developmental Assets

- 1. Support** – Children and adolescents need to experience support, care and love from their families and many others.
- 2. Empowerment** – Children and youth need to be valued by their community and have opportunities to contribute to others. For this to occur, they must feel safe and secure.
- 3. Boundaries & Expectations** – Children and youth need to know what is expected of them and whether activities and behaviors are in "in bounds" or "out of bounds."
- 4. Constructive Use of Time** – Children and youth need constructive, enriching opportunities for growth through creative activities, youth programs, congregational involvement, and quality time at home.
- 5. Commitment to Learning** – Children and youth need to develop a lifelong commitment to education and learning.
- 6. Positive Values** – Children and youth need to develop strong values that guide their choices (caring, justice, integrity, responsibility, and restraint).
- 7. Social Competencies** – Children and youth need skills and competencies that equip them to make positive choices, to build relationships and to succeed in life.
- 8. Positive Identity** – Children and youth need a strong sense of their own power, purpose, worth, and optimism about their future.

Principles of Asset Building

- o All children and youth need assets
- o Relationships are key
- o Asset building is an ongoing process
- o Delivering consistent messages is crucial
- o Duplication and Repetition are necessary



School-Age Children & Teenagers



Infants, Toddlers & Preschoolers



Facts About Developmental Assets

It's a FACT!

- The more assets children and adolescents possess have been shown to increase healthy development among children.
- All organizations, institutions, and individuals in a community play a role in building assets for youths.
- As children and adolescents assets increase, their positive behaviors also increase. While young people with 10 or fewer assets report an average of fewer than 3 positive behaviors, those with 31 assets or more, average 6 positive behaviors. This includes school success, informal helping, valuing diversity and exhibiting leadership.
- Research shows that developmental assets help young people make wise decisions, choose positive paths, and grow up competent, caring and responsible.
- The more assets children and youth have, the less likely they are to engage in risk-taking behaviors such as: fighting, bullying, alcohol and drug use, becoming depressed, attempting suicide, becoming sexually active, and developing an eating disorder.
- The average young person surveyed has 18 of the 40 assets. However, levels of assets decrease for older youth. While the average sixth grader surveyed has 21.5 assets, the average 12th grader surveyed has 17.2 assets. Research shows that the average 6th and 12th grader surveyed experiences only 18 of the 40 assets. Furthermore, just 8 percent of young people have 31 to 40 assets.
- Girls typically have more developmental assets than boys. However, boys are more likely to have #10: safety; #18: youth programs; #38: self-esteem; and #39: sense of purpose.
- Asset building requires consistent messages. For asset building to be woven into the fabric of community life, it needs to be reinforced throughout all sectors of the community.
- Remember, healthy adults promote healthy youth development. Assets are not only important for children and youth, but also adults.
- Children and adolescents have tremendous influence and potential for building assets in themselves and their peers.

Three Reasons for Building Assets

1. Assets are powerful.

They give children and youth the strength they need to make positive choices in life, even in the face of stress and pressure. Research shows that the more assets young people have the less likely they are to engage in high risk behaviors such as: hanging out with the wrong crowd, bullying other students, disrespecting adults or using drugs.

2. Developmental assets affect all stages of development.

Attention to developmental does not end at age 5, 10 or 15. Each stage of development requires persistent attention to support, empowerment, boundaries, structure, competence, and values. Each one builds on experiences, positive and negative, from the previous stage. Asset building efforts will be most effective when they acknowledge and build on this developmental perspective.

3. The YMCA-wide asset initiative.

Systems of support, boundaries and expectations, constructive use of time, positive values, and competency building tend to be fragile for our children and youth today. YMCA is supporting Search Institutes' Healthy Communities Healthy Youth Initiative and taking action around a shared vision and commitment to positive child and adolescent development.

40 Developmental Assets that Infants and Toddlers, Birth to 35 months Need to Succeed *(birth to 35 months)*

Support

1. Family life provides love and support
2. Family communication is positive
3. Parent(s) has support from other adults
4. Child experiences caring neighbors
5. Child experiences caring environments outside of home
6. Parent(s) helps child succeed when child is away from home

Empowerment

7. Child is at the center of family life
8. Child has a role in family life
9. Parent(s) serves others
10. Home and other settings are safe

Boundaries & Expectations

11. Family sets appropriate boundaries
12. Out-of-home settings have clear boundaries
13. Neighbors pay attention to child
14. Adults model responsible behavior
15. Child sees other children interact positively
16. Parent(s) has realistic expectations

Constructive Use of Time

17. Child is exposed to creative activities
18. Child is exposed to out-of-home activities
19. Family participates in religious community
20. Time at home is positive and supervised

Commitment to Learning

21. Family members are motivated to do well
22. Family models engagement in learning and work
23. Child has access to stimulating activities
24. Parent(s) enjoys learning
25. Child is ready to learn

Positive Values

26. Parent(s) values and models caring
27. Parent(s) values and models equality and social justice
28. Parent(s) values and models integrity
29. Parent(s) values and models honesty
30. Parent(s) values and models responsibility
31. Parent(s) values and models a healthy lifestyle

Social Competencies

32. Parent(s) practices good planning and decision making
33. Parent(s) interacts with others in positive ways
34. Parent(s) are comfortable with diverse people
35. Parent(s) models resistance skills
36. Parent(s) models peaceful conflict resolution

Positive Identity

37. Parent(s) has personal power and models coping skills
38. Parent(s) creates an environment that nurtures self-esteem
39. Parent(s) has a sense of purpose
40. Parent(s) has a positive view of the future

40 Developmental Assets that Preschoolers Need to Succeed *(ages 3 to 5 years)*

Support

1. Family life provides love and support
2. Family communication is positive
3. Child receives support from other adults
4. Child experiences caring neighbors
5. Child is in caring environment outside the home
6. Parent(s) helps child succeed when child is away from home

Empowerment

7. Parent(s) and other adults appreciate children
8. Child taken into account in family decisions
9. The family serves others
10. Home and other settings are safe

Boundaries & Expectations

11. Family has rules and consequences
12. Out-of-home settings provide clear rules and consequences
13. Neighbors monitor the child's behavior
14. Adults model responsible behavior
15. Interactions with other children are encouraged

Commitment to Learning

21. Parent(s) and other adults model an expectation that others will do things well
22. Parent(s) models engagement in learning and work
23. Child has access to stimulating activities
24. Parent(s) and other adults enjoy learning
25. Child is ready to learn

Positive Values

26. Parent(s) values and encourages expressions of caring
27. Parent(s) values and models equality and social justice
28. Parent(s) values and models integrity
29. Child learns the difference between truth and lying
30. Child learns that her or his actions affect others
31. Parent(s) values and models a healthy lifestyle

Social Competencies

32. Child makes simple choices and decisions
33. Child interacts well with other children and adults
34. Child is exposed to different cultures
35. Child is taught to avoid dangerous situations
36. Child is taught how to deal with setbacks well

40 Developmental Assets that School-Age Children Need to Succeed (ages 6 to 11 years)

Support

1. Family life provides love and support
2. Family communication is positive and open
3. Child receives support from other adults
4. Child experiences caring neighbors
5. School provides a caring climate
6. Parent(s) is involved in child's schooling

Empowerment

7. Community values children
8. Children have useful roles
9. Child and family serve others
10. Home, school, and neighborhood are safe

Boundaries & Expectations

11. Family sets clear rules and consequences
12. School sets clear rules and consequences
13. Neighbors monitor the child's behavior
14. Adult's model responsible behavior
15. Child's friends model responsible behavior
16. Parents and teachers have realistically high expectations

Constructive Use of Time

17. Child participates in creative activities
18. Child participates in school or community programs
19. Family participates in religious community
20. Child spends most evenings and weekends at home

Commitment to Learning

21. Child is motivated to do well in school
22. Child is attentive and engaged in learning
23. Child does homework when assigned
24. Child cares about her or his school
25. Child reads alone with adults

Positive Values

26. Child cares about others
27. Child begins valuing equality and social justice
28. Child begins to act with integrity
29. Child values honesty
30. Child accepts appropriate responsibility
31. Child begins to value good health habits

Social Competencies

32. Child develops simple planning and decision-making skills
33. Child interacts well with other children and adults
34. Child is comfortable with people from different cultures
35. Child learns how to resist negative pressure from others
36. Child attempts to solve conflicts non-violently

Positive Identity

37. Child feels he or she has some control over things that happen
38. Child has high self-esteem
39. Child has a sense of purpose
40. Child is optimistic about her or his own future

40 Developmental Assets that Teenagers Need to Succeed (ages 12 to 18 years)

Support

1. Family life provides love and support
2. Family communication is positive and open
3. Teenager receives support from other adults
4. Teenager experiences caring neighbors
5. School provides a caring climate
6. Parent(s) is involved in teenager's schooling

Empowerment

7. Community values teenagers
8. Teenagers have useful roles in the community
9. Teenager serves others in the community
10. Home, school and neighborhood are safe

Boundaries & Expectations

11. Family sets clear rules and consequences
12. School sets clear rules and consequences
13. Neighbors monitor young people's behavior
14. Adults model responsible behavior
15. Friends model responsible behavior
16. Parents and teachers have high expectations

Constructive Use of Time

17. Teenager participates in creative activities
18. Teenager participates in school or community programs
19. Teenager is involved in activities in a religious community
20. Teenager spends most evenings at home

Commitment to Learning

21. Teenager is motivated to do well in school
22. Teenager is actively engaged in learning
23. Teenager does homework every school day
24. Teenager cares about her or his school
25. Teenager reads for pleasure

Positive Values

26. Teenager values caring for others
27. Teenager promotes equality and social justice
28. Teenager values integrity
29. Teenager values honesty
30. Teenager values responsibility
31. Teenager values restraint

Social Competencies

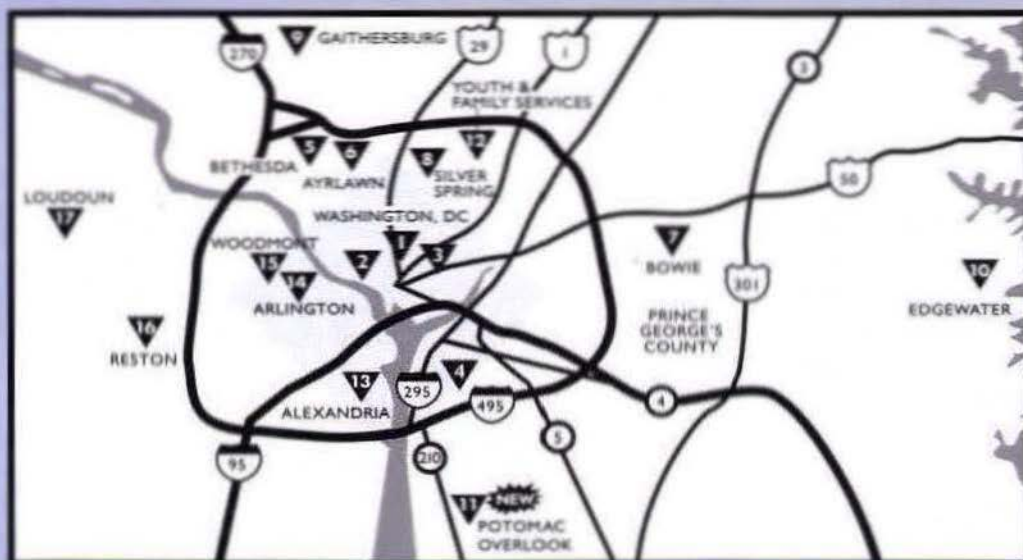
32. Teenager has planning and decision-making skills
33. Teenager has empathy, sensitivity, and friendship skills
34. Teenager gets along with people from different cultures
35. Teenager resists negative pressure from others
36. Teenager resolves conflicts peacefully

Positive Identity

37. Teenager has a healthy sense of personal power
38. Teenager has a high self-esteem
39. Teenager believes her or his life has a sense of purpose
40. Teenager has a positive view of her or his future

The YMCA is open to all.
Questions? Call 202-232-6700.

Branch Locations



District of Columbia

- 1. YMCA Anthony Bowen**
1325 W Street, NW
Washington, DC 20005 ■ 202-462-1054
- 2. YMCA National Capital**
1711 Rhode Island Avenue, NW
Washington, DC 20036 ■ 202-862-9622
- 3. YMCA Calomiris
Program Center**
1906 Allison Street, NE
Washington, DC 20018 ■ 202-526-4233
- 4. YMCA Capital View**
2118 Ridgecrest Court, SE
Washington, DC 20020 ■ 202-889-0643

Maryland

- 5. YMCA Bethesda-Chevy Chase**
9401 Old Georgetown Road
Bethesda, MD 20814 ■ 301-530-3725
- 6. YMCA Ayr lawn Program Center**
5650 Clemont Avenue
Bethesda, MD 20817 ■ 301-530-8500
- 7. YMCA Prince George's County**
3501 Mylan Drive
Bowie, MD 20715 ■ 301-262-4342
- 8. YMCA Silver Spring**
9800 Hastings Drive
Silver Spring, MD 20901 ■ 301-585-2120
- 9. YMCA Upper
Montgomery County**
10011 Stedwick Road
Montgomery Village, MD 20879 ■ 301-946-9622
- 10. YMCA Camp Letts**
P.O. Box 208
Edgewater, MD 21037 ■ 410-919-1400
- 11. YMCA Potomac Overlook**
10709 Indian Head Hwy.
Ft. Washington, MD 20744 ■ 301-203-2302
- 12. YMCA Youth & Family Services**
9620 Coleville Road
Silver Spring, MD 20901 ■ 301-585-2120

Virginia

- 13. YMCA Alexandria**
420 East Main Street
Alexandria, VA 22301 ■ 703-836-8085
- 14. YMCA Arlington**
3423 North 13th Street
Arlington, VA 22201 ■ 703-525-5400
- 15. YMCA Woodmont
Program Center**
3423 North Filmore Street
Arlington, VA 22815 ■ 703-527-4966
- 16. YMCA Fairfax County
Reston**
12196 Sunset Hills Road
Reston, VA 20190 ■ 703-742-8800
- 17. YMCA Loudoun County**
6 Fairfax Street, S.E.
Leesburg, VA 20175 ■ 703-777-9622

We build strong kids, strong families, strong communities.



18518

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Capital View

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(202) 889-0643
www.ymcadc.org



YMCA Capital View

Community Impact Profile 2012





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Gene Jones, Vice President of Operations
Marsha V. Smith, Associate Executive Director



YOUTH DEVELOPMENT

Each year more than 2,150 youth and teens come to the YMCA Capital View to participate in before and after care, summer camps, and other family programs and community events. Through community partnerships the Y has increased its ability to serve more youth with programs such as:

- Before/After Care School Age Program
- Boy's 2 Men Mentoring
- Darling Divas Girl's Mentoring
- Family Night
- Harvest Fest & Haunted House
- Healthy Kids Day
- Parents' Night Out



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HEALTHY LIVING

More than 3,000 families participate each year in YMCA programs at the YMCA Capital View and extension sites. The YMCA is good for the spirit, mind and body. We extend our services to the entire community through our programs and classes based on the values of caring, honesty, respect, and responsibility.

- Open House and Community Day events
- Holiday and Summer Camps available from 3-14 years of age
- PHD (Physical, Healthy, Driven) philosophy intertwined with all youth programs
- Summer Camp available all summer for kids age 3 – 14
- Creative ways of getting in shape with friends and colleagues.
- SASSY, Senior Athletic Program, provides social and active outlets for seniors from wards 7 and 8.

SOCIAL RESPONSIBILITY

While our programs and facilities are always based on the unique needs and interests of our communities, every Y has one thing in common: our people. The volunteers, staff, members and donors of the Y are all united by a deep commitment to strengthening our communities. Through scholarships and financial assistance, YMCA Capital View subsidized more than \$40,000 in youth program fees in 2011. The support we receive through partnerships and generous donors in support of our mission helps us to provide access to all.

YMCA INITIATIVES

Annual Angel Tree * Annual Coat Drive * Annual Food Drive *
Caring for Community Annual Sustaining Campaign
Circle of Friends * Golf Tournament





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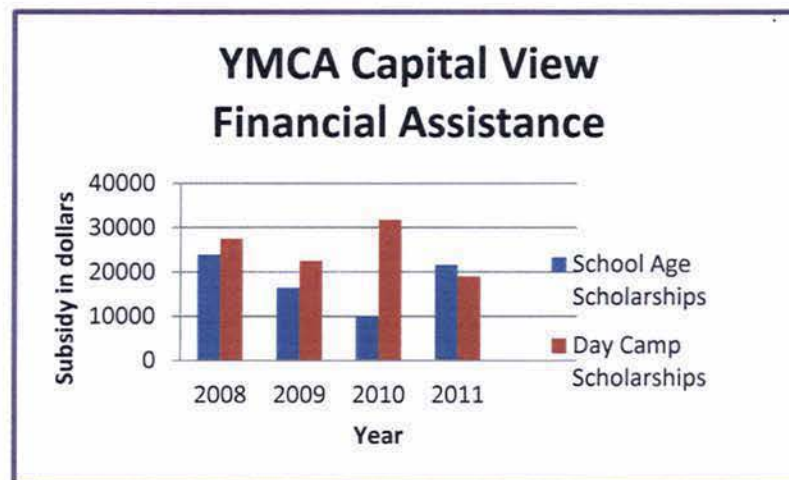
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Capital View provides financial assistance for before and after care and day camps offered throughout the year.



Capital View appreciates the generous contributions of the following organizations:

YMCA PARTNERS

- Betty T. Wooten Foundation
- Capital Area Food Bank
- CareFirst
- Child Christ Society
- DC Lottery
- EKMS Security
- Giant Foods
- KIPP DC Charter School
- Merrick Center
- National Association of Health Services Executive
- PNC Bank
- Sanctuary of Praise
- TD Bank
- Village of Parklands
- WHUR Radio
- William C. Smith

YMCA DONORS

- Babycakes By Shingy
- Beachbody, LLC
- Black Mens Xchange (BMX)
- Cateen
- Denny's Restaurant
- Desmond Chisholm Photography
- Direct Selling Education Foundation
- IHop Restaurant
- Monograms Linen & More, LLC
- Southeast Whitehouse

YMCA COMMUNITY VOLUNTEERS

- Dance DC
- Georgetown University Melody
- Greater DC Cares
- iCare Solution, LLC
- Office of the Deputy Under Secretary of the Navy (Pentagon)
- Opportunity Industrialization Center (OIC)
- Team Builders Academy
- Training Ground



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YOUR DONATIONS MAKE A DIFFERENCE

\$25,000	• Provides a full-year of swim lessons for 30 children • Sends 15 campers to 10-weeks of traditional summer camp • Allows 250 families to send their child to a humanities, dance, or sports program
\$10,000	• Provides one child a full-year of preschool programs, including swim lessons • Allows 33 teens to participate in the Youth and Government program for one school year • Provides 5 campers a summer of chess camp, cheerleading and other specialty camps
\$5,000	• Provides 5 senior couples with a one-year membership • Provides 10 new computers for children and teens to work do homework • Allows 41 children to participate in a week long aquatics camp
\$2,500	• Assists a working parent with nine-months of before and after school care • Provides two months of swim lessons for 20 children • Allows a parent to afford 2-years of basketball, soccer, or track lessons for their child
\$1,000	• Gives a single parent with children a one-year membership • Provides a child with one-month of preschool programs, including swim lessons • Sends one child to five weeks of Specialty Camp for crafts, survival skills, and sports
\$500	• Provides lunch for 30 preschool children for one month • Allows 5 families to afford music and dance lessons for their child • Provides a teen with a one-year membership
\$300	• Provides tutors to school-age children for three weeks • Provides an educational class for parents in the community • Allows a parent and toddler to attend 2-3 gymnastics training sessions together
\$150	• Sends 2 children on local field trips in the community • Provides a healthy snack for each school-aged child for six-months • Allows a family to afford sports or humanities programs for 2 children
\$50	• Provides a preschooler one week of swim lessons • Provides art supplies for 3rd-6th graders • Covers initiation fees for a child to participate in sports or camp programs • Provides a child or teen with one-session of personal training



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HOW YOUR DOLLARS CAN HELP TRANSFORM A CHILD'S LIFE THIS SUMMER:

- \$25,000** Sends 33 children to overnight camp for one week.
- \$10,000** Provides a two-week outdoor hiking adventure for 15 children.
- \$5,000** Allows 18 teens to participate in the counselor-in-training program.
Sends 22 children to "PHD Fit Camp" for one week.
- \$2,500** Allows ten children to participate in the PHD (Physical, Healthy, and Driven) Program for two weeks.
- \$1,500** Sends one child to Camp Letts, our 100 year old resident camp, for two weeks.
- \$1,000** Sends three children to "It's Thingamajig" camp for two weeks, where invention and creativity are encouraged.
Allows four teens to give back to the community through the summer of service program.
- \$500** Sends one child to a two-week swimming camp.
Sends one child to basketball camp for three weeks.
Provides tennis lessons to one child for two weeks.
- \$300** Sends one child to summer day camp for one week.

YMCA of Metropolitan Washington
800-473-YMCA
www.ymcadc.org

The Mission of the YMCA of Metropolitan Washington is to foster the spiritual, mental, and physical development of individuals, families, and communities according to the ideals of inclusiveness, equality, and mutual respect for all.



**YOUR DONATIONS
MAKE A DIFFERENCE.
THANK YOU!**



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YMCA of Metropolitan Washington Caring for Community Campaign

Thank you for supporting our mission through a gift to our Caring for Community annual campaign. Funds raised give needed financial support to send kids to summer camp, to provide needed child care during the school year, as well as financial aid to families and seniors who are in need of our valuable programs. We appreciate your generous support!

Name _____

Address _____

City/State/Zip _____

Phone _____ Email _____

I am pleased to support the YMCA. I will make a gift of \$_____.

I will make a gift by check *(Please make check payable to the YMCA of Metropolitan Washington.)*

I will make a gift by credit card – fill out the information below or go online to www.ymcadc.org:

Card Type (please circle): Visa MasterCard Discover AmEx

Card Number: _____ Exp. Date: _____

Name on Card: _____

Signature: _____ Date: _____

I will make a pledge of \$_____. **Please send me a reminder in:**

September

November

YMCA CAPITAL VIEW



Do you like working
out and staying in
shape?

Or how about enjoying some
great fun with friends...



Well if these
activities are for
you, then come
out and enjoy a
great time with
the S.A.S.S.Y.
SENIORS.

Live

Laugh

Play

2013

Maybe taking the
time to get some
shopping done...



Contact

Loretta Howard

Phone: (202)889-0643

Cell: (301)633-5030

2118 RIDGECREST CT., S.E. WASHINGTON DC 20020



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FOR YOUTH DEVELOPMENT
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YOU CAN TAKE CONTROL

YMCA's Diabetes Prevention Program
YMCA of Metropolitan Washington



YMCA'S DIABETES PREVENTION PROGRAM

You can reduce your diabetes risk and gain tools for healthy living through the YMCA's Diabetes Prevention Program.

If you are at high risk of developing type 2 diabetes, The YMCA's Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes. The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

About the program

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, you will meet monthly for added support to help maintain your progress.

Program goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

Fees: \$250 Full Members \$325 Program/Non-Members

Additional Specifics: Payment plan is available for those who qualify. Program includes 3-month Y membership upon completion of fifth (5) session.

For more information about the program or to see if you qualify please contact:

Irmina Ulysse, YDPP Director, Diabetes Prevention Program

Phone: 202-862-9622, ext. 3171

Email: ydp@ymcadc.org

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

CAN I PARTICIPATE?

In order to qualify for the YMCA's Diabetes Prevention Program, you must be overweight (BMI ≥ 25)* and at high risk for developing type 2 diabetes or have been diagnosed with pre-diabetes.

- Are you at risk for developing diabetes? Please check each box that is true:
 - ☐ My blood pressure is 140/90 or higher, or I have been told I have high blood pressure
 - ☐ I have been told that my cholesterol levels are not normal
 - ☐ I am fairly inactive. I am NOT physically active more than two times a week.
 - ☐ I have or had a parent or sibling with diabetes
 - ☐ I have been told I have pre-diabetes
 - ☐ I have had gestational diabetes (diabetes during pregnancy), or I gave birth to a baby weighing more than 9 pounds
 - ☐ I am 45 years of age or older

If two or more boxes above are checked, then you may be at risk for pre-diabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

I have been diagnosed with pre-diabetes and have the following value. Check one and enter value:

☐ Fasting Plasma Glucose (must be 100 - 125 mg/dl):

☐ 2-hour (75 gm glucola) Plasma Glucose (must be 140 - 199 mg/dl):

☐ Random/Casual Blood Glucose (must be 140 - 199 mg/dl):

☐ A1c (must be 5.7 - 6.4%):

*Asian individual(s) BMI ≥ 22

REGISTRATION

Participant Details

First name	
Middle name	
Last name	
Date of birth	
Email address	
Street 1	
Street 2	
City	
State	
Postal code	
Home phone	
Work phone	
Mobile phone	

Race/Ethnicity:

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ Black or African American
- ☐ Hispanic/Latino of any race
- ☐ White

Please check one: My employer/insurer is not paying any portion of the fee to participate in YDPP.

- ☐ True ☐ False

Mail or fax completed form to:
Irina Ulysse, YDPP Director
Diabetes Prevention Program
YMCA National Capital
1711 Rhode Island Ave NW
Washington, DC 20036
Fax: 202-833-9571

Email completed form to:
Irina.ulyse@ymcadc.org

DID YOU KNOW?

- About one in three American adults—that's 57 million people—have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay diabetes.
- Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease, and nerve disease.



LOOKING BACK **<160>** YEARS MOVING FORWARD

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING KIDS HOW TO STAY HEALTHY FOR LIFE

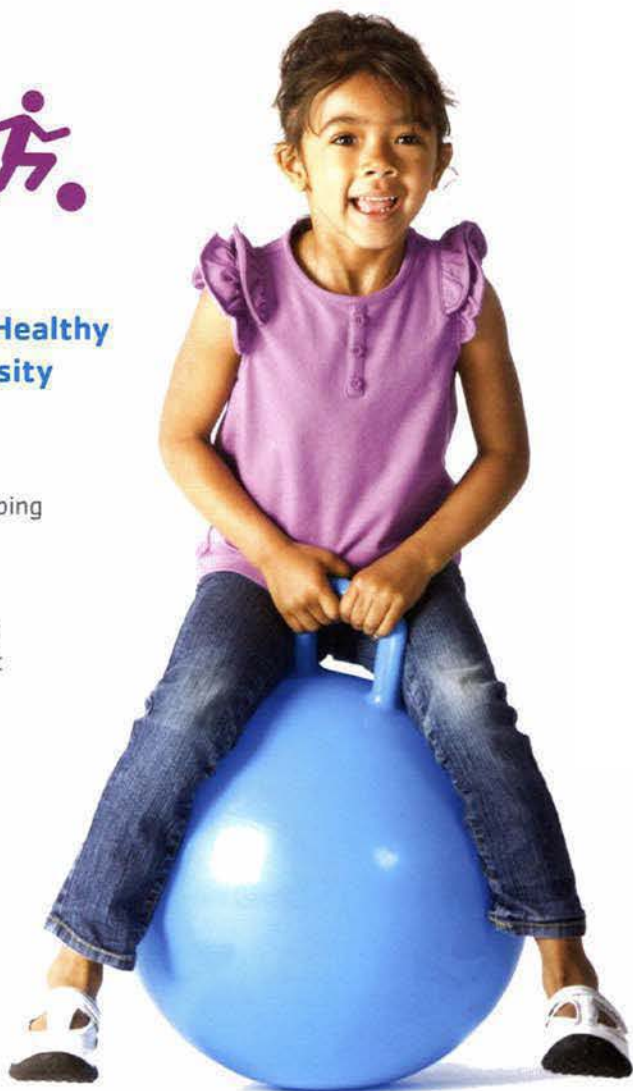
PHD™ **PHYSICAL
HEALTHY
DRIVEN** 

The YMCA's nationally renowned PHD (Physical, Healthy and Driven) program is combating childhood obesity and teaching kids how to stay healthy for life.

Using a unique combination of assessment tools, fun games and exercises, nutrition education, and family involvement, PHD is helping local children from ages 6–14 get active and be well.

PHD was designed to address our nation's most pressing health issues: childhood obesity, inactivity and poor eating habits among children. According to the Centers for Disease Control, 70 percent of D.C. children do not meet recommended levels of physical activity. One out of four children in the metropolitan Washington region is either overweight or obese.

PHD is combating these staggering statistics and changing children's lives in the schools, neighborhoods and playgrounds of the metropolitan Washington region.



Sponsored by:





ASSESSMENT

Basic health measures—blood pressure, body fat composition, muscular strength and endurance, cardio fitness, and flexibility—are evaluated throughout the program.



NUTRITION

Visual aids and creative lessons are used to teach kids about beneficial and harmful foods through the Passport to Nutrition program.

SPONSORED BY:  Giant

PHD™ PROGRAM COMPONENTS

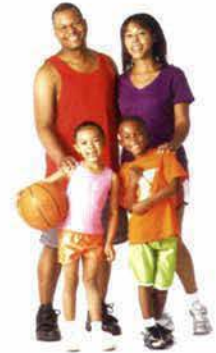


EXERCISE

Using everything from old-school playground games to innovative new equipment, PHD gets every kid moving.

FAMILY

PHD encourages the whole family to get involved using a wellness newsletter featuring healthy recipes, fitness tips and family activities.



PHD ON THE MOVE

There is no better way to get kids moving than by parking a playground in their front yards. The **PHD on the Move Van** allows the YMCA to bring opportunities for healthy play and wellness education right to the doorsteps of local children.

The PHD on the Move Van is the region's first traveling playground and was made possible by a unique partnership between the YMCA and CareFirst. The primary goal of the van is to broaden the impact of the YMCA's PHD program by serving more children, especially those in urban neighborhoods lacking places to play.



PHD on the Move features:

- Wellness assessment stations
- Nutrition corner
- Exciting games and activities
- Playground equipment
- Family education materials
- Children's wellness experts



For more information, or to register your child today, call 202-232-6700.

YMCA OF METROPOLITAN WASHINGTON

Be Good. Do Good. Feel Good.

www.ymcadc.org



2012-2013 Family Night Calendar

(SAVE THE DATE)

November 15, 2012 – Thanksgiving Family Feast

December 20, 2012 – Holiday Family Night

January 24, 2013 – New Year's Kick-Off Family Night (Mandatory) - Cancelled

February 13, 2013 – Parent Orientation - Be My Valentine Family Night (Mandatory)

March 21, 2013 – Physical Fitness Family Night

April 18, 2013 – Parent Appreciation Family Night

May 15, 2013 – International Day of Families Night

June 2013 – Caribbean Family Night

July 2013 – Summer Break (Date TBD)

August 2013 – Summer Break (Date TBD)

September 19, 2013 – 2013-14 School Year Parents Orientation Night (Mandatory)

October 25, 2013 – World Pasta Day Family Night

November 2013 – Thanksgiving Family Feast (Date TBD)

December 2013 – Holiday Family Night (Date TBD)

DATE'S SUBJECT TO CHANGE.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENJOY A NIGHT OUT ON THE TOWN



Sign your child up for our great **Friday Night Kids Club!** Every other week, from 6:30pm to 9:30pm, enjoy a night on the town while your children have a blast with themed activities.



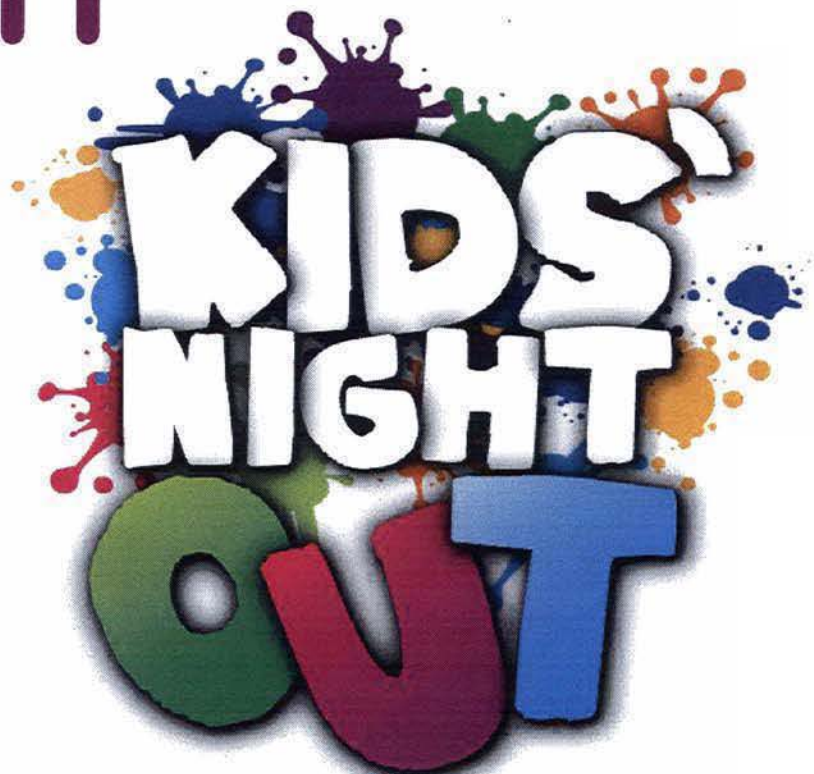
YMCA Capital View
Be Good, Do Good, Feel Good
2118 Ridgecrest Court, SE, Washington, DC 20020
P 202-889-0643 F 202-889-7856 www.ymcadc.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENJOY A NIGHT OUT ON THE TOWN

\$10



Sign your child up for our great **Friday Night Kids Club!** Every other week, enjoy a night on the town while your children have a blast with themed activities. Dinner will be provided.

KICKS OFF

Friday March 29, 2013

Let's make it an **ALL NIGHT EVENT!**
Pay an additional \$10 and your child can stay the night!

6:30pm – 10:00am

\$10 per/child (Pick-up by 10:00pm)
\$25 per/child (ALL NIGHT EVENT)
\$20 per/child (2nd Child Discount)

Sign-up by Wednesday, March 27, 2013

YMCA Capital View

Be Good, Do Good, Feel Good

2118 Ridgecrest Court, SE, Washington, DC 20020

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PHYSICAL FITNESS FAMILY FUN NIGHT

MARCH 21, 2013 7:00pm-8:00pm

What better way to spend quality time with your family then having **FUN** while getting fit!

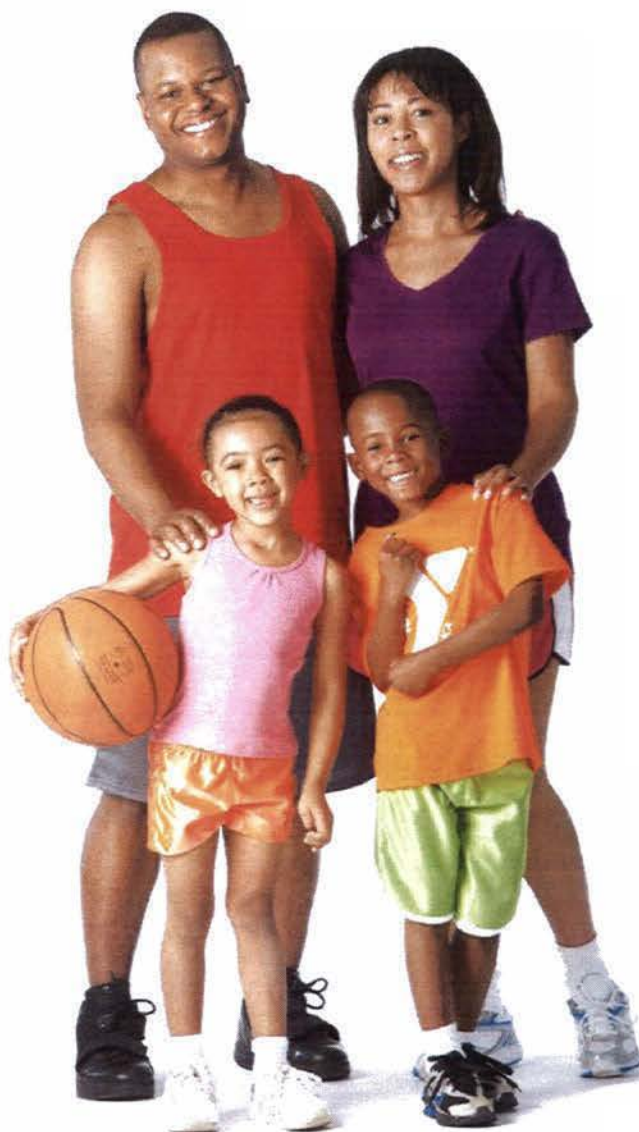
PHYSICAL, HEALTHY, DRIVEN (PHD)

Program for combating childhood obesity and teaching kids, ages 6-14, how to stay healthy.

Diabetes Prevention Program

A program that helps those at high risk of developing type 2 diabetes, adopt and maintain a healthy lifestyle

Coming Soon! – Zumba created in the 1990's; is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning fitness-party that's moving millions of people toward joy and health.



The YMCA is committed to stemming the tide of childhood obesity and inactivity through age-appropriate fitness programs designed to improve the health, strength and physical endurance of youth in our community.

YMCA Capital View

Be Good, Do Good, Feel Good

2118 Ridgecrest Court, SE, Washington, DC 20020

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FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Capital View 1st Annual

New Year's Eve **Lock-In**

Come RING in the NEW YEAR at the
YMCA Capital View
with the
Sanctuary of Praise

8:00PM Monday, December 31, 2012
UNTIL

9:00AM Tuesday, January 1, 2013
\$30 per child

(Includes New Year's Eve Dinner and Festivities)

RSVP by Wednesday, December 26th to
Marsha Smith

Marsha.Smith@ymcadc.org or (202) 889-0643

YMCA Capital View

2118 Ridgecrest Ct. SE
Washington, DC 20020

Please make sure that all children come dressed for church service and bring their sleepover necessities: Sleeping bag, blanket, tooth brush/paste, and night clothes. etc...



CAPITAL VIEW

HOLIDAY

FAMILY

NIGHT

DECEMBER 20TH, 2012

6:00PM - 7:30PM

FUN FOR THE ENTIRE FAMILY

FREE

FAMILY : FUN : FELLOWSHIP

MUSIC • PERFORMING ARTS • LIGHT REFRESHMENTS



PLEASE JOIN THE YMCA FAMILY FOR

Thanksgiving Dinner

A DAY OF FELLOWSHIP

Thursday November 15, 2012

7:30PM - 9:30PM

THE YMCA CAPITAL VIEW

2118 RIDGECREST CT SE

WASHINGTON DC, 20020

RSVP BY NOVEMBER 8, 2012 TO

YOSHIMI JOHNSON AT 202.889.0643



PLEASE JOIN THE YMCA FAMILY FOR

Thanksgiving Dinner

A DAY OF FELLOWSHIP

Thursday November 15, 2012

7:30PM - 9:30PM

THE YMCA CAPITAL VIEW

2118 RIDGECREST CT SE

WASHINGTON DC, 20020

RSVP BY NOVEMBER 8, 2012 TO

YOSHIMI JOHNSON AT 202.889.0643



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAPITAL VIEW HEALTHY KIDS DAY

APRIL 27, 2013 10AM-2PM

1711 RHODE ISLAND AVE NW, WASHINGTON DC

GYM:

PHD Zone
Arts and Crafts
Vendor Central
Passport to FUN
Dance
Obstacle Course
Basketball
T-Ball
Thingamajig
Inventions
LEGO League
Youth Photography
Exhibit
Giant Soccer
Trail Mix
YMCA Program
Information

3RD FLOOR:

Rock Climbing
Floor Hockey
Soccer
3-5 Basketball

OUTSIDE:

Face Painting
Double Dutch
Dog Adoptions
Water Games

**Guest Appearance
By Washington
Mystics Player
Avery Warley**

Healthy Kids Day

is a free community event that features fun and educational activities to get more families moving, learning and living healthier. Join the YMCA National Capital and YMCA Capital View in getting a jumpstart on Summer!

7TH FLOOR:

Teen Zone Sponsored by
Children's Hospital

Family Wellness Classes

POOL:

Family Swim
Pool Scavenger Hunt
Relay Races
Swim Assessments



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING THE COMMUNITY TOGETHER

You are cordially invited!

YMCA Capital View's
1st Annual Easter
EGG-STRAVAGGANZA

FRIDAY MARCH 29, 2013
5:00pm - 6:30pm

- Music
- Arts N' Crafts
- Games & Prizes
- Raffle
- Food

The first hunt will begin promptly
at 5:15pm



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FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA CAPITAL VIEW FOOD DRIVE

WHEN: OCT. 15 - NOV. 16, 2012



**WHERE: YMCA CAPITAL VIEW
2118 RIDGECREST CT. SE
WASHINGTON DC, 20020**

DROP OFF BETWEEN 7:30 AM - 6:00 PM

ADDITIONAL LOCATIONS ACCEPTING DONATIONS

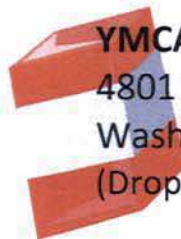


YMCA at KIPP DC: SHAW

421 P St. NW

Washington DC, 20001

(Drop box located at the Grow Entrance)



YMCA at KIPP DC: BENNING

4801 BENNING Rd. SE

Washington DC, 20019

(Drop box located at the Leap Entrance)



YMCA at KIPP DC: DOUGLASS

2600 Douglass Rd. SE

Washington DC, 20020

(Drop box located at Discover & Heights Entrance)



**FOOD
DRIVE**

LOOKING BACK **160** YEARS MOVING FORWARD



The Board of YMCA Capital View Invites You to its

3rd Annual

Holiday Mixer

**Thursday, December 13, 2012
6:00 PM**

JOIN YOUR PEERS FROM CORPORATIONS AND THE
GREATER COMMUNITY AS WE CELEBRATE AND
COMMEMORATE THE Y MOVEMENT.

RSVP by Friday, December 7th to
Marsha Smith

Marsha.Smith@ymcadc.org or (202) 889-0643

Admission is Free!

Parking Available!!

(Garage behind Eatonville)

Angel Tree and Other Donations Accepted

The YMCA Capital View is a branch of the YMCA of Metropolitan Washington.
The YMCA is a 501 ©(3) charity that receives contributions to support its
philanthropic mission.

**BUSBOYS
AND POETS**

14th & V Street

**2021 14th St., NW
Washington, DC 20009**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



The YMCA and Betty T. Wooten Foundation Charity Golf Tournament

Benefitting YMCA Capital View, YMCA Anthony Bowen and
The Betty T. Wooten Breast Cancer Awareness Foundation



Allison Seymour
WTTG FOX 5

2012 Honorary
Co-Chairs



Glenn Harris
WJLA

September 14, 2012

LAKE PRESIDENTIAL GOLF CLUB

Upper Marlboro, MD



A HISTORY OF SERVICE

The YMCA of Metropolitan Washington has been providing vital health and wellness programs for local adults, children and families for 160 years. Our deeply-rooted values have served as an anchor for innumerable generations and demographics, ensuring that everyone has the resources to learn, grow, and thrive. Our tenacity in creating a safe and nurturing environment has allowed us to instill hope in those who weren't given life's basic necessities, such as love and shelter. Our diverse programs and services help our members grow tall and strong from infancy through seniority. Our operations are always adapting to the needs and well-being of our community, giving us the opportunity to branch out and touch more lives.

Our devoted team of employees and volunteers graciously provide their time and talent day-in and day-out to ensure that we are creating lasting personal and social change for our region. We have ever-growing readiness to address our community's needs with programs such as Fit & Well Seniors, PHD (Physical, Healthy & Driven), and the YMCA Diabetes Prevention Program.

OUR IMPACT

The YMCA is one of the largest social service agencies serving Washington D.C., suburban Maryland and northern Virginia. Every year, we provide opportunities in wellness, aquatics, youth sports, summer camp, child care, and more for over **200,000 people** through our **17 branches and program centers**.

Our utmost goal is to make the Y and all we offer accessible and available to the entire community. With the help of our generous donors, community partners and members, we were able to provide **\$2,222,995 in scholarships and subsidies** to more than **10,000 children, adults and families** in 2011.

Over 3,600 volunteers gave 84,310 hours of their time and talent in 2011 to help the YMCA fulfill its mission. From dedicated board members to talented program volunteers, these caring friends and neighbors help the YMCA serve more individuals and impact more communities every year.

MISSION STATEMENT

To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

INCLUSION STATEMENT

The YMCA of Metropolitan Washington is an inclusive organization and defines inclusion as the deliberate and conscientious effort to be knowledgeable about differences, supportive of others, and active in changing structures to ensure all groups are welcome, with the understanding that everyone brings valuable skills and abilities to the YMCA. It is the day to day living of the "for all" part of our YMCA mission statement.



www.BettyWooten.org



September 14, 2012

On behalf of the Betty T Wooten Foundation, YMCA Capital View, and YMCA Anthony Bowen, we bring great pleasure to thank you for your generosity in supporting two great causes; Breast Cancer awareness and child care assistance.

The funds we raise gives the YMCA the ability to provide child care services, trips, entertainment, and life time experiences to kids who may have not have had those experiences otherwise. As the summer is drawing to an end and school recently starting, many parents and guardians would love to thank you directly if they could. So we spread their humility in accepting your graciousness by simply having a fun day at the golf course.

As co-chairs of the golf tournament, we both have different experiences with breast cancer. Lorenzo was able to stay strong and enjoy a life time of giving with his mother Betty T. Wooten. She was then “promoted” to a better place. He cherished her strength and dedication to education. So in turn he started The Betty T. Wooten Foundation to support breast cancer awareness and provide health care scholarships to high school students. Kevin saw his mother fight and continue to fight breast cancer as a survivor. He runs in annual breast cancer awareness races and now organized this golf tournament.

We would like to thank all of the golf committee, YMCA employees, Betty T. Wooten Foundation employee, board members, and volunteers for their time, dedication, and persistence in making this day of giving a success. We look forward to seeing you next year!

With warmest regards,
Kevin Parker and Lorenzo Wooten, Co-chairs

**STATE OF MARYLAND
OFFICE OF THE GOVERNOR**



**MARTIN O'MALLEY
GOVERNOR**

**STATE HOUSE
100 STATE CIRCLE
ANNAPOLIS, MARYLAND 214025
(410) 974-9011
(TOLL FREE) 1-800-811-8336
TTY USERS CALL VIA MD RELAY
GOVERNOR.O'MALLEY@MARYLAND.GOV**

A MESSAGE FROM GOVERNOR MARTIN O'MALLEY

Dear Friends:

Welcome to the YMCA & Betty T. Wooten Foundation Charity Golf Tournament.

Betty T. Wooten understood the importance of community involvement in health advocacy. She dedicated her life to improving healthcare, one community at a time. Since 2009, the Betty T. Wooten Foundation has been carrying on her legacy - expanding breast cancer awareness and helping fund research to find a cure. Your organization has donated over \$36,000 towards cancer research to the AVON Foundation for Women in its first three years alone.

In Maryland, improving our healthcare system is a top priority. The Health Benefit Exchange Act of 2012 creates a transparent marketplace that offers individuals and small business high quality and affordable plans at competitive prices. The Maryland Health Improvement and Disparities Reduction Act of 2012 creates geographically based health enterprise zones in underserved areas to improve access to care for all the people of our state. Working together we can build a healthier Maryland.

Please accept my warm wishes for a successful event.

Sincerely,

Governor



THE PRINCE GEORGE'S COUNTY GOVERNMENT

OFFICE OF THE COUNTY EXECUTIVE

September 14, 2012

YMCA of Metropolitan Washington
and the Betty T. Wooten Foundation
Charity Golf Tournament



Rushern L. Baker, III
County Executive

Dear Friends:

On behalf of the citizens and residents of Prince George's County, it is my pleasure to extend greetings to everyone participating in the 4th Annual YMCA and Betty T. Wooten Charity Golf Tournament. I commend the YMCA of Metropolitan Washington and the Betty T. Wooten Foundation for the vital work you do in building strong families and communities through programs and services.

I am delighted to offer my support of this year's event to help fund breast cancer awareness programs, research and outreach to those individuals and their families coping with the disease. As County Executive, I have made health and human services a top priority of my Administration, and I am working hard to help families enjoy a good quality of life. I applaud both organizations' shared goals of promoting healthy living and fostering a sense of social responsibility.

You have my best wishes for a successful tournament.

Sincerely,

A handwritten signature in black ink, appearing to read "Rushern L. Baker, III".

Rushern L. Baker, III
County Executive

County Administration Building, 14741 Governor Oden Bowie Drive,
Upper Marlboro, Maryland 20772

Charity Golf Tournament Planning Committee

Kevin Parker, Co-Chair
Lorenzo Wooten, Co-Chair
Tom Brown
Sonya Cooper-Turner
John Deadwyler
Roland Hawthorne
Pam Hillsman-Johnson
Tamara Ingram
Kenneth Jackson
Delan Johnson
Yoshi Quinones
Marsha Smith
Tia Swain
Jamaine Taylor
Byron Thompson



Thank You to the Silent Auction & In-Kind Donors

Alonzo Mourning
Babycakes by Shingy
Beachbody
Boxgroove
Canteen Vending Services
The Cigar Guys
Designs by Deirdre
Direct Selling Education Foundation
d'ZIGN2T
Fitness Together
Hampton Suites
IDSTC
John Wall
Labels R Us
Malik Ellis, Ellis Development
The Maury Calhoun Automotive Group
McCloone's Pier House
Russell Simmons
TD Bank
Unique Maid Service



Agenda

7:00 a.m. Registration &
Continental Breakfast
Golf House

8:00 a.m. Shotgun Start

11:00 a.m. Golf Clinic

1:30 p.m. Awards Ceremony &
Luncheon

***Silent Auction and Raffle throughout the morning



A-TEK Inc.

Securing Scientific and Technology Solutions!

is proud to partner with the
The YMCA &
The Betty T. Wooten Foundation
in its fight against breast cancer.

www.a-tek.net

Headquartered in Ellicott City, Maryland, A-TEK, Inc. provides scientific and information technology services and solutions to Federal government agencies. Founded in 1996, A-TEK offers services and solutions in the areas of National Security and Intelligence, Enterprise IT, Life Sciences, Healthcare, and Law Enforcement. Supporting a myriad of customers across the federal government, A-TEK has over 300 positions in regional and customer site locations in 29 cities across the continental U. S., many of which possess U.S. government clearances.

A-TEK derives 100% of its business from the Federal Government. The company supports contracts with numerous federal agencies, including the U.S. Department of Homeland Security, Department of Health and Human Services/National Institutes of Health, Department of Agriculture, and the Department of Justice.

For more information, please visit our website or contact:

Kathryn Freeland
President/CEO
(703) 443-6900
kfreeland@a-tek.net



Our Primary Objective is to Provide Top Caliber Professional Real Estate Services to the Families of Prince George's County

Our Associates are Our Assets and We Value Their Business and Our Relationships

Professionalism is Our Trade Mark

OUR MISSION: To Build Careers Worth Having, Businesses Worth Owning and Lives Worth Living

OUR VALUES: God, Family and then Business



We Offer the Following Professional Services:

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& promotional items for
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fundraiser, school
or team.*



In addition to creating custom embroidered apparel and screen printed teeshirts, we specialize in creative, personalized gifts you will not find just anywhere. Classic, colorful, cheerful... preppy with a twist! We offer great household accessories, cute embroidered market totes all the way to corporate, team & school apparel.

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Monogramming**
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703-349-1022 

www.MonogramsLinenAndMore.com





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SecTek, Inc.

Office: (703) 435-0970
www.sectek.com

BCA

**Bazilio Cobb
Associates**



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Washington, DC 20019
&

1250 Bladensburg Rd. NE
Washington, DC 20002