



MESSAGE FROM THE MAYOR

A Special Thanks From the Town to Outback Steakhouse

Outback Sponsor's the Forest Heights Volunteers Night. A special thank you to the Oxon Hill Outback Steakhouse manager Ms. Michelle Wynter and her staff for the donation of the delicious steak and chicken dinners. This 2th annual Outback's Salute to Forest Heights Volunteers Night which was held on Oct. 1 at the Town Hall.

Many of the town's events through out the year are made possible due to the hard work and generosity of our volunteers, who donate their time and money to help the Town provide many services such as assisting with the April/Fall Cleanup, Day to Play, Forest Heights Day and so much more.

We cannot say thank you enough to our volunteers for all of the hours that they have dedicated to the Town and for helping to make Forest Heights a proud place to live, work and play. Special thanks to our Town Administrator Vern Haefele, who coordinated the partnership with Outback Steakhouse.

Jacqueline Goodall

Reminder Forest Heights Residents Trash, Recycling and Yard Waste Collections Scheduled to be pickup on Monday October 10, 2016 Columbus Day

Town of Forest Heights Town Meetings

Mayor/Council Workshop Meeting First Monday of each Month at 7:30 p.m.

Workshop Meeting will be on November 7, 2016

Mayor/Council Meeting Third Wednesday of each Month at 8:00 p.m.

Wednesday, October 19, 2016

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Save the Date

October 29, 2016

**Forest Heights 8th Annual
Stream Cleanup/Green Up 2016**



Town of Forest Heights

5508 Arapahoe Drive Forest Heights MD 20745

Saturday, October 29, 2016 | 9:00-12:00 P.M.

Call Mrs. Sherletta Hawkins(Bean)

for more information 301-839-1030

Cleanups Happen RAIN OR SHINE!

Bring sturdy boots and dress in layers.

Community Service Hours will be given to students

Light Refreshment will be provided bring gloves if you have them

Children must be accompanied by an adult

ALL ARE WELCOME!

Our Goal is to reach 100 volunteers

Come out and Help us Achieve our Goal

FREE SHREDDING DAY

When: October 29, 2017 Time: 9am-12pm

Where: Forest Heights Municipal Building

5508 Arapahoe Drive Forest Heights, MD 20745



MESSAGE FROM THE TOWN ADMINISTRATOR

Mr. Vern Heafele

- RESIDENTS BE SURE TO LOCK YOUR CARS WHEN NOT IN USE.
- RECYCLE BINS WILL NOT BE ACCEPTED OR DUMPED IF YOU ARE USING LOOSE PLASTIC BAGS AS THE COUNTY IS NO LONGER ACCEPTING ANY PLASTIC BAGS AT THE LAND FILL.
- THE TOWN HAS EXCELLENT PARTICIPATION FROM RESIDENTS AT THE EXERCISE PROGRAM EVERY MONDAY AND WEDNESDAY FROM 12 NOON TO 1:00 PM.
- DID YOU KNOW RESIDENTS PAID \$216.00 PER YEAR FOR TRASH, YARD WASTE AND BULK TRASH IN 2011? RESIDENTS ARE NOW PAYING \$160.68. IN 2011, THE ANNUAL AMOUNT WAS \$156.00 THIS WAS MADE POSSIBLE BY NEGOTIATING A NEW 7 YEAR CONTRACT IN JULY 2011 WHICH WAS APPROVED BY THE MAYOR AND COUNCIL. THE SAVINGS TO OUR RESIDENTS WAS \$660,523.34 OVER THE LIFE OF THE 7 YEAR CONTRACT. RESIDENTS PAY THE COUNTY FOR THE RECYCLE PROGRAM.
- THE MAYOR, COUNCIL, DEPARTMENT HEADS, AND TOWN ATTORNEY PARTICIPATED IN A PLANNING RETREAT ON SATURDAY, SEPTEMBER 24TH FROM 9 AM TO 3 PM AT THE MUNICIPAL CENTER. THE PURPOSE WAS TO DEVELOP PLANS AND GOALS FOR THE TOWN TO ADDRESS OVER THE NEXT 10 YEARS SO AS TO ASSURE A STRONG VIBRANT COMMUNITY IN 2036. THE RETREAT WAS DIRECTED BY SAMUEL PARKER, FORMER 6 YEAR PRESIDENT OF PRINCE GEORGE'S COUNTY MNCPP. MORE INFORMATION WILL BE COMING TO RESIDENTS REGARDING THE PLANNING PROCESS AND RESIDENT INVOLVEMENT AND PARTICIPATION.
- THE NATIONAL LEAGUE OF CITIES WILL BE SENDING OUT LETTERS TO FOREST HEIGHTS RESIDENTS REGARDING THE SEWER LINE WARRANTY PROGRAM AS WELL AS ENROLLMENT INFORMATION SUCH AS COST, BENEFITS PLUS THE WATERLINE WARRANTY SERVICE PROGRAM. LIKE EVERYONE IN FOREST HEIGHTS I HAVE SEWER AND WATER LINES THAT ARE OLD AND SO I KEEP THE NLC SERVICE WARRANTY PROGRAM. THIS PROGRAM WAS INTRODUCED TO OUR RESIDENTS IN 2013.



200 Million Americans Have 'Erin Brockovich' Carcinogen in Their Tap Water

Interactive Map Details Local Contamination In All 50 States

The notorious "Erin Brockovich" carcinogen contaminates the tap water of two-thirds of Americans at levels above what scientists say is safe, according to a new EWG **analysis** of federal water testing data.

Under an Environmental Protection Agency program, from 2013 to 2015, local water utilities took more than 60,000 water samples and found chromium-6 in more than 75 percent of samples. The EPA's tests were spurred by a 2010 EWG investigation that found elevated levels of chromium-6 in the tap water of 31 of 35 cities sampled. EWG's analysis of the EPA data estimates that water supplies serving 218 million Americans have potentially unsafe levels of the chemical.

EWG's interactive map details the chromium-6 test results by county for all 50 states. Of major metro areas, Phoenix has by far the highest level of the contaminant, followed by St. Louis County, Houston, Los Angeles and Suffolk County, N.Y. But every U.S. water system serving more than 1 million people has chromium-6 concentrations that could be harmful.

Government scientists in California and other states say extraordinarily low levels of chromium-6 can cause cancer in people. But federal regulations are stalled by a chemical industry challenge of how the EPA calculates cancer risk. Of the states, only California has set a legal limit for chromium-6 in drinking water, although the limit is far too high to protect public health.

"Houston, we have a problem. More than 20 years ago, we learned that this dangerous chemical poisoned the tap water of California communities, and now these tests and EWG's report show that roughly 218 million Americans are being served drinking water polluted with potentially dangerous levels of this known carcinogen," said Erin Brockovich, a consumer advocate whose investigation of deaths and disease in a small desert town brought chromium-6 to national attention.

"But in that time the EPA hasn't set drinking water standards for any previously unregulated contaminant, and there are disturbing signs the agency may again do nothing about chromium-6," added Brockovich. "This is an abject failure by the EPA, including members of Congress charged with overseeing the agency, and every American should be outraged by this inaction."

Chromium-6 is used in steel production, chrome plating, and to lower the temperature in electrical power plants' cooling towers. It's also in the ash from coal-burning power plants, typically dumped into unlined pits where it can threaten water supplies. Inhaling airborne chromium-6 particles can cause lung cancer, and ingesting it through tap water is linked to stomach cancer, liver damage, reproductive problems and harm to children's brain development.

In 2008, a two-year study by the National Toxicology Program found that chromium-6-laced drinking water caused cancer in rats and mice. From that and other studies, scientists in the respected and influential California Office of Health Hazard Assessment calculated that even tiny amounts of the chemical can cause cancer in people, a conclusion affirmed by state scientists in New Jersey and North Carolina.

Comparing the EPA test results to the California scientists' calculations, EWG estimated that if left untreated, chromium-6 contamination of drinking water could cause more than 12,000 cases of cancer by the end of the century.

But California water quality officials, under intense lobbying from industry, adopted a chromium-6 drinking water standard 500 times the level the state's scientists deemed safe. And in New Jersey and North Carolina, political appointees quashed state scientists' efforts to protect public health.

"Americans deserve to know if there are potentially harmful levels of a cancer-causing chemical in their tap water," said David Andrews, a senior scientist at EWG and co-author of the report. "But the test results on the EPA's website are hard to find and even harder to understand. So we compiled and sorted the data, and we found that the scope of the contamination is startling. It's long past time for the EPA to take action to protect Americans from chromium-6."

Town Community News (continued)

Atlantic City Excursion

Sponsored by The Oxon Hill Recreation Club

Join us on our next trip to Atlantic City.
Visit the casinos, shop or walk the Board Walk

Friday, November 4th, 2016



Cost \$45 per person

At the Casino receive: \$15 - 20 in slot play (subject to change)

On the Bus: Play the 50/50 raffle and read, converse or watch movies



Money due: **October 21st, 2016**

Depart 9 a.m. & Return 11 p.m
Oxon Hill Recreation Club
1661 Tucker Rd
(next to Knights of Columbus)
Oxon Hill, MD

There is plenty of free parking. Send check, made payable to OHRC and mail to P O Box 342 Oxon Hill MD 20745 by Oct 21st, 2015 Please include your phone number.

Questions: Contact [301-567-7492](tel:301-567-7492) and *speaking slowly and clearly*, leave message - it will be returned



Town Community News (continued)

Are you doing all you can for
your Health?

Seniors Exercise Classes
Monday and Wednesday,
Class Begins at 12:00 noon



Farmers' Market

Connecting the Community

We'll See You Every Wednesday

12:00 Noon—5:00 P.M.

Forest Heights & St. Mark AME Church

Indian Head Hwy

Maryland, MD 20745



We would like to say thanks so much for the wonderful job on the community garden. We are so happy with how it turned out! Special shout out to Mrs. Darlene Kuny, Mrs. Kathy Clarke and

Councilwoman Habeeb-Ullah Muhammad and the cleanup crew Councilmen Jonathon Kennedy II, Ms. Bonita Anderson, Mr. Joseph Hawkins and Mrs. Sherletta Hawkins without your support and encouragement, our success wouldn't have been possible. We were impressed! If you would like to be apart of the Green Team please contact the office at 301-839-1030 and ask for Ms. Bonita Anderson.

The Forest Heights Healthy Living
invites you to a seminar on:
"Together We Can Save a Life"



Thursday, October 27, 2016 @1-2 PM

Forest Heights Municipal Building

5508 Arapahoe Drive

Forest Heights, MD 20745

For information contact Mrs. Turner at 202-330-3043 or
email Turnerkchar@aol.com

Councilwoman Cynthia Mann is Hosting a
Free Workshop on Small Business Connection
October 22 10-2:00 p.m.

Town Hall 5508 Arapahoe Drive, Forest Heights MD

Small Business Connection is a forum for small business owners coming together to share ideas, brainstorm, and learn more about hot topics pertaining to small business marketing, promotion and enhancing sales. Talk about what is working and what did not work.



Christmas in April

Christmas in April is a program that selects homes to be repaired. The program is for the



ELDERLY and/or DISABLED.

Prince George's County Homeowners,
Please come and Pickup your
Application from the Town Hall
Return by November 1, 2015

7915 Malcolm Road, Suite 102

Clinton, MD 20735

Town Community News (continued)

Forest Heights / Oxon Hill

Safe Harvest Day Extravaganza
Sponsored by: FH-OH & SOLAR Inc.



When: October 29, 2016
Where: Forest Heights Town Hall
5508 Arapahoe Drive, Forest Heights, MD 20745
(Behind the Mc Donald's on Livingston Road in Forest Heights)
Time: 4:30pm - 8:00pm

If it rains, the event will be held inside of Town Hall

Activities

Pumpkin Carving, Face Painting, Games, Pumpkin Seed Roasting, Halloween Pattern Coloring, Music, Fall Color Egg Dying

"WANTED ALL STORY BOOK COSTUMES"

Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this flyer/materials.

Forest Heights / Oxon Hill



Caja de seguridad de la cosecha Día Extravaganza

Patrocinado por: FH-OH & Solar Inc.

Cuando: 29 de octubre el año 2016

Dónde: Forest Heights Ayuntamiento

5508 Arapahoe Drive, Forest Heights, MD 20745

(Detrás del McDonalds en Livingston Road en Forest Heights)

Hora: 4:30 pm - 8:00pm

En caso de lluvia, el evento se llevará a cabo en el interior del Ayuntamiento

Ocupaciones

Talla de la calabaza, pintura de caras, juegos, asar semilla de calabaza, Halloween Patrón para colorear, música, de la caída del huevo de color Dying

"Se busca todos los trajes de libro de historia"

COMMUNITY CALENDAR OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 OFFICE CLOSED Trash, Recycling and Yard Waste Collections Flintstone Elementary School call all Male Role Model 9:30a.m.-3:00p.m. Senior Exercise Classes 12:00noon	11	12 Farmers Market 12:00-5:00p.m. Senior Exercise Classes 12:00noon MGM National Harbor Comprehensive Transportation Plan Community Meeting 7:00p.m. Friendly High School	13	14	15 Forest Heights Dance 9-12:30p.m.
16	17 Trash, Recycling and Yard Waste Collections Senior Exercise Classes 12:00noon	18	19 Mayor/Council Meeting 8:00p.m. Farmers Market 12:00-5:00p.m. Senior Exercise Classes 12:00noon	20	21	22 Free Workshop on Small Business Connection 10-2:00 p.m.
23/30	24 and 31 Trash, Recycling and Yard Waste Collections Senior Exercise Classes 12:00noon	25	26 Farmers Market 12:00-5:00p.m. Senior Exercise Classes 12:00noon	27 Forest Heights Healthy Living seminar on American Red Cross 1-2:00p.m.	28	29 Stream Cleanup/Green Up 9-12:00noon Free Shredding 9-12:00noon Forest Heights/Oxon Hill Safe Harvest Day 4:30-8:00pm

Flintstone Elementary School Calling All Men to Make a Difference!

Every Child need a Positive Male Role Model. Please let that person be you and join them for a day of mentoring. When: October 10, 2016 at Flintstone Elementary School from 9:30a.m.-3:00p.m. Volunteers are a needed to read in the classrooms.

Bullying Tips Dealing with bullies is not easy for students of any age or grade. Remaining safe and in control can be difficult if a bully is constantly trying to wear them down or make them feel bad about themselves. Understanding how to handle a situation when one is being bullied takes common sense and the ability to overcome obstacles.

A few safety tips that can help a student when dealing with a bully:

- Never confront a bully alone.
- If a bully threatens a student with violence, tell a teacher or person of authority immediately.
- Never accept an invitation to fight.
- If a bully tries to get a student to do something that is dangerous, the student should walk away and report the incident to a teacher.
- If a student is being bullied on a regular basis, they should always try to travel with a friend.
- Maintain a safe distance from individuals that are known to cause fights or instigate physical confrontations.
- Students should always make sure an adult knows where they are going and what time they will be arriving.
- Never talk to strangers while on the Internet.
- Never give out an email address or any other type of contact information to strangers.

Parents can help prevent bullying by getting to know their children's friends, where they live and their parents.



Community Meeting MGM National Harbor Comprehensive Transportation Plan (Draft)

The new \$1.4 billion MGM National Harbor resort will be opening in a few months and officials from Prince George's County, MGM National Harbor, the Peterson Companies (owners of National Harbor) and our public sector partners have been meeting regularly to create a Comprehensive Transportation Plan (Draft) for the highly anticipated opening of this facility.

All stakeholders are encouraged to attend this community meeting as a Comprehensive Transportation Plan (Draft) is presented to the public. This will be your opportunity to learn about this draft plan, ask questions, as well as provide your feedback.

**Wednesday, October 12
7:00 p.m.**

**Friendly High School
Auditorium**

10000 Allentown Rd,
Fort Washington, MD

Please call
301.952.3782
for more information about
this Community Meeting.

www.princegeorgescountymd.gov

*****EWCWSS****

Local Forest Heights
Post Customer

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Town Community News (continued)



Get your Town of Forest Heights Information Electronically!

Stay Connected: Town Meetings Now Available Online, FH Community Video

Residents are invited to sign-up to receive updates on upcoming events, meeting notices, public safety notices/alerts, etc. It is easy to sign-up: just email shawkins@forestheightsmd.gov to start receiving information electronically from the Town of Forest Heights, or call the Town Hall Administrative Office at 301-839-1030 for assistance. Visit us at www.forestheightsmd.gov. and/or check us out on Forest Heights Facebook. May we have your email address?

October isn't just breast-cancer-awareness month, it's just one of the many issues and conditions facing Americans.

Breast cancer is just one of the many issues and conditions facing Americans, and October is actually the awareness month for several other important causes Every October, the entire country rallies around Breast Cancer Awareness month. There's pink as far as the eye can see, and to be sure, working toward prevention, early detection and a cure is extremely important. The very pages you're reading are, as I'm sure you've noticed, pick and our news section hopefully gave you diverse stories and information about the fight to prevent and cure breast cancer. But breast cancer is just one of the many issues and conditions facing Americans, and October is actually the awareness month for several other important causes that could also use your financial donations.

Domestic Violence Awareness Month, National Latino AIDS Awareness Day, Pregnancy and Infant Loss Awareness Month, National Dental Hygiene Month, Mental Illness Awareness, National Stuttering Awareness Day and Respiratory Care.

Forest Heights Notary

9 am - 4 pm Monday - Friday

ADMINISTRATIVE OFFICES

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

8:30a.m.—5:00 p.m.

www.forestheightsmd.gov

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

CMann4@msn.com

Ward III

Habeeb-Ullah Muhammad— ext.1300

Brian McLaurin—ext 1302

brmrides@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

Town Planner—ext.1232

LRobinson@forestheightsmd.gov

Larry Vaughn, Public Work Director-ext 1231

LDVaughn@forestheightsmd.gov

POLICE DEPARTMENT

(301) 839-4040

Chief of Police Stewart Russell—ext. 1224

srussell@forestheightsmd.gov

Latessa Crawford, Police Clerk—ext. 1225

lcrawford@forestheightsmd.gov

CODE ENFORCEMENT OFC

Rsmith@forestheightsmd.gov

Non-Emergency (301) 749-4900

EMERGENCY DIAL 911