



TOWN OF FOREST HEIGHTS FOREST HEIGHTS NEWS

MAYOR & TOWN COUNCIL

Calvin Washington, Mayor
cwashington@forestheightsmd.gov
Ward I

Troy Lilly, Council President
tlilly@forestheightsmd.gov

Robert Barnes
rbarnes@forestheightsmd.gov
Ward II

Clifton Atkinson
catkinson@forestheightsmd.gov

Jonathon Kennedy II
jkennedy2@forestheightsmd.gov
Ward III

Taunya Hines
thines@forestheightsmd.gov

Paula Noble
pnoble@forestheightsmd.gov

ADMINISTRATION

301-839-1030

Linwood Robinson, Town Administrator
lrobinson@forestheightsmd.gov

Sherletta Hawkins, Town Clerk
shawkins@forestheightsmd.gov

Jasmynn Payne, Administrative Assistant
jpayne@forestheightsmd.gov

Leittia Vaughn, Town Treasurer
lvaughn@forestheightsmd.gov

Larry Vaughn, Public Works Director
ldvaughn@forestheightsmd.gov

POLICE DEPARTMENT

(301) 839-4040

Chief of Police, Col. Anthony Rease
chief@forestheightsmd.gov

Senora Thompson Scott, Police Clerk
SenoraT@forestheightsmd.gov

Lisa White, Director of Communications
TFH_Media@forestheightsmd.gov

Graciela Celada, Code Enforcement Office
Code Enforcement@forestheightsmd.gov

Information Line
(240) 493-6998

Non-Emergency
(301) 352-1200

EMERGENCY
DIAL 911

NOTARY SERVICES-by appointment ONLY

9:00 a.m.-4:00 p.m.

NOTICE OF BUDGET HEARING (Fiscal Year 2023)

THE MAYOR AND TOWN COUNCIL OF
FOREST HEIGHTS
ENCOURAGES *ALL* RESIDENTS
TO ATTEND THE FISCAL YEAR 2023
BUDGET HEARING

The hearing will be held in-person at the Town Hall on

Wednesday, June 22, 2022 @ 6:00 p.m.,

and can be viewed on

'Forest Heights Facebook'

or attended virtually by using

Access Dial-in **301-715-8592**

Meeting ID: **811 8787 5272**

Public comments can be added to the speakers list by calling
301-839-1030 or by sending an email to
shawkins@forestheightsmd.gov.

Town Meetings are Back In-Person and Live on

'Forest Heights Facebook'

Mayor/Council Workshop Meeting 1st Monday

of each Month at 7:30 p.m.

Town Meeting 3rd Wednesday

of each Month at 8:00 p.m.

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Want to know what's going on in Forest Heights?

GET THE LATEST UPDATES

DIGITAL AVENUES



2 Digital Message Boards
located at the
**Town Hall & the
Community Gathering Space**
next to Herny's Soul Cafe



nextdoor

<https://nextdoor.com/city/forest-heights--md>



<https://www.facebook.com/forestheightsmd/>

For email alerts please contact the Town Hall at 301-839-1030 to register.

PAPER AVENUES

Newsletters

Are available at your front door, the town hall, local businesses, yellow mailboxes (5) around the town, and now, your email inbox. To register for the digital newsletter contact the Town Hall at **301-839-1030** if you want to start receiving a digital copy of the newsletter and be added to the electronic information list. Beginning **June 1, 2022**, we will only send the printed newsletter to residents who have **NOT** registered their address.



Forest Heights Police Department Service Calls for May 2022

911 DISCONNECT	10	PREMISE CHECK	337
ACCIDENT	6	PROPERTY ALARM	1
ANIMAL COMPLAINT	3	PROPERTY ALARM COMMERCIAL	1
ANIMAL COMPLAINT COMBINED	1	PROPERTY DAMAGE	1
ARMED PERSON	1	RESIDENTIAL ALARM	6
ASSAULT COMBINED	1	RESIDENTIAL PANIC ALARM	1
ASSIST FIRE EMS	1	SCHOOL ALARM	1
CHECK WELFARE	2	STOLEN VEH	2
CHECK WELFARE COMBINED	4	SUBJECT STOP	11
CROSSING GUARD ASSIGNMENT	6	SUSPICIOUS AUTO	6
CW18	8	SUSPICIOUS OCC AUTO	9
DISORDERLY	13	SUSPICIOUS PERSON	1
DOMESTIC	1	THEFT FROM AUTO	1
DWI DRIVER	1	THEFT REPORT	1
FAMILY DISPUTE	3	THREATS COMPLAINT	1
FIGHT	1	TRAFFIC COMPLAINT	5
HIT AND RUN	2	UNKNOWN TROUBLE	7
LOUD MUSIC COMPLAINT	1	VEHICLE ACCIDENT COMBINED	1
MISC POLICE INCIDENT	6	WARRANT SERVICE	3
MISSING PERSON	2		
Total Calls	469		

NEW POLICE OFFICERS:

JAY MCCLEAVE
JAVAUGHN TAYLOR

POLICE STATION
5508 ARAPAHOE DRIVE
Operating
Monday - Friday
8:30 a.m. to 5:00 p.m.
301-839-4040
(Emergency) 911
(Non-Emergency) (301) 352-1200



Community Acknowledgements



KIDS TO PLAY DAY



Forest Heights celebrated its Kids to Play day event on Saturday, May 21, 2022.



We had a great turnout, despite the heat, lots of kids came out to get active. We played games to encourage physical activity, and gave out prizes!



We would like to thank Councilmember Kennedy II, for his donation of snow cones and popcorn. Thanks to Mike's Liquors for their donation of ice and water, and to Papa John's for their donation of pizza. Also, a special thank you to Councilwomen Hines and the Forest Heights Police and staff who helped make this day possible!



Forest Heights Farmers Market

July — October
Every Wednesday
11:00 AM—4:00 P.M.



Abundant Life Ministries
5533 Livingston Road,
Forest Heights, MD 20745



**CONGRATULATIONS TO THE
GRADUATING CLASS OF 2022!**

WE ARE PROUD OF YOUR
ACHIEVEMENTS AND KNOW
YOU WILL GO ON TO DO GREAT
THINGS!

WE KNOW THAT YOU HAVE
FACED UNIQUE CHALLENGES,
BUT ARE CONFIDENT IN YOUR
ABILITY TO FACE ADVERSITY
WITH GRACE AND
DETERMINATION

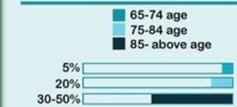


National Awareness Month & Appreciations

JUNE IS

ALZHEIMER'S & BRAIN AWARENESS MONTH

Alzheimer's disease is the most common cause of dementia accounting for around 60-80% of cases.



The percentage of people with Alzheimer's Disease increases with age:

- <5% of people aged 65-74,
- <20% of people aged 75-84,
- >30% and <50% of people aged 85 and older.

6.08

Alzheimer's Disease affects around 6.08 million people in the United States in 2017.

Females show a higher proportion of prevalence of the disease as compared to males.

Around 5 million Americans aged 65 years or older had Alzheimer's Disease and will rise up to 14 million people by 2060.

MEN'S HEALTH MONTH

7 HEALTH FACTS MEN NEED TO KNOW

Only 30% of a man's overall health is determined by his genetics.

70% is controllable through lifestyle.

Men live 9 years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS
Inactive men are 60% more likely to suffer from depression than those who are active.

7-8 HOURS



SLEEP
Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.

DRINKING

Those who consume 4 to 10 drinks a week at most have a lower risk of developing type 2 diabetes. Drinking more than 10 drinks a week almost doubles your risk of type 2 diabetes.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by 25%.

NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, 1/2 an avocado, and a pear.



Nurse Week

JUNE 16—22, 2022



June is...

National Safety Month



June is...

LGBTQIA Pride Month



Community Alerts



CODE ENFORCEMENT REMINDERS TO RESIDENTS



ARE YOU SEEING FOXES?

Please **DON'T BE ALARMED**.

The Town of Forest Heights has a few foxy visitors. Code Enforcement is aware. Animal Control has assessed the foxes in the neighborhood and they are **not a threat**.

REMEMBER the foxes are wild so they have urged **ALL** residents to **NOT FEED** them, and to make sure **ALL** trash bins are covered.



TRASH ALERTS:

- ⇒ If your garbage or recycling is put outside of your containers, *you will be fined*.
- ⇒ Trash/Recycle Collection is to be placed at the curb the night before collection.
- ⇒ Pick-Up Days Begin at 6:30 a.m.
- ⇒ Monday—Trash, Yard Waste & Recycling
- ⇒ Tree limbs must be tied together in small bundles **NOT** to exceed 4 feet in length.
- ⇒ Your mattresses and box springs must also be **completely covered** in plastic wrap for pick up.



Cree Drive Construction

Construction on Cree Drive will take place *throughout* the month of June. Please plan accordingly. For any questions regarding this project please contact the **Director of Public Works, Larry Vaughn at 240-640-3586**.



Properties with grass height exceeding 8 inches **will be fined**.

Weatherization Assistance Available: FREE HOME UPGRADES

Apply for weatherization upgrades that can make your home more energy-efficient. The new and updated applications are here! Applications can be found at the Forest Heights Municipal Building or emailed on request. Applications can be dropped off at the mailbox at the municipal building. **Veterans and Retired homeowners will be given preference.** For more information, call 301-839-1030. Anyone who meets the income requirements is welcome to apply. Come check it out today!

# of People Living in House	Owner(s) Only Annual Income Must Be Less than	# of People Living in House	Owner(s) Only Annual Income Must Be Less than
1	\$57,750.00	2	\$66,000.00
3	\$74,200.00	4	\$82,500.00
5	\$89,100.00	6	\$95,700.00
7	\$102,300.00	8	\$108,900.00



Want to make changes to your home? Find out if you need a Building Permit.

To help ensure that new structures are safe and do not violate building restrictions, **a Town permit is required for any new construction, improvements, or demolition to your property.**

As a general rule, permits are **NOT** required for repairs that are *non-structural* in nature, Town permits are available from the Town Hall. Estimated cost for Permits is \$50.00. To find out if a Town permit is needed, call the Town Permit Office at 301-839-4040, from 8:30 am to 4:30 pm, Monday through Friday. If a permit is required from the county, it must be obtained *first*, and a copy submitted with your application for a Town permit.

Events & Senior Alerts

Upcoming Events




TOWN OF
FOREST HEIGHTS
PRESENTS

MOVIE NIGHT

FRIDAY, JUNE 24, 2022

 **COMMUNITY GATHERING PLACE**
Located next to Henry's Soul Café
5431 Indian Head Highway, Forest Heights, MD 20745

MUSIC & FUN: 8:00PM
MOVIE SHOWING AT NIGHTFALL

Marry Me

CALVIN WASHINGTON, MAYOR
www.ForestHeightsMD.gov @ForestHeightsMD



CALLING OUR TEACHERS AND
FAMILIES ...
LET'S CELEBRATE TOGETHER.
ANOTHER AMAZING YEAR!

SUMMER BREAK COOKOUT

SATURDAY JUNE 25, 2022
BELL ACRES PARK
197 SOUTH HURON DRIVE
FOREST HEIGHTS, MD
FROM 2:00PM TO 6:00PM



PRESENTED BY
GREATER OXON HILL CDC
RAIN OR SHINE

Senior Alerts

Senior Chat & Chew



The Town is hosting a Chat & Chew for those 55 and over on Thursday, June 30, 2022, from 1-2 p.m. in the Town Hall Community Center. We'd like to hear how we might assist you. What sort of events would you want to see? What type of seminars do you wish to attend? What can we do to help you? Please let us hear your voice. Call if you are planning to attend 301-839-1030.

Exercise Group



Forest Heights Senior Exercise Class meets at the Town Hall at 5508 Arapahoe Drive. Forest Heights residents may participate for free, and it's a fantastic way to remain in shape. If you want to keep connected and active, come by!



Center for Workforce Inclusion

powering opportunity for older adults



The **Senior Community Service Employment Program (SCSEP)**, also known as Title V, provides part-time work-based training opportunities at local community service agencies for older Prince Georgians who have poor employment prospects and are unemployed.

Eligibility

Individuals who participate in the program must

- Be a resident of Prince George's County
- Legally eligible to work in the U.S.
- Be at least 55 years of age
- Have an income that does not exceed 125 percent of the federal poverty level (It is strongly recommended that individuals confirm their eligibility results with SCSEP program staff).

For more information: Contact the Prince George's County Department of Family Services at 301-265-8450

Community Calendars

June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Bulk Trash 3 items or less Senior Exercise 12:00 PM	3	4
5	6 MAYOR/ COUNCIL WORKSESSION 7:30 pm DIAL 301-715-8592 Meeting ID: 860 083 16885 Trash, Yard Waste & Recycling Pickup	7 Senior Exercise 12:00 PM	8	9 Bulk Trash 3 items or less Senior Exercise 12:00 PM	10	11
12	13 Trash, Yard Waste & Recycling Pickup	14 Senior Exercise 12:00 PM	15 MAYOR/ COUNCIL TOWN MEETING 8pm via ZOOM DIAL 301-715-8592 Meeting ID: 563 484 463	16 Bulk Trash 3 items or less Senior Exercise 12:00 PM	17	18
19 Juneteenth Father's Day	20 Trash, Yard Waste & Recycling Pickup	21 Senior Exercise 12:00 PM It's SUMMER Time	22 BUDGET HEARING @ 6pm via ZOOM Dial-in 301-715-8592 Meeting ID: 811 8787 5272	23 Bulk Trash 3 items or less Senior Exercise 12:00 PM	24 MOVIE NIGHT @ COMMUNITY GATHERING SPACE @ NIGHTFALL	25
26	27 Trash, Yard Waste & Recycling Pickup	28 Senior Exercise 12:00 PM	29	30 Bulk Trash 3 items or less Senior Exercise 12:00 PM		

July 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Independence Day TOWN HALL CLOSED WILL REOPEN TUESDAY Trash, Yard Waste & Recycling Pickup	5 MAYOR/ COUNCIL WORKSESSION 7:30 pm DIAL 301-715-8592 Meeting ID: 860 083 16885	6	7 Bulk Trash 3 items or less Senior Exercise 12:00 P	8	9
10	11 Trash, Yard Waste & Recycling Pickup	12 Senior Exercise 12:00 PM	13	14 Bulk Trash 3 items or less Senior Exercise 12:00 P	15 MOVIE NIGHT @ COMMUNITY GATHERING SPACE @ NIGHTFALL	16
17	18 Trash, Yard Waste & Recycling Pickup	19 Senior Exercise 12:00 PM	20 MAYOR/ COUNCIL TOWN MEETING 8pm via ZOOM DIAL 301-715-8592 Meeting ID: 563 484 463	21 Bulk Trash 3 items or less Senior Exercise 12:00 P	22	23
24	25 Trash, Yard Waste & Recycling Pickup	26 Senior Exercise 12:00 PM	27	28 Bulk Trash 3 items or less Senior Exercise	29	30
31						

Community Alerts Continued...

Volunteer Opportunities

The Town is hosting a meeting for interested teacher volunteers looking to tutor students throughout the summer in Math and Reading for 2 hours, 2 days a week.



If you're interested in this position please attend the meeting on

Friday, July 8, 2022, at 6 pm.

Town Hall
5508 Arapahoe Drive
Forest Heights, MD 20745

Or call (301) 839-1030 and ask for the Administrative Assistant Jasmynn Payne.

Join us for **FREE** bike rides this summer!

Saturday Mornings

Register by calling the Town Hall at **301-839-1030** or by emailing jpayne@forestheightsmd.gov and say,

YES I'M IN!



ARE YOU IN NEED OF A RECYCLING BIN?

Residents who require a replacement recycling bin should contact Prince George's County at 311

The Town is **NOT** responsible for replacing recycling bins.



SUMMER HEALTH AND SAFETY



PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST

Skin cancer is the **MOST COMMON** type of cancer, accounting for **NEARLY HALF** of all cancer cases

PROTECT YOUR SKIN

The sun's UV rays are **STRONGEST** between 10 a.m. and 4 p.m.

— SUNSCREEN FACTS —

UVB rays are the **MAIN** cause of sunburns

SPF measures how well sunscreen protects against UVB rays only

Water-resistant sunscreen provides protection while swimming or sweating

Broad-spectrum sunscreen protects against both UVB and UVA rays

TOWN OF FOREST HEIGHTS

TOWN COUNCIL WORK SESSIONS

1st MONDAYS @ 7:30 PM

Dial-In: 301-715-8592 Meeting ID: 86008316885

TOWN MEETINGS

3rd WEDNESDAYS @ 8:00 PM

Dial-In: 301-715-8592 Meeting ID: 563484463

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

PICK-UP DAYS BEGIN AT 6:30 a.m.

MONDAY—Trash, Yard Waste & Recycling

Forest Heights Residents:

Yard Waste must be placed in paper bags or trash cans marked Yard Waste. Paper bags should not be out all weekend especially if it's going to rain.

Tree limbs must be tied together in small bundles

NOT to exceed 4 feet in length.

THURSDAY—Bulk (Three Items or Less)

NO METAL ITEMS ALLOWED.

Call 301-839-1030, for a new/replacement TRASH CAN.





DE CIUDAD DE ALTURAS DEL BOSQUE FOREST HEIGHTS NEWS

ALCALDE & AYUNTAMIENTO DE LA

CIUDAD

Calvin Washington, Mayor
cwasington@forestheightsmd.gov
Distrito I

Troy Lilly, Council President
tlilly@forestheightsmd.gov

Robert Barnes
rbarnes@forestheightsmd.gov
Distrito II

Clifton Atkinson
catkinson@forestheightsmd.gov

Jonathon Kennedy II
jkennedy2@forestheightsmd.gov

Distrito III
Taunya Hines
thines@forestheightsmd.gov
Paula Noble
pnoble@forestheightsmd.gov

ADMINISTRACIÓN

301-839-1030

Linwood Robinson, Administrador Municipal
lrobinson@forestheightsmd.gov

Sherletta Hawkins, Secretario Municipal
shawkins@forestheightsmd.gov

Jasmynn Payne, Asistente Administrativa
jpayne@forestheightsmd.gov

Leittia Vaughn, Tesorero de la Ciudad
lvaughn@forestheightsmd.gov

Larry Vaughn, Director de Obras Públicas
ldvaughn@forestheightsmd.gov

POLICE DEPARTMENT

(301) 839-4040

Jefe de policía, Col. Anthony Rease
chief@forestheightsmd.gov

Senora Thompson Scott, Secretario de Policía
SenoraT@forestheightsmd.gov

Lisa White, Directora de Comunicaciones
TFH_Media@forestheightsmd.gov

Graciela Celada, Oficina de Aplicación de Códigos
Code Enforcement@forestheightsmd.gov

Línea de Información
(240) 493-6998

No Emergencia

(301) 352-1200

EMERGENCIA

DIAL 911

NOTARY SERVICES - by appointment ONLY
9:00 a.m.-4:00 p.m.

NOTIFICACIÓN DE AUDIENCIA DE PRESUPUESTO (Ejercicio 2023)

EL ALCALDE Y EL AYUNTAMIENTO DE
ALTURAS BOSQUES
ANIMA A **TODOS** LOS RESIDENTES
PARA ASISTIR AL AÑO FISCAL 2023
AUDIENCIA PRESUPUESTARIA

La audiencia se llevará a cabo de manera presencial en el
Ayuntamiento en

Miércoles, 22 de junio de 2022 a las 6:00 p.m.,

y se puede ver en
'Facebook de Forest Heights'
o asistió virtualmente usando

Acceder Marcar: 301-715-8592

Identificación de la reunión: 811 8787 5272

Los comentarios públicos se pueden agregar a los oradores.
lista llamando al **301-839-1030** o enviando un correo
electrónico a
shawkins@forestheightsmd.gov.

**Las reuniones de la ciudad son
De vuelta en persona y en vivo**

'Facebook de Forest Heights'

Alcalde / Concejo Municipal

Reunión del taller

1er lunes

de cada Mes a las 7:30 p.m.

Reunión de la ciudad

3er miércoles

de cada Mes a las 8:00 p.m.

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¿Quieres saber qué está pasando en Forest Heights?

OBTÉN LAS ÚLTIMAS ACTUALIZACIONES

AVENIDAS DIGITALES



2 Tableros de Mensajes Digitales
ubicados en el
Ayuntamiento y el
Comunidad Acopio Espacio
junto a Herny's Soul Cafe



nextdoor

<https://nextdoor.com/city/forest-heights--md>



<https://www.facebook.com/forestheightsmd/>

Para recibir alertas por correo electrónico, comuníquese con el Town Hall al 301-839-1030 para registrarse.

AVENIDAS DE PAPEL

Boletines Informativos

Están disponibles en la puerta de tu casa, el ayuntamiento, negocios locales, buzones amarillos (5) alrededor de la ciudad, y ahora, tu bandeja de entrada de correo electrónico. Para registrarse en el boletín digital comuníquese con el Town Hall al **301-839-1030** si desea comenzar a recibir una copia digital del boletín y ser agregado a la lista de información electrónica.

A partir del 1 de Junio de 2022, solo enviaremos el boletín impreso a los residentes que **NO** hayan registrado su dirección.



Servicio del Departamento de Policía de Forest Heights llama para mayo de 2022

911 DESCONECTAR	10	VERIFICACIÓN DE LA PREMISA	337
ACCIDENTE	6	ALARMA DE PROPIEDAD	1
QUEJA ANIMALES	3	PROPIEDAD ALARMA COMER.	1
COMBINADO DE DENUNCIA ANIMAL	1	DAÑO A LA PROPIEDAD	1
PERSONA ARMADA	1	ALARMA RESIDENCIAL	6
COMBINADA DE ASALTO	1	ALARMA DE PÁNICO RESIDENCIAL	1
AYUDA A FUEGO EMS	1	ALARMA ESCOLAR	1
COMPRUEBE EL BIENESTAR	2	VEHÍCULO ROBADO	2
CHEQUE DE BIENESTAR COMB.	4	ASUNTO PARAR	11
ASIGNACIÓN DE GUARDIA DE CRUCE	6	AUTO SOSPECHOSO	6
CW18	8	SOSPECHOSO OCC AUTO	9
DESORDENADAMENTE	13	PERSONA SOSPECHOSA	1
DOMÉSTICO	1	ROBO DE AUTO	1
CONDUCTOR DWI	1	DENUNCIA DE ROBO	1
DISPUTA FAMILIAR	3	DENUNCIA AMENAZAS	1
PELEA	1	DENUNCIA DE TRÁFICO	5
PEGA Y CORRE	2	PROBLEMA DESCONOCIDO	7
QUEJA DE MÚSICA ALTA	1	ACCIDENTE DE VEHÍCULO COMB.	1
INCIDENTE POLICIAL VARIOS	6	SERVICIO DE GARANTIA	3
PERSONA DESAPARECIDA	2		
LLAMADAS TOTALES	469		

ESTACIÓN DE POLICÍA

5508 ARAPAHOE DRIVE
Operando

Lunes - Viernes

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

301-839-4040

(Emergencia) 911

(No-Emergencia) (301) 352-1200

NUEVOS OFICIALES DE POLICÍA:

JAY MCCLEAVE
JAVAUGHN TAYLOR



Comunidad Reconocimientos



NIÑOS PARA JUGAR DÍA



Forest Heights celebró su evento del día Kids to Play el sábado 21 de mayo de 2022.



Tuvimos una gran participación, a pesar del calor, muchos niños salieron a hacer actividad física. ¡Jugamos juegos para fomentar la actividad física y repartimos premios!



Nos gustaría agradecer al concejal Kennedy II por su donación de conos de nieve y palomitas de maíz. Gracias a Mike's Liquors por su donación de hielo y agua, ya Papa John's por su donación de pizza. ¡Además, un agradecimiento especial a la concejala Hines y a la policía y al personal de Forest Heights que ayudaron a hacer posible este día!



Mercado de agricultores de Forest Heights

Julio - Octubre
Todos los Miércoles
11 AM - 4 PM



Abundant Life Ministries
5533 Livingston Road,
Forest Heights, MD 20745



¡FELICIDADES A LA CLASE GRADUADA DE 2022!

¡ESTAMOS ORGULLOSOS DE SUS LOGROS Y SABEMOS QUE CONTINUARÁ HACIENDO COSAS GRANDES!

SABEMOS QUE USTED HA ENFRENTADO DESAFÍOS ÚNICOS, PERO CONFIAMOS EN SU CAPACIDAD PARA ENFRENTAR LA ADVERSIDAD CON GRACIA Y DETERMINACIÓN

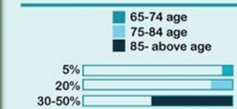


Mes Nacional de Concientización y Agradecimientos

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Happy



Nurse Week

JUNO 16 - 22, 2022



June is...

Mes Nacional de la Seguridad



June is...

LGBTQIA Pride Month



Alertas de la Comunidad



ENFORZADOR DEL CÓDIGO RECORDATORIOS A LOS RESIDENTES



¿ESTÁS VIENDO ZORROS?

Por favor, **NO SE ALARME.**

El Pueblo de Forest Heights tiene unos cuantos foxy visitantes. Code Enforcement es consciente. Control de Animales ha evaluado a los zorros en el vecindario y **no son una amenaza.**

RECUERDE que los zorros son salvajes, por lo que han instado a **TODOS** los residentes a **NO ALIMENTARLOS** y asegurarse de que **TODOS** los contenedores de basura estén cubiertos.



ALERTAS DE BASURA:

- ⇒ Si su basura o reciclaje se pone fuera de sus contenedores, **será multado.**
- ⇒ La recolección de basura/reciclaje debe colocarse en la acera la noche antes de la recolección.
- ⇒ Los días de recogida comienzan a las 6:30 a.m.
- ⇒ Lunes - Basura, Desechos de Jardinería y Reciclaje
- ⇒ Las ramas de los árboles deben atarse juntas en paquetes pequeños que NO excedan los 4 pies de largo.
- ⇒ Sus colchones y somieres también deben estar **completamente cubiertos** con una envoltura de plástico para que los recojan.



Cree Drive Construction

La construcción en Cree Drive se llevará a cabo durante todo el mes de junio. Por favor planifique en consecuencia. Para cualquier pregunta sobre este proyecto, comuníquese con el **Director de Obras**

Públicas, Larry Vaughn al 240-640-3586.



Propiedades con altura de césped superior a 8 pulgadas **será multado.**

Asistencia de climatización disponible: HOGAR GRATIS ACTUALIZACIONES

Solicite actualizaciones de climatización que puedan hacer que su hogar sea más eficiente energéticamente. ¡Las aplicaciones nuevas y actualizadas están aquí! Las solicitudes se pueden encontrar en el Edificio Municipal de Forest Heights o enviarse por correo electrónico a pedido. Las solicitudes se pueden dejar en el buzón del edificio municipal. Se dará preferencia a los propietarios de **viviendas veteranos y jubilados**. Para obtener más información, llame al 301-839-1030. Cualquier persona que cumpla con los requisitos de ingresos es bienvenida a aplicar. Ven a verificarlo hoy!

# of People Living in House	Owner(s) Only Annual Income Must Be Less than	# of People Living in House	Owner(s) Only Annual Income Must Be Less than
1	\$57,750.00	2	\$66,000.00
3	\$74,200.00	4	\$82,500.00
5	\$89,100.00	6	\$95,700.00
7	\$102,300.00	8	\$108,900.00



¿Quieres hacer cambios en tu casa? Averigüe si necesita un permiso de construcción.

Para ayudar a garantizar que las nuevas estructuras sean seguras y no infrinjan las restricciones de construcción, **se requiere un permiso de la Ciudad para cualquier nueva construcción, mejora o demolición de su propiedad.**

Como regla general, **NO** se requieren permisos para reparaciones que no sean de naturaleza estructural. Los permisos de la ciudad están disponibles en el Ayuntamiento. El costo estimado de los permisos es de \$50.00. Para saber si se necesita un permiso de la Ciudad, llame a la Oficina de Permisos de la Ciudad al 301-839-4040, de 8:30 am a 4:30 pm, de lunes a viernes. Si se requiere un permiso del condado, primero se debe obtener y se debe enviar una copia con su solicitud de un permiso de la ciudad.

Events & Senior Alerts

Próximos Eventos



TOWN OF FOREST HEIGHTS PRESENTS

MOVIE NIGHT

FRIDAY, JUNE 24, 2022

COMMUNITY GATHERING PLACE
Located next to Henry's Soul Café
5431 Indian Head Highway, Forest Heights, MD 20745

MUSIC & FUN: 8:00PM
MOVIE SHOWING AT NIGHTFALL

Marry Me

CALVIN WASHINGTON, MAYOR
www.ForestHeightsMD.gov @ForestHeightsMD



CALLING OUR TEACHERS AND FAMILIES ... LET'S CELEBRATE TOGETHER. ANOTHER AMAZING YEAR!

SUMMER BREAK COOKOUT

SATURDAY JUNE 25, 2022
BELL ACRES PARK
197 SOUTH HURON DRIVE
FOREST HEIGHTS, MD
FROM 2:00PM TO 6:00PM

PRESENTED BY
GREATER OXON HILL CDC
RAIN OR SHINE

Sénior Avisos

Senior Chatear y Masticar



The Town está organizando un Chat & Chew para personas mayores de 55 años el jueves 30 de Junio de 2022, de 1-2 p.m. en el Centro Comunitario del Ayuntamiento. Nos gustaría saber cómo podemos ayudarlo. ¿Qué clase de eventos te gustaría ver? ¿A qué tipo de seminarios desea asistir? ¿Qué podemos hacer para ayudarte? Por favor, déjanos escuchar tu voz. Llame si planea asistir al 301-839-1030.

Grupo de Ejercicios



La clase de ejercicios para adultos mayores de Forest Heights se reúne en el Ayuntamiento en 5508 Arapahoe Drive. Los residentes de Forest Heights pueden participar de forma gratuita y es una manera fantástica de mantenerse en forma. Si quieres seguir conectado y activo, ¡ven a visitarnos!

Center for Workforce Inclusion

powering opportunity for older adults



El Programa de Empleo de Servicio Comunitario para Personas Mayores (SCSEP), también conocido como Título V, brinda oportunidades de capacitación basadas en el trabajo a tiempo parcial en agencias locales de servicio comunitario para personas mayores de Prince Georgian que tienen pocas perspectivas de empleo y están desempleadas.

Elegibilidad

Las personas que participen en el programa deben

- Ser residente del Condado de Prince George
- Reúne los requisitos legales para trabajar en US.
- Tener al menos 55 años de edad
- Tener un ingreso que no supere el 125 por ciento del nivel federal de pobreza (se recomienda encarecidamente que las personas confirmen sus resultados de elegibilidad con el personal del programa SCSEP).

Para más información: Comuníquese con el Departamento de Servicios Familiares del Condado de Prince George al 301-265-8450

Calendarios de la Comunidad

Juno 2022



Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
			1	2 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 PM	3	4
5	6 ALCALDE/ CONSEJO MUNICIPAL REUNION 7:30 pm Llamar 301-715-8592 Identificación de la Reunión: 860 083 16885 Basura, Desechos de jardín, & Reciclaje Recoger	7 Ejercicio Sénior 12:00 PM	8	9 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 PM	10	11
12	13 Recolección de Basura, Desechos de Jardín y Reciclaje	14 Ejercicio Sénior 12:00 PM	15 ALCALDE/ CONSEJO DEL PUEBLO REUNION DEL PUEBLO 8pm via ZOOM Llamar 301-715-8592 Identificación de la Reunión: 563 484 463	16 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 PM	17	18
19 Juneteenth Día del Padre	20 Recolección de Basura, Desechos de Jardín y Reciclaje	21 Ejercicio Sénior 12:00 PM It's SUMMER Time	22 AUDIENCIA DE PRESUPUESTO @ 6pm via ZOOM Llamar 301-715-8592 Identificación de la Reunión: 811 8787 5272	23 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 PM	24 NOCHE DE PELÍCULA @ ESPACIO DE REUNION COMUNITARIA @ ANOCHECER	25
26	27 Recolección de Basura, Desechos de Jardín y Reciclaje	28 Ejercicio Sénior 12:00 PM	29	30 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 PM		

Julio 2022



Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
					1	2
3	4 Independence Day AYUNTAMIENTO CERRADO REABRIRA EL MARTES Recolección de Basura, Desechos de Jardín y Reciclaje	5 ALCALDE/ CONSEJO MUNICIPAL REUNION 7:30 pm Llamar 301-715-8592 Identificación de la Reunión: 860 083 16885	6	7 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 P	8	9
10	11 Recolección de Basura, Desechos de Jardín y Reciclaje	12 Ejercicio Sénior 12:00 PM	13	14 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 P	15 NOCHE DE PELÍCULA @ ESPACIO DE REUNION COMUNITARIA @ ANOCHECER	16
17	18 Recolección de Basura, Desechos de Jardín y Reciclaje	19 Ejercicio Sénior 12:00 PM	20 AUDIENCIA DE PRESUPUESTO @ 6pm via ZOOM Llamar 301-715-8592 Identificación de la Reunión: 811 8787 5272	21 Basura a granel 3 artículos o menos Ejercicio Sénior	22	23
24	25 Recolección de Basura, Desechos de Jardín y Reciclaje	26 Ejercicio Sénior 12:00 PM	27	28 Basura a granel 3 artículos o menos Ejercicio Sénior 12:00 P	29	30
31						

Noticias de la Comunidad (Continuado)...

Oportunidades de Voluntariado

El Pueblo está organizando una reunión para maestros voluntarios interesados que buscan dar tutoría a los estudiantes durante el verano en Matemáticas y Lectura durante 2 horas, 2 días a la semana.



Si está interesado en este puesto, por favor asista a la reunión el

Viernes, Jullio 8, 2022, a 6 pm.

Town Hall

5508 Arapahoe Drive
Forest Heights, MD 20745

O llame al (301) 839-1030 y pregunte por la asistente administrativa Jasmynn Payne.

¡Únete a nosotros para paseos en bicicleta **GRATIS** este verano!

Sábados por la Mañana

Regístrese llamando al Ayuntamiento al **301-839-1030** o enviando un correo electrónico a jpayne@forestheightsmd.gov y decir,

¡SÍ, ESTOY ETRAR!



¿NECESITAS UNA PAPELERA DE RECICLAJE?

Los residentes que necesiten un contenedor de reciclaje de reemplazo deben comunicarse con el condado de Prince George al 311

EL PUEBLO NO ES RESPONSABLE DE REEMPLAZAR LOS CONTENEDORES DE RECICLAJE.



SUMMER HEALTH AND SAFETY



PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST

Skin cancer is the **MOST COMMON** type of cancer, accounting for **NEARLY HALF** of all cancer cases

PROTECT YOUR SKIN

The sun's UV rays are **STRONGEST** between 10 a.m. and 4 p.m.

— SUNSCREEN FACTS —

UVB rays are the **MAIN** cause of sunburns

SPF measures how well sunscreen protects against UVB rays only

Water-resistant sunscreen provides protection while swimming or sweating

Broad-spectrum sunscreen protects against both UVB and UVA rays

TOWN OF FOREST HEIGHTS

TOWN COUNCIL WORK SESSIONS

1st MONDAYS @ 7:30 PM

Dial-In: 301-715-8592 Meeting ID: 86008316885

TOWN MEETINGS

3rd WEDNESDAYS @ 8:00 PM

Dial-In: 301-715-8592 Meeting ID: 563484463

Recolección de Basura/Reciclaje debe Colocarse en la Acera la Noche Anterior a la Recolección.

LOS DÍAS DE RECOGIDA COMIENZAN A LAS 6:30 a

Lunes - Basura, Desechos de Jardín y Reciclaje

Forest Heights Residents:

Los desechos de jardín deben colocarse en bolsas de papel o botes de basura marcados como desechos de jardín. Las bolsas de papel no deben estar afuera todo el fin de semana, especialmente si va a llover.

Las ramas de los árboles deben atarse en pequeños paquetes.

NO debe exceder los 4 pies de largo.

JUEVES - A granel (tres elementos o menos)

NO SE PERMITEN ARTÍCULOS METÁLICOS.

Llame al 301-839-1030 para obtener un BOTE DE BASURA nuevo o de reemplazo.

