



Message from the Mayor's Office

One of the joys of the Holiday Season is the opportunity to reflect on the year past and to look forward to the New Year. Wishing you a safe Holiday and a Prosperous New Year.

*Town of Forest Heights
Mayor, Council Members,
Town Administrator & Staff*

**Mayor/Council Workshop Meeting,
Wednesday December 16, 2015 at 8:00p.m.
Mayor/Council Meeting,
Monday January 4, 2016 7:30p.m.**

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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

Rick Smith 301-839-4040

ext. 1228

Public Works Director

Stanley Mosley,

301 839-1030 ext. 1231

Public Works Lead

Omar Lewis

301 839-1030 ext. 1226

**Forest Heights Municipal Building
Located behind McDonalds**

5508 Arapahoe Drive

Forest Heights MD, 20745

www.forestheightsmd.gov

FOREST HEIGHTS POLICE DEPARTMENT



As many of us prepare for all the positive things the holidays bring, thieves do not take holidays off. They take and give only misery. This is a time of joy and it's up to all of us to not be victims of robberies, thefts and burglaries. Be sure that you keep alert of your surroundings at all times. Keep lights on during the times you are away from home if you intend to come home late at night. Ask a trusted neighbor to look out for you as you approach your home. Do not leave valuables in your vehicles where they can be seen by would be thieves. Make sure you pay attention as you take packages from your vehicle. If you notice strange people in your neighborhoods on your streets call 911. Make sure your children are mindful of the traffic and strangers. As parents know where they are and impress upon them no to discuss your recent purchases in crowds. Enjoy the upcoming holidays and remember thieves enjoy their holidays at your expense. Be safe and be aware.

Col. S.W. Russell, Chief, FHPD

A thief already has the desire and the ability to take your stuff-

The only thing that the thief lacks is an opportunity

Don't Provide the Opportunity

**Lock your doors, keep your windows up, and
remove all inviting items from plain view.**



**Town Meetings Now
Available Online**

Don't miss out on the latest community news, events and projects! Our Town meetings are now available for viewing at [FH Community Video](#).



POLICE STATION 5508 ARAPAHOE DRIVE

This Station is Opened to the Public

Monday through Friday

8:30 a.m. to 5:00 p.m.

Town Hall Station 301-839-4040

(Emergency) 911

(Non-Emergency) (301) 352-1200

ARE YOU GETTING YOUR MONTHLY NEWSLETTER?

IF YOU OR SOMEONE YOU KNOW IN

FOREST HEIGHTS HAS NOT RECEIVED THE

NEWSLETTER, PLEASE CONTACT THE OFFICE

DURING BUSINESS HOURS. (301) 839-1030.

Town Community News

Forest Heights Green Team



Are you interested in saving our planet, helping the Anacostia, reducing your carbon footprint? If so join us and be part of our Forest Heights Green Team. All are welcome!

Please call Ms. Bonita Anderson at 301-839-1030 for the upcoming meeting date.



STREET LIGHTS IN FOREST HEIGHTS

PEPCO is responsible for street lights repair and outage. For quicker response, residents are encouraged to report outages by visiting (www.pepco.com). Click on the option **CONNECT WITH US: REPORT A STREET LIGHT OUTAGE**, and be sure to have the nearest address and pole number of the light that is out also include an email address.

You may also continue to report outages to the Town Hall call 301-839-1030.



Forest Heights annual Thanksgiving food basket give away for the community is a way of not only feeding those who are hungry, but also to show kindness and support to those who are feeling the pain of poverty and misfortune. So we would like to express our appreciation to, **Evangel Assembly of God in Camp Springs, MD; Councilmember Mel Franklin; River Jordan**

Project and Giant Food Store on their generous donations, your kindness and generosity are greatly appreciated for helping to make a difference in the lives of so many people. Thank you from all of us.

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/.



Transforming Lives Through Movement

Since 2015, Limitless Dancing Warriorettes has encouraged youth in our community to build body and spirit through the creative art of dance. The dance students professional artists, forge meaningful community partnerships and push the boundaries of the art and practice of dance, offers modern dance technique, improvisation, and choreographic skills for any body. Limitless Dance open registration will be held at the Forest Heights Municipal Building Saturday, December 12th and 19th from 10-12p.m.

Community Healthy Heights Tips



Forty-One seniors came out for the Forest Heights Senior Holiday Luncheon, at Proud Mary Restaurant. It was quite a blowout! We had such fun seeing everyone visit with friends, and getting to know some, and some better as well. These seniors are your next door neighbors, your elementary school teacher, or maybe the man sitting next to you at church. They are parents, grandparents, and great-grand's. Who better

to touch with a loving gift? The mood was festive and what a great way to kick off the holiday season. Highlights included but were not limited to a magnificent meal, music and 5 raffle tickets were given away that included a one night stay at the National Harbor Gaylord, Day Spa Massage, a Package of Barbecue sauce and two \$25 gifts cards from Proud Mary Restaurant ... wow! And we all had a great time. I find the most heartwarming aspect of this project is receiving "thank-you" from the seniors.

The Forest Heights Seniors' Recreation Program presents a seminar on:



beauty care

Monday, Dec. 14, 2015 * 1:00-2:00 PM

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



For information, contact Ms. Turner at 301-839-1030 or email turnerkchar@aol.com

Are you doing all you can with your Health?

Seniors Exercise Classes Monday and Wednesday,



RED & GOLD SENIOR HOLIDAY GALA



The Honorable Rushern L. Baker, III
County Executive of
Prince George's County
and
The Department of Family Services
Aging & Disabilities Services Division

Tuesday, December 15, 2015

11:00 am to 2:00 pm

(NO GUARANTEED SEATING AFTER 11:30 AM)

Martin's Crosswinds

7400 Greenway Center Drive
Greenbelt, Maryland 20770

FREE for Prince George's County Seniors
60 Years and Older

(Please be prepared to show picture ID)

Hotline Registration One Day Only:

TUESDAY, DECEMBER 8, 2015 ONLY!

Reservations Taken From:

9:00 A.M. TO 1:00 P.M. & 2:00 P.M. TO 4:00 P.M.

(301) 324-4420

ONLY TWO (2) REGISTRATIONS PER PHONE CALL
LIMITED SPACE AVAILABLE—FIRST CALL, FIRST SERVE

**PLEASE CONTRIBUTE A DONATION OF A NEW, UNWRAPPED
HAT, SCARF, MITTENS OR GLOVES TO HELP THOSE LESS
FORTUNATE THIS HOLIDAY SEASON.**

(All donated items will be provided to adults and children in need)



The Forest Heights Healthy Living Program invites you to a health seminar on:



SENIOR FITNESS



Thursday, Dec. 17, 2015 @ 1:00-2:00 PM

Forest Heights Municipal Building

5508 Arapahoe Drive

Forest Heights, MD 20745

RSVP by Dec. 14
for \$6 box lunch
to Ms. Hawkins at
301-839-1030

Town Community News (continued)



Join Us to Help Make a Child Smile. Donation new unwrapped toys and gift cards needed for less-fortunate. Children between the age of new and teen. Drop off, Town Hall, Municipal Building 5508 Arapahoe Drive Forest Heights MD 20745.



Rushern L. Baker, III
County Executive

Musa L. Eubanks
Director



Office of Community Relations
in partnership with
Valuable Blessings, Inc.
presents our

5th Annual *New Coat* Drive

December 12, 2015 @ 10am ~ 2pm

Wayne K. Curry Sports and Learning Center

8001 Sheriff Road, Landover, MD 20785

More Info @ (301) 952-4729
ocr@co.pg.md.us

Please join us and donate a *New Coat*
Your contribution will make this
a warm SEASON

We look forward to seeing you there!

Monetary donations may be made payable to
Valuable Blessings, Inc.

Mail to: OCR
14741 Governor Oden Bowie Drive, L202
Upper Marlboro, MD 20772

Town Community News (continued)



Sign up for Maryland Health Insurance NOW!

What You Need to Know About Open Enrollment

The Open Enrollment Period for 2016 begins on November 1, 2015 and ends on January 31, 2016. All Americans must have health insurance or face a fine.

Important: In order for your coverage to begin on January 1, 2016, you must enroll by December 15, 2015.

Important: If you currently have a 2015 Government Plan, for 2016 you have to renew your existing plan or enroll in a new one. You will not be automatically re-enrolled.

You will not be able to sign up for a Government Health Plan until the next Open Enrollment Period. The only exception is that if you experience certain life changes after Open Enrollment -- known as "Qualifying Life Events" -- you could be re-eligible to enroll.

To minimize your chances of not having health insurance, it is highly recommended that you do not miss the Open Enrollment Period and enroll immediately during this time.

What If I Don't Sign Up for a Health Plan?

If you do not have health insurance in 2016, you stand to face a fine in the form of a tax penalty on your federal income tax return.

The penalties are whichever of the below two is the greatest amount:

2.5% of your household income; or

\$695 per adult / \$347.50 per child, with no household limit

The Affordable Care Act was designed to ensure that all Americans have health insurance. To make sure no one is uninsured, health care has to be truly attainable and affordable. That is why you cannot be denied coverage for preexisting conditions, and your costs could also be greatly lowered by subsidies -- or "discounts" -- if you meet certain income guidelines. Universal and affordable health care can only work if everyone is covered. Remember that uninsured patients can become very costly for everyone. That is why you can be penalized for not having coverage. If you miss the Open Enrollment Period and have a Qualifying Life Event, you can still get a government health insurance plan during the Special Enrollment Period.

When Does My Coverage Begin?

If you enroll during the first 15 days of the month, your coverage begins on the first day of the following month. For example, if you enroll by January 15, 2016 your coverage will begin on February 1, 2016.

Enrolling during the last half of the month means your coverage begins on the first day of the second month. For example, if you enroll on December 16, 2015, you will have to wait until February 1, 2016 for your coverage to begin.

What If I Missed Open Enrollment or I am Not Sure About My Eligibility?

If you missed Open Enrollment, you may be eligible for the Special Enrollment Period. Learn more about getting health coverage outside of Open Enrollment [here](#).

If you are not sure about enrollment, enter your zip code and fill-out the 1-page application to see the insurance carriers that best match your eligibility. You can also call (888) 805-0753.

Rent Our Space the Perfect Place for Your Next Event!

The Forest Heights Community Center



The Forest Heights Community Room at Town Hall is a functional, spacious venue that boasts hardwood floors, special event and natural lights, small banquets facilities, audio visual amenities, and a main stage, perfect for your meetings, and special events.

The room accommodates 120 guests for banquets and 160 for theatre seating.

To view the facility or reserve the space, contact our rental events coordinator, Sherletta Hawkins at 301-839-1030 or shawkins@forestheightsmd.gov

Town Community News (continued)



Hospitality Job Training Program

Transforming lives through education and employment.

Goodwill
Greater Washington

Are You Passionate About Delivering Excellent Customer Service?

Overview

5 week hospitality jobs training program. Prepare for work in entry-level jobs at area hotels such as housekeeping, front desk, cashiers, hosts, stewards, servers, security, and more.

Course Benefits

- No cost to participants
- Earn 3 industry credentials: Customer Service, Guestroom Attendant, and Restaurant Server.
- A transportation stipend will be provided (based on attendance)
- Metro accessible location
- Classes led by industry professionals
- Personalized job placement support

Course information subject to change

PROGRAM START
January 2016

Monday-Friday
9 AM-2 PM

Application Process

1. Attend an information session & competency testing
 - Meet basic math and reading skill level requirements (CASAS)
 - Applicants must bring current government issued photo ID
 - Please arrive 15 minutes early

Goodwill DC Career Center - @10:00 AM

2200 South Dakota Ave. NE Washington, DC 20018	12/01/15	12/21/15
	12/09/15	12/28/15
	12/15/15	

2. Gather & submit registration documentation
3. Upon invitation from staff, attend a general application interview session
4. After conditional acceptance into the program:
 - Background screening
 - Drug screening
5. Attend program orientation

CONTACT INFORMATION (202) 715-2618
dccc@dcgoodwill.org

Enrollment & Participation Requirements on Back →

Donations Shopping Education Employment

DC CAREER CENTER
2200 South Dakota Ave. NE
Washington, DC 20018
(202) 715-2618



www.dcgoodwill.org



Security Jobs Training Program

Transforming lives through education and employment.

Goodwill
Greater Washington

Earn Your Unarmed Security Certificate and License

Goodwill of Greater Washington is offering a **7 week** career training program in unarmed security and protective services.

WHY YOU SHOULD APPLY!

- Security Industry Recognized Certifications
 - District of Columbia Special Police Officer (SPO)
 - Virginia Department of Criminal Justice Services (DCJS) Unarmed Security Officer
 - Aerosol Weapons
 - Baton, Handcuffing, First Aid, AED, & CPR
- Personalized Resume & Cover Letter
- Job Interview Preparation
- Career Coaching & Job Placement Support
- Classes Led by Security Industry Professionals

START A CAREER IN SECURITY:

- Private Security
- Loss Prevention
- Locksmith
- Probation Officer
- Police
- Emergency Dispatch
- Front Desk
- And More!

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 - Background screening
 - Drug screening
5. Attend program orientation



This program is in partnership with the Virginia Metropolitan Training Academy
VA DCJS# 88-1748

Donations Shopping Education Employment



DC Career Center
2200 South Dakota Ave. NE
Washington, DC 20018
(202) 715-2618

www.dcgoodwill.org

*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
PAID

Town Community News (continued)

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

THURSDAY—Bulk

Call a head for pickup 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

Mayor Jacqueline Goodall—ext. 1223
jacquelinegoodall@msn.com

TOWN COUNCIL

Ward I

C. Lynn Smith-Barnes—ext. 1301
ward1handinhand@aol.com

Robert Barnes —ext. 1303
RBarnes@forestheightsmd.gov

Ward II

Jonathon Kennedy II— ext. 1304
jwkennedy2@yahoo.com

Cynthia Mann— ext. 1305
CMann@forestheightsmd.gov

Ward III

Habeeb-Ullah Muhammad— ext.1300
ward3muhammad@yahoo.com

Brian McLaurin—ext 1302
bmrides@msn.com

ADMINISTRATIVE OFFICES

Vern Haefele,

Town Administrator— ext. 1234
VHaefele2010@gmail.com

Bonita Anderson, Town Clerk—ext. 1233
BAnderson@forestheightsmd.gov

Sherletta Hawkins,
Administrative Assistant—ext. 1229
SHawkins@forestheightsmd.gov

Leittia Vaughn, Town Treasurer—ext. 1235
LVaughn@forestheightsmd.gov

Melanie Otto
Town Webmaster
fh.md.webmaster@gmail.com

Prince George's County
Department of Environmental Resources
Waste Management Division
Recycling Section

Source Reduction Tips
Grass Cycle: Use a mulching mower to finely shred your mowed grass and leave it on the lawn. Start a backyard compost pile.

BROWN IS THE NEW GREEN

Effective January 1, 2014, Residential Curbside Yard Waste Collection will no longer be accepted in plastic bags. Residents should place yard waste loose in a collection can or use large yard waste PAPER bags.

Save money and use reusable containers, such as trash cans. Be sure to clearly mark the can/container

YARD WASTE

For more information, please call County Click 311.

Forest Heights Notary

9 am - 4 pm Monday - Friday

Notary is \$2 per document

301-839-1030

ADMINISTRATIVE OFFICES

Phone (301) 839-1030 Fax (301) 839-9236

8:30a.m.—5:00 p.m.

www.forestheightsmd.gov

COMMUNITY CALENDAR DECEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-31 Winter Festival of Lights Watkins Regional Park 301 Watkins Park Dr./Rte 193, Upper Marlboro, MD 5-9:30pm	2 Senior Exercise Classes 12-1pm Yard Waste	3 Bulk Trash 3 Items or Less	4	5
6	7 Senior Exercise Classes 12-1pm Trash/Recycle Pickup	8 Tour the mansion and see it decorated for the holidays by local garden clubs	9 Senior Exercise Classes 12-1pm Yard Waste Gaylord Nationals Ice's Santa Clause is Comin to Town National Harbor	10 Bulk Trash 3 Items or Less	11 A concert showcasing the many saints and sinners of the operatic repertoire Calvary United Methodist Church, Boulevard, Annapolis, MD 7:00-9:30pm	12 Forest Heights Dance open registration 10-12pm The Ugly Sweater Run National Harbor 9-12pm
13	14 Senior Exercise Classes 12-1pm Trash/Recycle Pickup	15 Breakfast with Santa and Holiday Bazaar 11500 Merchants Hope Rd Hopewell, VA 23860	16 Senior Exercise Classes 12-1pm Yard Waste MONTHLY COUNCIL MEETING 8:00pm	17 Bulk Trash 3 Items or Less	18	19 Forest Heights Dance open registration 10-12pm Holiday Market National Harbor 12-5pm Harbor Holiday Movies Frosty's Winter Wonderland National Harbor 2-4pm
20 Holiday Market National Harbor 12-5pm	21 Senior Exercise Classes 12-1pm Trash/Recycle Pickup	22	23 Senior Exercise Classes 12-1pm Yard Waste	24 Bulk Trash 3 Items or Less	25	26
27	28 Senior Exercise Classes 12-1pm Trash/Recycle Pickup	28	30 Senior Exercise Classes 12-1pm	31 Bulk Trash 3 Items or Less		



Please Pick Up After Your Pet

It doesn't take much to remember that we have pets in our community. In fact, if you don't watch your step, your liable to step in one such reminder! Besides being unsightly and smelly, animal waste can be hazardous to the health of our children who play in the community *and* other pets. One of the most common forms of disease transmission between dogs is through fecal matter. When walking your dog in our community, remember that it should be leashed. **Also, it is important to remember to immediately clean up after your pet.** Take along a baggie with you to pick up waste with and then dispose of it properly. By taking a few simple steps to clean up after your pet, you can contribute not only to the beautification of our community, but also towards the elimination of one of the most irritating nuisances in our community. Thank you for your cooperation!

Stay Connected

Town Meetings Now Available Online

Don't miss out on the latest community news, events and projects! Our Town meetings are now available for viewing at [FH Community Video](#), and check us out on [Forest Heights Facebook](#). May we have yours email address? The Town is continuing to develop its residential Email list to inform residents of activities, events, and news in and around the Town. Please contact Town Hall 301-839-1030, with your name and email address or send it to: shawkins@forestheightsmd.gov

Town Community News (continued)



IT'S AN AMAZING STORY

What makes it so remarkable is not the act itself. Although that alone is sufficiently shattering. It's what happened next that is the lesson.

It was over fifty years ago that Roger Bannister broke the four minute mile. It was unthinkable. He ran it in 3:59.4.

Bannister says "I knew that morning I would do it. I was resolute, I knew it was possible."

Now here is what makes this all the more astonishing. In the next twelve months, four other runners also eclipsed the presumably impossible feat. Since then, hundreds have. For all of recorded history, no one had run that fast. Now, all of a sudden, the absolute unthinkable somehow became doable.

How can this be?

The explanation is that four minutes represented a mental barrier, not a physical constraint. When Bannister broke through the intellectual wall, the world's runners realized such a time was not beyond their reach. All that was required was resolve.

The lesson is quite clear. Negative thinking limits performance. This is true of every activity and for all organizations. It applies to all of us who are break-through performers in all we do. And in every situation we face.

Here's the rule: If you are resolute, success will follow. Let that be your mantra.

Everything is possible to the organization that is resolute. An obstacle is only something you see when you take your eye off the goal.

The successful organization has an unlimited pursuit of the possible.

It commits itself to challenging goals. It dreams the impossible dreams. And is dedicated to achieving them.

What is necessary is to avow that anything considered impossible is unacceptable. You must become a pantheon of your own design.

The dynamic, vibrant institution resolves to make the impossible possible. And succeeds where prudence and timidity often fail.

The brook would lose its song if God removed all the rocks. All new ideas have obstacles to overcome.

Fail Forward Fast.

But even obstacles and failures have a certain magic. Boss Kettering, the giant industrialist said, "One fails toward success. You must just fail forward fast."

That's the secret: FFF. Fail Forward Fast.

An institution must avoid the fear and obsession with failure. There is certain size of an organization that is stand-pat. Given up. No longer in control of its owned destiny. Cowering at challenges and new frontiers. It has made a pact to cease its aspirations to greatness.

The world stands in awe of the institution that is resolute, unafraid, willing to risk, ready to attempt the impossible. Raging against the humdrum condition of narrow minds and faint possibilities.

Whatever course you follow, there are always those who tell you it can't be done. But in today's world, to say impossible always puts you on the losing side.

Resolve now to make the attempt. Be unflagging in your determination. Be unyielding in overcoming the barnacles forged by those of lowly spirit, lacking in resolve and loathe to dream of the possible.

Whatever course you follow, there are always those who tell you it can't be done. But in today's world, to say impossible always puts you on the losing side.

Resolve now to make the attempt. Be unflagging in your determination. Be unyielding in overcoming the barnacles forged by those of lowly spirit, lacking in resolve and loathe to dream of the possible.

For your institution, let Resolute be the hymn you sign.