



Mayor/Council Workshop Meeting

Monday March 10, 7:30 p.m.

Mayor/Council Meeting

March 19, 2014 8:00 p.m.

Councilmember Election

March 12, 2014

from 11:00-8:00 p.m.



Health Insurance Enrollment Deadline Approaching

SIGN UP OPPORTUNITIES MARCH 8TH

FOREST HEIGHTS TOWN HALL

Town residents! You only have *less than a month* left to sign up for health insurance as mandated by the Affordable Care Act if you do not already have a health plan in place. The deadline for obtaining coverage this year is **March 31, 2014**. If you haven't enrolled by March 31, you won't be able to apply until the next open season, unless you qualify for a special enrollment period or experience a qualifying life event. Open season for 2015 will likely begin in mid-November. If you miss the deadline, you will incur a penalty when you file your tax return for 2014. This year, the penalty will be \$95 per adult or 1 percent of your annual income (whichever is greater). The penalty will increase over time; next year, it will be \$325 for an adult or 2 percent of your yearly income.

It is especially important that our young people sign up for health insurance. Remember: Children can be added to or kept on a parent's health insurance policy until they turn 26 years old. Many of the people who came to our Feb. 22 Health Insurance Marketplace Enrollment event at the Town Hall Building also learned that they qualified for a number of tax credits and subsidies, which would lower their monthly premiums, so it helps to do some careful research and speak to a health care navigator.

Please visit www.marylandhealthconnection.gov or call toll free at [1-855-642-8572](tel:1-855-642-8572) [1-855-642-8573](tel:1-855-642-8573) for services for the deaf or hard of hearing) to shop, compare and enroll on your own. There will also be a few more on-site health insurance signup events scheduled for March in Prince George's County. Please check our Facebook page or Town website for the latest updates.

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Police Department

Stewart Russell, *Chief of Police*

Latessa Crawford, *Police Clerk*

(301) 839-4040 (301) 839-1122 fax

(Non-Emergency) (301) 352-1200

Eastover District IV Police

(301) 749-4900

Code Enforcement

Kevin Miller 301-839-4040 ext. 228

Public Works

Stanley Mosley,

Public Works Supervisor

301 839-1030 ext. 231

Forest Heights Municipal Building

Located behind McDonalds

5508 Arapahoe Drive

Forest Heights MD, 20745

www.forestheightsmd.gov

FOREST HEIGHTS POLICE DEPARTMENT



Police Chief's Message

Recently a citizen of Oxon Hill noticed a unknown Black male in their neighborhood who appeared to be casing (paying unusual attention) to the neighborhood homes. This citizen called 911. The Prince Georges County Police responded to check the area and after locating the Black male found him in possession of a replica handgun and jewelry from a burglary. After his arrest this individual from South East Washington, D.C. admitted to committing 15 burglaries in the area including five in Forest Heights. These burglaries in Forest Heights occurred in 2013 during the holiday season. Please take this as further evidence of the importance of reporting suspicious activity in your neighborhoods to the 911 call center. As many police officer that Prince Georges County may have on patrol, at any given time, had it not been for this interested and vigilant citizen the suspect would have still been on the loose and you could have been his next victim. The Forest Heights Police are working very hard and in conjunction with the county police to protect this community. However we still need the participation of our residents. For those of you who have reported suspicious matters to the 911 center thank you. For those of you who still choose not to get involved, do not wait to become a victim.

Col. S.W. Russell, Chief, FHPD 5

Trash/Recycle Collection is to be placed at the curb the night before collection



PICK-UP DAYS BEGIN AT 6:30 a.m. , MONDAY—Recycle & Trash

Yard Waste will be Picked Up on Wednesday

Affective January 22nd Forest Heights residential Yard Waste must be placed in paper bags or trash cans. As new laws preclude the use of plastic bags.

Tree limbs must still be tied together in small bundles not to exceed 4 feet in length.



THURSDAY—Bulk (Three Items or Less)

METAL PICK-UP Metal placed on the curb will be picked up by Public Works for a minimum of \$35.00

Propane Tank Pick-ups are \$30 each: Tires \$15.00 each

Forest Heights Police Department February 2014 All Calls For Service

ASSIST CITIZEN	2	DOMESTIC DISPUTE	2	TRAFFIC CONTROL	8
ASSIST FIRE DEPT/EMS	2	ESCORT	1	UNKNOWN TROUBLE	2
ASSIST MOTORIST	1	FIGHT IN PROGRESS	4	WARRANT SERVICE	2
ASSIST OTHER UNIT	5	HOLD-UP ALARM	1	Total Calls Handled:	77
(TRAFFIC)	7	LANDLORD/TENANT DISPUTE	1		
ASSIST OUTSIDE AGENCY	1	ROBBERY (T/A)	2		
B & E (RESIDENTIAL)	4	SUSPICIOUS SUBJECT(S)	1		
BURGLAR ALARM	3	SUSPICIOUS VEHICLE	1		
(RESIDENTIAL)	2	THREATS COMPLAINT	1		
CHECK ON THE WELFARE	2	TRAFFIC ACCIDENT	1		
CODE INVESTIGATION	8	TRAFFIC COMPLAINT	1		
CUSTOMER DISPUTE					
DISORDERLY SUBJECT(S)					

Forest Heights Neighborhood Watch Program!

What are some of the benefits of starting a Watch Group?

Partnerships with Law Enforcement and your neighbors reduces crime, a more Secure and Better Prepared Hometown, more United Community and Improved Communications. Make Note on your Calendars March 6, 2014 at 7:00 p.m. All Citizens are Invited and Encouraged to Attend.

Town Community New

Message from Town Administrator

Trash service review: please remember to set your bulk trash such as furniture, tables, chairs etc. beside the street and the limit per week is 3 items. Hot water heaters, stoves, refrigerators, freezers, dishwashers, electric space heaters will be picked up by the town and the fee are \$35.00 per item. Call the Town office to make your arrangements for pick up Monday thru Friday.

Yard waste must be placed in paper bags (available at Home Depot and Lowes) . Several residents have had their trash bins stolen and we continue to recommend that residents spray paint their address on the trash bin. Also, remember the trash bin belongs to the property and cannot be removed from the property.

The Town purchases their salt from the SHA and for the first time, due to low inventory, local governments were denied salt (March 3, 2014). They expect to receive more salt late on the third or the fourth of March.

Always remember there are two kinds of people in the world: The predictors of the inevitable and the pursuers of the possible.

DO YOU NEED COMMUNITY SERVICE HOURS FOR HIGH SCHOOL GRADUATION OR TO GET INTO COLLEGE?

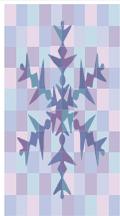
Why not give your time to your Community

During Spring Break

Also from April 21-26, 2014 ****Contact Town Hall to sign up



FOREST HEIGHTS DAY VOLUNTEER MEETING SUNDAY APRIL, 20, 2014 2:00 P.M. TOWN MUNICIPAL BUILDING



Home owners please remember that we are responsible for snow and ice removal form sidewalks and driveways. Furthermore, homeowners may not release any water from any source i.e. sump pumps, AC, rain gutters, etc. onto a public street, sidewalk, right- of- way or driveway. Sump pumps may discharge on private property so long as it doesn't reach public property or accumulate on other private property. **THOSE WHO DISCHARGE WATER ON PUBLIC PROPERTY (STREETS, SIDEWALKS OR PRIVATE PROPERTY) ARE VIOLATING TOWN CODE AND ARE SUBJECT TO FINES PER THE TOWN CODES.**



Calling All Applicants for Mayor's Scholarship!

I am still seeking applicants for the Maryland Black Mayors Inc. scholarship, which I will award to (1) deserving student from the Town of Forest Heights. You are eligible if you are a high school student or first-year college student who will be attending a college/university or technical school for the 2014-15 school year and who resides in the Town of Forest Heights.

The winning Forest Heights student will be presented with the scholarship at the Maryland Black Mayors Annual Honors Gala on March 28, 2014. We have also received word from Delegate Veronica Turner's office that she will be matching that amount, so the winning student will receive **at least a total of \$1,000** to go toward college expenses. Please don't pass this opportunity up! Apply now! The deadline for submission is **March 11, 2014 @ 5 PM**. Applications are available at the Town Hall Building. If you have any questions, please email me at jacquelinegoodall@msn.com.

Message from the Mayor's Office

Hearing on Senate Bill Impact Fee Legislation

Please mark your calendars for a hearing on Senate Bill 543 regarding an Impact Fee for the Town of Forest Heights in Annapolis on **Wednesday, March 5, 2014 @ 1 PM**. We will be renting a van, so if anyone needs a ride, please reserve your spot by calling 301-839-1030. We will meet at about 10:30 AM in front of the Town Hall Building that day. For residents who are unable to attend, I ask that you call your representatives in Annapolis and express your support for a 10 percent impact fee for the Town. Other municipalities within close proximity of a casino have received an impact fee, yet we have not. Only your voices as voting citizens can make a difference.

Possible Hearing in April on MGM National Harbor Casino

The Prince George's County Planning Board has tentatively scheduled a hearing for application on April 10, 2014 for the construction of a casino at National Harbor. The proposed \$925 million-facility will include 3,600 slots, 140 table games, a 1,200-seat concert theater, a 300-room hotel, a spa, restaurants, and high-end stores. If approved, the plan will go to the Prince George's County Council for final review, which could take an additional 60 days. MGM and county officials hope to open the casino by July 2016.

For more information, please visit the Planning Board website at http://www.pgplanning.org/Planning_Board.htm.

District 8 Community Meeting

Councilman Obie Patterson will host a District 8 Community Meeting on **Saturday, March 22, 2014 from 11 AM to 1 PM** at the Oxon Hill Library, 6200 Oxon Hill Road, Oxon Hill, MD 20745. Councilman Patterson will also host his **Community Coffee Events** at the following McDonald's locations **from 9 to 11 AM**:

If you have any questions, please contact the Councilman's office at 301-952-3860 or email councildistrict8@co.pg.md.us.

Friday, March 14, 2014
996 Swan Creek Road East
Fort Washington, MD 20744

Friday, April 4, 2014
6126 Oxon Hill Road
Oxon Hill, MD 20745

Friday, June 6, 2014
4777 Allentown Road
Morningside, MD 20745

PURCHASE TICKETS ONLINE @ WWW.MBMHONORSGALA.COM



The Leaders of Today Inspiring the **STARS** of Tomorrow

Proceeds will fund seven academic scholarships for students pursuing higher education and benefit MBM, Inc. The scholarships will be awarded LIVE at the Gala.

Friday, March 28, 2014
7:00PM
Camelot by Martin's
13905 Central Avenue
Upper Marlboro, MD 20774

\$65 per person
\$600 Table Sponsorship
(10 guests)
Dinner | Scholarship Awards
Silent Auction | Live Entertainment

Sponsorship opportunities available.
www.mbmhonorsgala.com | info@mbmhonorsgala.com

Town Community New (continued)

ENROLL IN HEALTH COVERAGE AT

HealthConnectNow!

SATURDAY, MARCH 15

9 AM – 3 PM

Southern Regional Technology Center
7007 Bock Road
Ft. Washington, MD 20744

- ✕ We'll help you shop, select and enroll in health coverage that fits your needs and your budget
- ✕ Find out if you qualify for Medicaid
- ✕ Free health screenings
- ✕ Healthy living and healthy eating demonstrations
- ✕ Food and fun!

To enroll in health coverage, be sure to bring:

- ✕ Social Security numbers for you and family members (or document numbers for any legal immigrants who need insurance)
- ✕ Employer and income information for everyone in your family (for example, from paystubs, W-2 forms, or wage and tax statements)
- ✕ Policy numbers for any current health insurance
- ✕ Information about any job-related health insurance available to you or family



240-773-8250
www.capitalhealthconnection.org



maryland health connection

marylandhealthconnection.gov
1-855-642-5572 TTY: 1-855-642-8573
#GetCoveredMD

The Town of Forest Heights is please to announce that there were 7 completed projects under the Weatherization Assistance Program and the total cost for the projects were \$42,728.02, which was through the MD Energy Assistance Collaboration!

CONGRATULATIONS TO THOSE THAT PARTICIPATED! Now we are ready for round three, please see below information:

The Weatherization Assistance Program

Are you having difficulty paying your energy bills?

Does your home need energy efficiency retrofits?

According the US Dept. of Energy, “checking a home’s insulation is one of the fastest and most cost effective ways to use a whole-house approach to reduce energy waste and make the most of your energy dollars.”

The Collaboration of Towns is once again offering low to moderate income household’s renovation, rehabilitation in conjunction with weatherization. Homeowner must meet income criteria and be willing to provide documentation that income is **BELOW** the following:

Income Table Household

(Veterans and/or Retired Homeowners will be given preference)

1 person: income below \$36,000 \$0 cost \$36,000-\$64,000 10%	2 people: income under \$51,600 \$0 cost \$51,600-\$73,100 10%
3 people: income under \$58,080 \$0 cost \$58,080-\$82,300 10%	4 people: income under \$64,500 \$0 cost \$64,500-\$91,400 10%
5 people: income under \$75,450 \$0 cost \$75,450-\$98,700 10%	6 people: income under \$81,050 \$0 cost \$81,050-\$106,000 10%

For all moderate income homeowners participating in this program (households with income limits that fall within 60% to 85% of State median income), MEA requests that all moderate income homeowners contribute at least 10% of the total project cost.

The following make the home ineligible for this opportunity:

- Had an energy audit within the past 6 months; Aggressive dogs not being safely handled; Drug use;
- Threats to auditor; Home is sealed too tight resulting in the inability of fumes to escape through natural ventilation;

- Major roof issues; Major plumbing problems; Gas leak; Structurally inadequate; Rental property;
- Plaster ceiling (which needs a hatch cut to blow insulation into the attic).

Please contact Bonita Anderson (301) 839-1030 to request that your house be submitted for consideration for this opportunity.



Town Community New (continued)

Raising Queens Table Talk 2014: Empowering and Educating Young Girls*

Congratulations to An Earthly Embrace for coordinating a highly successful Raising Queens Table Talk Feb. 8 at the Forest Heights Town Hall Building! About a dozen young girls took part in an afternoon of interactive and reflective activities and listened to touching stories from our wide array of guest speakers. The Town of Forest Heights was proud to have had a part in assisting with such a positive and beneficial event. We would like to acknowledge Ms. Cynthia Eugene, Queen Afi, the LaKeisha Brown Foundation, Tati from WPGC 95.5, Y & D Photography, the Forest Heights-Oxon Hill CDC, Keith Gray, our young participants and their parents/guardians who were in attendance, and all of the wonderful volunteers for their planning and involvement. Thank you all! We look forward to co-hosting the next roundtable event hopefully very soon! More information on An Earthly Embrace is available at www.anearthlyembrace.com.



Black History Month Speaker: Chief Master Sergeant Franklin Killebrew*

We were delighted and honored to have Chief Master Sergeant Franklin Killebrew (retired United States Air Force) come out and speak at our Black History Month event Feb. 24 at the Town Hall Building. He served in Europe, the Middle East and Southeast Asia, and completed two tours of duty in the Republic of South Vietnam. He was awarded the Meritorious Service Medal with one oak leaf cluster, the Air Force Commendation Medal with two oak leaf clusters, the Outstanding Unit Award, the National Defense Service Medal, the Vietnam Service and Vietnam Gallantry Medals and 12 other awards. He is currently a member of the East Coast Chapter of Tuskegee Airmen Inc. where he works with high school students in the Tuskegee Airmen's Youth in Aviation Program, and he is a Life Member of the Disabled American Veterans.



CMSgt. Killebrew, who served as the Junior ROTC instructor at Oxon Hill High School for 24 years, educated residents on the accomplishments of African-Americans in the aviation field, particularly the Tuskegee Airmen, who were the first African American military aviators in the United States Armed Services during World War II. At that time, the American military was racially segregated and African Americans were still subject to Jim Crow laws in many states. The pilots had many successful missions and endured many challenges, including at one point making a 1,600-mile trip into Berlin without stopping.

"They made history," CMSgt. Killebrew said of the Tuskegee Airmen. "They proved that black pilots could fly with the best of them."

Among those he discussed:

- Henry O. Flipper**, the first African American to graduate from the United States Military Academy at West Point.
- Benjamin O. Davis Jr.**, who graduated 35th in a class of 278 cadets from West Point in 1936, and who later went on to become a USAF general and commander of the Tuskegee Airmen. His father **Benjamin O. Davis Sr.** was the first African-American general in the United States Army.
- Lee Archer Jr.**, who flew 169 missions over 11 countries during WWII and who shot down five enemy planes in WWII, becoming the first black Ace Pilot.
- Daniel "Chappie" James Jr.**, who was the first African American to reach the rank of four-star general, which is the highest rank typically achievable in the U.S. Air Force.

CMSgt. Killebrew added: "There is a real need for our young people to get involved in aviation." To learn more about a career in aviation, please visit <http://www.ecctai.org> or www.tuskegeearmen.org. General membership meetings of the East Coast Chapter of the Tuskegee Airmen are held the 2nd Saturday of each month at the College Park Aviation Museum.

President Obama announces the My Brother's Keeper Initiative

On February 27th I was honored to represent the Town of Forest Heights at the White House as President Obama announced his initiative My Brother's Keeper. I have included a reprint from the Washington Post regarding his speech in this article; however you can hear or read the entire speech by going to www.WhiteHouse.gov. I hope that each of you will join me and other organizations in moving this very important and needed endeavor forward. It cannot work without the community and the dedication of our young men.

Mayor Jacqueline Goodall

Obama urges nation to be 'My Brother's Keeper'

Reprinted from the Washington Post By Jonathan Capehart, Updated: February 28 at 10:15 am

From the moment President Obama walked into the East Room for the "My Brother's Keeper event could tell this initiative was personal for him. For he knows, as all African Americans know, that when you're a black male you're not allowed to make mistakes, innocent or otherwise. Youthful indiscretions can turn into lifetime liabilities if they don't get you killed. And you have to come to terms with being viewed as a problem. One that is best ignored or incarcerated or both depending on where you live.

Obama was introduced Christian Champagne, one of the young men he met at the "Becoming a Man" program in Chicago last year. The president shared his story with the at-risk boys in the program. The story he told them was one he recounted yesterday at the White House.

I explained to them that when I was their age I was a lot like them. I didn't have a dad in the house. And I was angry about it, even though I didn't necessarily realize it at the time. I made bad choices. I got high without always thinking about the harm that it could do. I didn't always take school as seriously as I should have. I made excuses. Sometimes I sold myself short.

And the point was I could see myself in these young men. And the only difference is that I grew up in an environment that was a little bit more forgiving, so when I made a mistake the consequences were not as severe. I had people who encouraged me — not just my mom and grandparents, but wonderful teachers and community leaders — and they'd push me to work hard and study hard and make the most of myself....They never gave up on me, and so I didn't give up on myself.

I told these young men my story then, and I repeat it now because I firmly believe that every child deserves the same chances that I had.

"My Brother's Keeper" is Obama's two-pronged, public-private effort to make those chances possible and available for young men and boys of color. Over the next five years, foundations will invest \$250 million on top of the \$100 million already invested in research and proven programs around the country that help young men of color at critical moments in their development. Corporations will also be involved.

The statistics rattled off by the president make the case for his initiative.

"During the first three years of life, a child born into a low-income family hears 30 million fewer words than a child born into a well-off family....And if a black or Latino kid isn't ready for kindergarten, he's half as likely to finish middle school with strong academic and social skills."

"If a child can't read well by the time he's in 3rd grade, he's four times less likely to graduate from high school by age 19 than one who can. And if he happens to be poor, he's six times less likely to graduate."

"We know that Latino kids are almost twice as likely as white kids to be suspended from school. Black kids are nearly four times as likely. And if a student has been suspended even once by the time they're in 9th grade they are twice as likely to drop out."

"We know that students of color are far more likely than their white classmates to find themselves in trouble with the law. If a student gets arrested, he's almost twice as likely to drop out of school. By making sure our criminal justice system doesn't just function as a pipeline from underfunded schools to overcrowded jails, we can help young men of color stay out of prison, stay out of jail."

And then there are the harrowing murder statistics. According to the White House, "African American and Hispanic young men are more than six times as likely to be victims of murder than their white peers — and account for almost half of the country's murder victims each year."

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Throughout his remarks, Obama correctly cast the goals of “My Brother’s Keeper” as an American imperative. “The worst part is we’ve become numb to these statistics. We’re not surprised by them. We take them as the norm,” he said. “We just assume this is an inevitable part of American life, instead of the outrage that it is... These statistics should break our hearts. And they should compel us to act.”

He went on to say, “I believe the continuing struggles of so many boys and young men — the fact that too many of them are falling by the wayside, dropping out, unemployed, involved in negative behavior, going to jail, being profiled — this is a moral issue for our country. It’s also an economic issue for our country. After all, these boys are a growing segment of our population. They are our future workforce. When, generation after generation, they lag behind, our economy suffers. Our family structure suffers. Our civic life suffers. Cycles of hopelessness breed violence and mistrust. And our country is a little less than what we know it can be.”

Don’t get the wrong idea. The president isn’t letting young men of color off the hook. After making the moral case for the nation to stop ignoring the extraordinary burdens weighing them down, the president put them on notice.

Part of my message, part of our message in this initiative is “no excuses.” Government and private sector and philanthropy and all the faith communities — we all have a responsibility to help provide you the tools you need; we’ve got to help you knock down some of the barriers that you experience. That’s what we’re here for. But you’ve got responsibilities, too.

And I know you can meet the challenge — many of you already are — if you make the effort. It may be hard, but you will have to reject the cynicism that says the circumstances of your birth or society’s lingering injustices necessarily define you and your future. It will take courage, but you will have to tune out the naysayers who say the deck is stacked against you, you might as well just give up — or settle into the stereotype.

It’s not going to happen overnight, but you’re going to have to set goals and you’re going to have to work for those goals. Nothing will be given to you. The world is tough out there, there’s a lot of competition for jobs and college positions, and everybody has to work hard. But I know you guys can succeed. We’ve got young men up here who are starting to make those good choices because somebody stepped in and gave them a sense of how they might go about it.

I can’t speak for anyone else, but there was not a dry eye at my seat. Everyone, no matter who you are, wants to know that they matter to someone. That someone has high expectations for them and pushes them to meet them. That someone cares as much when they succeed as when they fail. That that someone is the president of the United States must mean the world to Champagne, his classmates arrayed behind Obama and those who heard or will hear his words. Now it is up to them to make him, all of us, proud.

SAVE THE DAY

Join Town of Forest Heights

Volunteer to remove trash from the Oxon Run!!

We Need ... YOUR HELP! **STREAM CLEANUPS BEGIN**

APRIL 26th

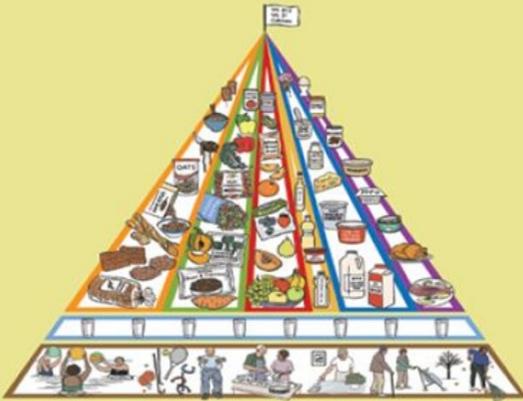
Forest Heights Municipal Building, 5508 Arapahoe Drive, Forest Heights, MD 20745

AT 9AM-12:00 PM

Own Goal is to reach 100 volunteers Come out and Help us Achieve our Goal

Healthy Heights Tips & Senior Community News

Modified MyPyramid for Older Adults



Copyright 2007 Tufts University. For full article, see Lichtenstein AH, Rasmussen H, Yu WW, Epstein SR, Russell RM. Modified MyPyramid for Older Adults. J Nutr. 2008; 138:78-82.

Senior Nutrition / Recreation Program

The Town of Forest Heights provides healthy and well-balanced meals and recreational activities to persons aged 60 and older every 2nd Monday of the month from 1 PM to 3 PM at the Forest Heights Municipal Building. Activities include card games, bingo and line dancing. The price for a box lunch is \$3.00.

To improve access to healthy and affordable foods, Forest Heights has made a commitment to implement healthy and sustainable food service guidelines that align with the Dietary Guidelines for Americans through the Prince George's County Department of Aging's Senior Nutrition Program. Charmaine Turner, director of the Forest Heights Healthy Living Program, states that promoting

healthy eating and active lifestyles will help to empower the Forest Heights/Oxon Hill communities by strengthening the overall public health and well-being for each of our residents.

Healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans will also assist us in increasing healthy food and beverage choices. Such choices include the availability of seasonal vegetables and fruits; vegetarian, seafood and lean meat entrees; whole grains; 100% fruit juice; and freely available drinking water. Healthy and sustainable food service guidelines are designed to make healthy choices more accessible, more appealing and more affordable. They are not designed to restrict choices. Healthy and sustainable food service guidelines can influence constituents' food choices, improve the quality of food consumed, and create greater market demand for healthier foods.

For more information on the new Senior Recreation Program or to sign up for a box lunch, please contact Ms. Turner at 202-330-3043.



Senior (50+) Free Exercise Classes Monday and Wednesday Class Begins at 12:00 noon Town Hall

Free Tax Services for Seniors



AARP Foundation Tax-Aide, an AARP Foundation program, helps low- to moderate-income taxpayers have more discretionary income for everyday essentials, such as food and housing, by assisting with tax services and ensuring they receive applicable tax credits and deductions.

AARP Foundation Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older. Through a cadre of trained volunteers, AARP Foundation Tax-Aide has helped low- to moderate-income individuals for more than 40 years in every state and the District of Columbia.

AARP Foundation Tax-Aide is offered in cooperation with the IRS. For more information, visit http://www.aarp.org/money/taxes/aarp_taxaide/.

All parents are invited to be part of the planning process for a new playground in Forest Heights!

TOT LOT DESIGN DAY

May 2014

Forest Heights Municipal Building
5508 Arapahoe Drive
Forest Heights, MD 20745
Contact Mrs. Turner at 202-330-3042

Volunteer Needed Call Today!



ELECTION INFORMATION
WEDNESDAY, MARCH 12, 2014

Poll will open at the Municipal Building, 5508 Arapahoe Drive, Forest Heights from 11:00 a.m. through 8:00 p.m. Wednesday, March 12, 2014. The election will be conducted by the Town's Board of Elections. Only those registered voters will be permitted to vote in this election.

Voters are reminded that we will be using paper ballots. These will be a write-in capability; however, inadequate identification of a person for whom a write-in ballot is cast makes that ballot subject to disqualification. Election results will be published in the regular March edition of the Forest Heights' newsletter and the newly elected officials will be sworn into office at the March 16, 2011 Town Meeting.

ABSENTEE VOTING

1. Any voter who is qualified and registered to vote in the Town Elections is entitled to vote by absentee ballot, provided the following conditions are met in accordance with Section 1 of Charter Amendment Resolution 1 of 1992:

Any qualified voter registered to vote who may be absent from the Town of Forest Heights on any Election Day.

Any qualified voter registered to vote whose physical ability, confinement or restriction on any Election Day.

Absentee ballots must be received no later than the close of the polls on March 10, 2014.

2. A qualified voter desiring to vote in any election by absentee ballot shall make application for an absentee ballot in writing to the Board of Elections. The application must be received no later than 7 days before the election. The application shall contain an affidavit, which need not be under oath, but which shall set forth information required under this section, under penalty of perjury. The application shall contain the following information:

The voter's name and residence address

That the person is a qualified voter at the residence given.

If the person voted at the preceding election, the residence address from which he voted; and

That the voter expects in good faith to be unable to vote in person for the reasons stated in 1.a. or 1.b.

CANDIDATES IN THIS ELECTION

Councilmember's Ward I — Carmelita Lynn Smith-Barnes (Incumbent)

Councilmember's Ward II — Jonathon Kennedy II (Incumbent)

Councilmember's Ward III — Larry M. Stoner Ward (Incumbent)



WARD 1, it's Election time again for me and I would like to continue legislating on your behalf.

Legislation should be about bettering something not about "I" or "Me" individually.
Legislation is about supporting not influencing or controlling.

I have with the past Mayors and Councilmembers, worked hard to bring this your Town into the 21st Century now and for future endeavors. These are things that are and will be desperately needed. I bring to the table a background in Financial Budgeting, Environmental Engineering, EEOC Regulations, Administration (Personnel/Management), and various other training courses which I have/had taken during my tenure as a Councilmember which were given by the State of Maryland "How to be a successful Councilmember."

Legislating is about agreeing and disagreeing and not every vote will be a happy one. Keeping an open mind to various suggestions and research done by the individuals who sit in each of the 7 seats are important, each brings his or her own experience in different fields of profession to the table. I would like to keep my experience and prolonged knowledge in the WARD 1 legislation seat on your behalf.

RE-ELECT Carmelita Lynn Smith-Barnes on MARCH 12, 2014



Mr. Jonathon Kennedy II (Councilmember WARD II)

KEEPING MOMENTUM POSITIVE & FORWARD MOVING

Thank you, once again, for the honor and privilege of having been elected and having served as your Councilman for Ward II these past 5 years. As I stated before, this administration has made a lot of positive changes to ensure that the TOWN and its citizens move forward.

There are a lot of things that are happening in and around Forest Heights. We need to insure that the TOWN and its citizens have a place that we are all proud to call 'home'.

We are diligently working with the county on obtaining an impact fee. This fee will be due to the impact of the Casino being close to Forest Heights.

Forest Heights has become a town known for its strive toward becoming one of the 'greenest' and 'self-sustainable' town possible.

We have a Community Development Corporation that is able to apply for various grants that the Town would not be able to apply for.

Surveillance cameras have been installed with more to follow.

All empty positions have been filled with qualified professionals.

All past due audits have been finished.

There have been numerous free trips and events for the community.

Numerous roads will be repaved due to the communication between the Town and Washington Gas.

The above list is just a few of the positive things that have and are being done. As before, we will try to obtain grants therefore offsetting the cost to the Town and its citizens when we make future improvements. I will continue to work with this administration, to help wherever I am needed, to improve the quality of life in Forest Heights if re-elected.

Please come out and vote. Remember... One person can make a difference. One vote will make a difference. Vote **Jonathon Kennedy II**, a 34+ year resident in March 12, 2014 and allow me the opportunity to help continue to move Forest Heights forward.

THANK YOU FOR ALL YOU SUPPORT..... NOW AND IN THE FUTURE



I am Larry M. Stoner, Councilman Ward III. I am asking for your vote and support in the upcoming election for Town Council! I have lived in the Town of Forest Heights since 1977. I have raised two sons and a daughter here in Forest Heights. I have been very active and have taken steps to ensure that the town is well represented. Wherever and whenever I was needed I was there for you. It does not matter what I have to do for Forest Heights, consider it done. I have served as a councilman for Ward III and have served as Council President and Mayor. I bring a wealth of education and experience to the town: I have a Bachelor's degree in Social Welfare from the University of the District of Columbia; I am a retired Metropolitan Police Officer from Washington, DC. I have served as Chapter President of Blacks in government for two terms at the Office of Personnel Management; I have served as a Union Steward. I have served as Executive Treasurer of BIG, served as a Loaned Executive for the Combined Federal Campaign. I have served as the Floor Warden for OPM Emergency Evacuations, and have received a service award for Community Service Volunteer Award of the Year in 2001. I retired from the Office of Personnel Management as a human Resource Specialist and retired from the DC Metro Police Department!

I have taken many classes, seminars and Maryland Municipal League works shops learning new ways to better serve the town. That enhance my leadership capabilities that I bring to the Town of Forest Heights:

- Budget
- Municipal Government
- Introduction to Supervision
- Labor relations Briefing on Contract Administration
- Labor Relations for OPM Staffing Services Supervisors and Managers
- Supervision and Group Performance
- Union Steward Training

I have networked with many senators, delegates, county, and municipal council to gain knowledge and ideas to help deliver better service. I have worked well with the town council during the crisis with the suspended mayor in straightening out the town's business, working with the town attorney, representing the town in court etc. The police department has stepped up its service in protecting the town and has received many accolades from town businesses and residents. I look forward to serving you again as your Councilman.

COMMUNITY CALENDAR MARCH 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Exercise Classes 12-1p.m. Yard Waste	6 Bulk Trash	7	8 USATF National Youth Indoor Track & Field Championships Prince George's Sports & Learning Complex 8001 Sheriff Road, Landover
9 USATF National Youth Indoor Track & Field Championships Prince George's Sports & Learning Complex 8001 Sheriff Road	10 Town Mtg. 7:30 p.m. Exercise Classes 12-1p.m. Trash/Recycling Pickup Senior Nutrition/Recreation Program Box Lunch \$3.00 1-3p.m.	11	12 TOWN ELECTION DAY 11-8:00p.m. Exercise Classes 12-1p.m. Afternoon Tea: Sior-Or Irish Band Harmony Hall Regional Center 10701 Livingston Road, Ft. Washington Yard Waste	13 Bulk Trash CAA 2014 Women's College Basketball Championship Show Place Arena, Upper Marlboro	14 CAA 2014 Women's College Basketball Championship Show Place Arena, Upper Marlboro 2014 Prince George's County Spelling Bee Suite 3800, Clarice Smith Performing Arts center University of Maryland, College Park	15 CAA 2014 Women's College Basketball Championship Show Place Arena, Upper Marlboro Global Drumming Harmony Hall Regional Center 10701 Livingston Road Ft. Washington
16 CAA 2014 Women's College Basketball Championship Show Place Arena, Upper Marlboro Bridal Showcase Oxon Hill Manor 6901 Oxon Hill Road, Oxon Hill	17 Exercise Classes 12-1p.m. Trash/Recycling Pickup	18 Afternoon Tea: Sue Richards Harmony Hall Regional Center	19 Town Mtg. 8:00 p.m. Exercise Classes 12-1p.m. Yard Waste	20 Bulk Trash 29th Annual Women's History Month Luncheon Martin's Crosswinds, Greenbelt	21	22 District 8 Community Meeting Oxon Hill Library 11-1p.m.
23 30	24 Exercise Classes 12-1p.m. Trash/Recycling Pickup Last Day to Sign Up for Alzheimer's Disease Seminar 31	25	26 Exercise Classes 12-1p.m. Alzheimer's Disease Seminar 1-2p.m. Yard Waste	27 Bulk Trash	28	29

**Upcoming Council Election will be held on March 12, 2014
Poll opens from 11:00 a.m. to 8:00 p.m.**

2014 INCOME TAX

Make sure that on Your State Income Tax Form You specify that the Incorporated Municipality in which you live is Forest Heights.

*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
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Town Community News (continued)

"A misty morning does not signify a cloudy day." - Ancient Proverb

I know someone that often writes off an entire day before it truly has a chance to get under way. I cringe when I hear, "It's obviously going to be another one of those days." What is this person doing? They are setting up an expectation that the entire rest of the day will necessarily be a disaster. What do you think they will find at every turn? Disaster. The sad reality is, people that think this way never see the results of their own making for what it is- self-fulfilled prophecy. Instead it is interpreted as validation of their ability to spot disaster before it strikes.

When your imagination begins to paint an expectation, your mind goes to work to complete the picture, and your subconscious-driven actions follow. What picture are you setting up to be painted at the top of every morning? Psychologists have determined that your first interaction with someone at the start of each day will have more impact on your state of mind than the next eight interactions combined. Studies also show that it takes seven positive inputs into your mind to overcome one negative input. What do you think you are doing to yourself and your day when you start your mornings with a prophecy of doom? This is why I make sure my first conversation of the day is with myself and that it is strikingly positive. This way, I take control of my day's destination.

Jeff www.friendsofjeff.com

IF ICE DIDN'T FLOAT

As water cools below 39°F, something extraordinary happens: It expands rapidly. It expands rapidly. It expands even more as it finally freezes at 32°F. Because it is now less dense—not denser—than the water around it, ice rises to the surface.

When ponds and lakes freeze, the ice forms a protective layer that shelters the liquid water below. Protected from further cold and wind water is able to maintain steady 39°F temperature, further freezing is slowed down. The life-forms in the water are able to survive for another season.

What if ice didn't float? As temperature dropped below freezing, the top layer of ice would sink, allowing the next layer to freeze quickly and also sink. As the pond freezes solid marine life could not survive past the first winter.

If ice didn't float there would no longer be any ponds, lakes or any bodies of water. As a frozen pond warms up a thin layer of liquid water would have formed on top of the ice. The top layer would then have vaporized into the atmosphere, and the lower layer would have frozen and sunk. Thus, as the pond thawed, it eventually would have all vaporized and never be a pond again.

THOUGHT—"What is beautiful is a joy for all seasons and a possession for all eternity." Oscar Wilde

Forest Heights Notary

9 am - 4 pm Monday - Friday

Notary is \$2 per document

301-839-1030

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TOWN COUNCIL

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ADMINISTRATIVE OFFICES

8:30a.m.—5:00 p.m.
www.forestheightsmd.gov

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