



PLEASE READ... ME I HAVE GOOD INFORMATION IN ME!

COMMUNITY SPOTLIGHT: Charmaine Turner



The Community Spotlight series is a monthly column where the Town of Forest Heights recognizes an individual who has accomplished great work and/or has made a significant impact in the community. To nominate a person, please email suggestions to liu.y.mimi@gmail.com or call 301-839-1030.

When it comes to her contributions to the Forest Heights community, Mrs. Charmaine Turner wears many different hats and is passionate about every single one of them. Mrs. Turner has worked closely with town officials to launch a series of health initiatives and programs, which have been able to provide for the health and safety of residents in the Town of Forest Heights, particularly seniors and youths.

Last year, Mayor Goodall asked Mrs. Turner to oversee and run the Forest Heights' first all-day Youth Sports Festival, where kids from Forest Heights and surrounding areas were encouraged to participate in a variety of outdoor sports and activities that Ms. Turner had planned and coordinated. The Youth Sports Festival earned the town a Bronze Medal in Goal 1 through *Let's Move!* Cities, Towns and Counties (LMCTC), which supports local elected officials who are working to build healthier communities, and is a major component of First Lady Michelle Obama's *Let's Move!* Initiative. "Being a dedicated physical education and health teacher for 13 years had prepared me to understand the importance of being physically fit," she said. "The rate of obesity for children in Maryland is 29 percent. By 2030, it is predicted that the obesity rate will climb to 60 percent. I believe that this is a wake-up call and we should be proactive as far as finding preventive measures to combat obesity."

Mrs. Turner has also played an active role in the town's public safety issues. She has partnered with the Forest Heights Police Department and local law enforcement agencies to plan and coordinate meetings and conferences for the town's Neighborhood Watch Committee. In September, Mrs. Turner organized the town's first TRIAD conference for seniors, where she invited representatives from the Prince George's County Sheriff's Office to provide seniors with crime prevention tips and resources. She also helped to organize the Police Department's Toys for Tots drive in December.

Currently, Mrs. Turner is involved with Healthy Heights, an initiative that promotes health and wellness in the communities of District Heights and Capitol Heights, as well as Forest Heights. And she is working with town officials to get Forest Heights designated as a Playful City USA community, which is a national recognition program honoring cities and towns that make play a priority and use innovative programs to get children active, playing and healthy.

In addition, Mrs. Turner will work with Mayor Goodall to launch a fitness program for seniors, and begin preparation for the second Youth Sports Festival and a community health fair. "The future accomplishment that I hope to see for Forest Heights is a sustainable city with a new facelift including a high-quality, livable and safe environment, a healthy environment and vibrant civic life, and development that will enhance economic opportunity and community well being," she said.

Mrs. Turner is a native of Indiana and an alumna of Indiana State University where she received her bachelor's degree in Physical Education and Health. She is currently earning a master's degree in Curriculum Instruction and Assessment at Jones International University. She has been a resident in the Town of Forest Heights for 20 years, and is married with two children.

Late welcome Mrs. Turner as Forest Heights new Healthy Heights Coordinator

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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



I would like to congratulate Mayor Jacqueline Goodall and the newest members of the town council Mrs. Cynthia Mann and Mrs. Habeeb-Ullah Muhammad for their recent victories in this year's election. Also congratulations to Robert Barnes. A very special thank you goes to both Ms. Anne Reifsneider and Mr. William Clark, Jr. for their service as council members during my brief tenure. I want them to know how much their support and advice meant to me personally.

During the election there were several false comments that were directed at me or the police department. Such irresponsible self-serving comments have no place in a town trying to move forward. If any of the citizens we are responsible for have questions or concerns about the Forest Heights Police they are welcomed to contact me so these concerns can be addressed.

If the police are to do their jobs effectively the people they serve must have confidence in their abilities and integrity. Now that the election is over and as I enter my next five months I assure you the police will continue to strive to make the Town of Forest Heights a safer community.

Again, congratulations to our elected officials

Col. S.W. Russell, Chief, FHPD



Would you like this neighborhood to be known as the Safest Place in Maryland? We invite you to come learn about the Forest Heights Neighborhood Watch Program every 1st Thursday in each month at 7 pm-8 pm at the Forest Heights Municipal Building. Town Hall 5508 Arapahoe Drive.

Neighborhoods working together in Partnership with the Police make one of the best crime-fighting teams around!!



Forest Heights Police Department March 2013 All Calls For Service

ANIMAL BITE 2	DISPUTE BETWEEN PERSONS 4	SUSPICIOUS SUBJECT(S) 22
ANIMAL COMPLAINT (OTHER) 2	DOMESTIC STANDBY 1	SUSPICIOUS SUBJECT(S) (ARMED) 1
ASSIST CITIZEN 2	FIGHT IN PROGRESS 3	SUSPICIOUS VEHICLE 4
ASSIST MOTORIST 3	HOLD-UP ALARM 1	SUSPICIOUS VEHICLE (OCCUPIED) 3
ASSIST OTHER UNIT (INCIDENT) 3	HOUSE FIRE 1	THEFT REPORT 1
ASSIST OTHER UNIT (TRAFFIC) 9	INVESTIGATION 1	TRAFFIC ACCIDENT 6
ASSIST OUTSIDE AGENCY 8	LOITERING/VAGRANTS 1	TRAFFIC ACCIDENT (HIT & RUN) 1
B & E (RESIDENTIAL) 1	MAN DOWN 1	TRAFFIC COMPLAINT 1
B & E IN PROGRESS 1	MISSING PERSON 2	TRESPASSER 2
BURGLAR ALARM (RESIDENTIAL) 3	NOTIFICATION 1	UNKNOWN TROUBLE 4
CHECK ON THE WELFARE 1	OPEN DOOR 1	WARRANT SERVICE 2
CHILD ABUSE/NEGLECT 2	RECOVERED PROPERTY 1	Total Calls Handled: 116
DISORDERLY SUBJECT(S) 11	SOUND OF GUN SHOTS 1	



POLICE STATION 5508 ARAPAHOE DRIVE

This Station is Opened to the Public

Monday through Friday

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

Community Update from the Mayor's Office

Town Officials Work to Counter Tiger Mosquito Problems

The Forest Heights Mayor and Council hosted a Mosquito Prevention Workshop March 19 at the town administration building. The workshop provided residents with information on how to assist with the town's Larvicide program by learning where eggs are laid and to learn more about the various breeds of mosquitoes located in Forest Heights. We were fortunate to have Jeannine Dorothy, Entomologist Supervisor for the Maryland Department of Agriculture, come in and give a detailed presentation to residents. Since attendance was low at the first workshop, the town plans to host another one Tuesday April, 23, 2013 at 6:30 p.m.

New Town Website Launches This Spring

The town website is getting a makeover! The new website, which is expected to launch later this spring, will include a new overall design and interactive features.

Residents Urged to Participate in Project RECREATE Study

The University of Maryland at College Park and the Anacostia Watershed Society are seeking participants for a research study on exposure and risks among recreational users of the Anacostia Watershed. Participants must be at least 18 years of age and have engaged in recreational activities in the Anacostia Watershed for at least a year. A watershed is defined as an area of land where water collects to flow into a river, a lake, or another large body of water. The Anacostia River watershed encompasses 176 square miles of land with 13 major tributary creeks and streams. Those who participate in the study will be entered into a drawing to win one of (3) gift cards valued at \$100 each. For information, please contact any of the following people:

- Principal Investigator, Dr. Sacoby Wilson**, 301-405-3136 or swilson2@umd.edu
- Research Assistant, Rianna Murray**, rmurray@umd.edu
- CEEJH Associate, Laura Dalemarre**, 301-405-5706 or ldalemar@umd.edu
- Brent Bolin**, 301-699-6204 x120 or bbolin@anacostiaws.org
- Lori Baranoff**, 301-699-6204 x107 or lbaranoff@anacostiaws.org

To learn more about the Anacostia River and its watershed, visit www.anacostiaws.org.

Forest Heights Hosts Second Forum on Sustainability Plan

We are planning to hold another public forum on the Forest Heights Sustainability Draft Plan April 15 at 6:30 p.m. at the town administration building. We are in the process of developing a plan to serve as a comprehensive road map of solutions to support and improve the overall quality of life in Forest Heights. At the first public forum, which took place in late February, Town Planner Linwood Robinson presented some preliminary ideas and designs, which included: a Town Square complete with shops, pedestrian seating and open lawns; a live/work arts district; a pedestrian bridge across MD 210 connecting the East and West ends of Forest Heights; a trail system; sidewalk expansion; and more. This is an exciting opportunity, and we hope more residents will take part in this public process. Please stay tuned for details.

For questions, please contact Mr. Robinson at 301-839-1030 or email lrobinson@forestheightsmd.gov.

Welcome Letter to our New Residents!

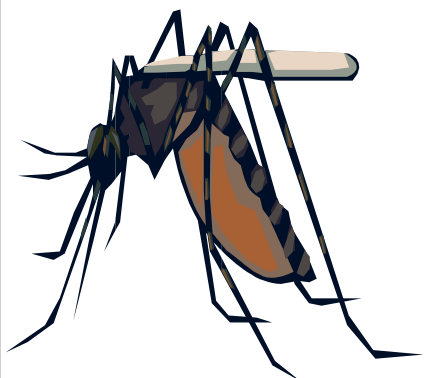
Dear Friends,

Welcome to the Town of Forest Heights! We are pleased that you have chosen to live in our community. Our beautiful urban space, the peaceful nature of our area, government professionalism and citizens' involvement make for a caring and friendly community.

A Newcomers Package is waiting for you at Town Hall. Our office hours are 8:30 AM to 5 PM, Monday thru Friday. Again, we extend a warm welcome to our community.

Please feel free to contact me your Councilwoman Cynthia Mann 301-839-1030.

Town Community New



We missed you so we are having it again! Because it's a real big issues. 2013 Mosquito Workshop

The Forest Heights Mayor and Council are pleased to announce a "Mosquito Workshop" for the residents of Forest Heights as well as Public Works employees and the Code Enforcement officer.

Last year the Town participated in the Mosquito Control Program which included spraying late at night, which was funded in part by the state, county, and Forest Heights. This year we are placing more emphasis on the Larvicide Larvae program which will be paid by the State and County. The cost of the spraying program (late at night) will be paid by the Town.

We are requesting citizens participate so as to assist the Larvicide program by learning where eggs are laid and to learn more about the various breeds of Mosquitoes located in Forest Heights. The Tiger Mosquito is a very aggressive Mosquito and is the major problem in Forest Heights.

Leading the Workshop will be Jeannine Dorothy, Entomologist Supervisor for the State of Maryland Department of Agriculture. Ms. Dorothy is very familiar with our community.
The workshop will be held on Tuesday, April 23th at 6:30 pm.

COME HELP PLAN THE FUTURE OF FOREST HEIGHTS

On April 16th, the Town of Forest Heights will hold a final Public Hearing at 6:30 p.m. to receive your input and comments on a draft Sustainability Plan....

The plan will be used as a guide for the future development of Forest Heights and address such concerns as, infrastructure needs, environmental matters, affordable housing, economic development, transportation, cultural and historic resource preservation and public safety needs.

Come out to Town Hall (5508 Arapahoe Dr.) for a final review of the draft plan concepts and your input from the first hearing. We want your ideas for a better Forest Heights!

Refreshments will be served....

**For more information, contact the Town Planner, Mr. Linwood Robinson
301-839-1030**

Community Healthy Heights Tips

FREE DIABETES FORUM THURSDAY APRIL 25, 2013

For Adults Age 18 and Over Diagnosed with Diabetes, Family Members and Care Givers



Learn How to Manage Your Diabetes

FORUM FROM 12:00-1:00 P.M.

Please call to get on the list there will be lunch for only those who sign-up



Healthy Tips for Lowering Blood Pressure

One of the most effective ways to lower blood pressure is to reduce your sodium intake. Reducing the amount of sodium in your diet can lower your blood pressure by 4-5 mmHg.

Tip: Your daily sodium intake should be:

-2,300 milligrams of sodium or less – For adults up to the age of 50

-1,500 milligrams of sodium or less – For those older than age 50 and/or with high blood pressure (African Americans at higher risk)

Tip: Remove the saltshaker from the table

CHOOSE LOW-SODIUM FOODS

Choose a variety of fresh and frozen.

Reach for low-sodium versions.

COOK WITHOUT SALT

Season with herbs, spices, ginger, garlic, wine, lemon, and fruit juices.

Tip: Ask your server to have your food prepared without salt

FOLLOW THE DASH DIET

Grains and grain products: 7-8 daily servings

Vegetables: 4-5 daily servings

Fruit: 4-5 daily servings

Low-fat or nonfat dairy: 2-3 daily servings

DINE OUT WITH LESS SALT

Meat, poultry, and fish: 2 daily servings or less

Nuts, seeds, and legumes: 4-5 servings per week

Fats and oils: 2-3 daily servings

Low-fat sweets: 5 servings per week

CHECK YOUR MEDICINES

Tip: Ask the pharmacist for low-sodium, over-the counter alternatives

TO REDUCE STRESS GET PLENTY OF EXERCISE **Tip:** Exercising 3-5 times a week for 30 minutes each

HEALTH FAIR

Date & Time:	Saturday, April 13, 8:30-2:00 p.m.	Date & Time:	Saturday, April 27, 12 noon-3 pm
Description:	The expo will feature health tests and screenings, dance and health exercises, and healthy meal demonstrations	Description:	Start the spring season with free health screenings and a blood pressure check. Receive information from health and wellness vendors, and learn about tips on what you can do to improve your health.
Cost:	Free	Cost:	Free
Ages:	All ages	Ages:	All ages
Location:	Prince George's Ballroom & Kentland Community Center 2411 Pinebrook Avenue Landover, MD 20785	Location:	Glassmanor Community Center 1101 Marcy Avenue, Oxon Hill 20745
Contact:	www.donnaedwards.house.gov < http://www.donnaedwards.house.gov > or call (301) 516.7601	Contact:	301-567-6033; TTY 301-203-6030

Senior Community News

The Weatherization Assistance Program

(WAP) operated by the Maryland Department of Housing and Community Development. Free Programs and Single Family Special Loans. Two more Forest Heights residents took advantage of the Free Home Weatherization Program

The were awarded this service through a Collaboration Grant from MEA. Mayor Goodall is continuously seeking ways to assist residents with weatherization and ask that residents take advantage of these grants. Call Councilperson Reifsneider if you are interested in our ongoing program for weatherization.

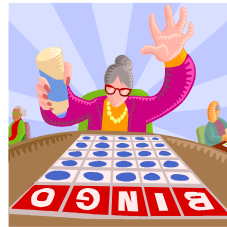
Call Councilmember Reifsneider
for appointment 301-839-1146



60+ Plus Committee welcomes you to Senior Bingo and Community Cards

Councilman Robert Barnes & Councilwoman Anne Reifsneider work to provide activities and service to our citizens. Please mark your calendar for the:

Senior Bingo FIRST THURSDAY of each Month from 10:00 a.m.-1:30 p.m.



Community Cards FIRST and THIRD SATURDAY of each month from 1:00 –3:00 p.m.

For information on any of these programs, or to get involved, contact Councilman Barnes at 301-839-1030 ext. 303 anytime day or night, and leave a message.

Town Elected Officials News

Ward 1, I would like to give a special thanks to everyone who came out on Wednesday, March 13, and showed their support for me, as your candidate for Ward 1 Council. I look forward to proving that you made the right decision. Thank, again.

Councilmen Robert Barnes

Ward III Residents!

A great big thank you to all who voted for me at the polls. I sincerely appreciate your support and the confidence you have place in me. I am looking forward to an excellent two years for the Town of Forest Heights, with your elected officials and town personnel all working together in an atmosphere of unity, cooperation.

Ward III Council Members invite all to come out to meet and talk to there ward members Sunday April 21, at 2:30 p.m.

Council members Habeeb-ullah Muhammad and Larry Stoner Light Refreshments will be served

Councilwomen Elect Cynthia Mann

Thank you, my Ward 2 constituents for your support, I could not have emerged victoriously without each one of you. The confidence you have placed in me is highly appreciated and humbling.

However, I do challenge each of you to walk this road with me. We have a great deal of talent in the community; it's time for Forest Heights to shine!

Should you need my assistance with any concerns or just need to pass on an idea, do not hesitate to call me. This is not my town – it is our town - moving forwarded!!!

Respectfully, Cynthia Mann

Town Community News (continued)

Join Alice Ferguson Foundation & Town of Forest Heights
Volunteer to remove trash from the Oxon Run!!

We Need ... **YOUR
HELP!**
**STREAM CLEANUPS BEGIN
APRIL 27TH**

Forest Heights Municipal Building

5508 Arapahoe Drive

Forest Heights, MD 20745

AT 9AM-12:00 PM

Own Goal is to reach 100 volunteers

Please contact Sherletta Hawkins (Bean) at the office 301-839-1030
Community Service Hours will be given to students

FOREST HEIGHTS CLEAN UP WEEK

Monday April 22 thru Saturday April 27, 2013 we proclaimed Forest Heights Clean-Up Week. We will have a Town Clean Up. Saturday April 27, meeting at the Municipal Building at 9:00 a.m. to pick up trash in and around town. Please join us.

Along with our regular pick up on Monday, Wednesday (yard waste) and Thursday (bulk), the Public Works Department will have a dumpster available at the back entrance of the Municipal Building during Forest Heights Clean Up Week. We do ask that you leave metal items outside of the dumpster. **Electronics and hazardous waste should NOT be placed in the dumpster.** Your cooperation is greatly appreciated. **Time from 8:30-4:30 p.m.**

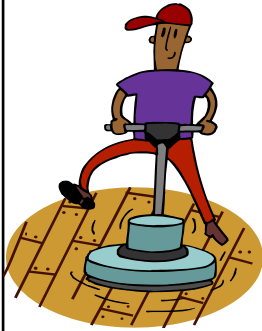
In addition, the Brown Station Landfill located at 11611 White House Road, Upper Marlboro, MD is open Thursdays and Fridays (7:30 a.m. –3:30 pm) and Sundays (7:30 am-4:00 pm) for Household Hazardous Waste and Recycling. Item not accepted are software, stereo speakers, boxes small appliances, microwave ovens and console TVs. There is a limit of 5 per day per person on computers/monitors. Contact 301-883-5045 for additional information, if needed.

*****EWCWSS****

Local Forest Heights
Post Customer

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



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Wayne's Flooring
Sanding & Refinishing
Hardwood Flooring
we also Install
All work done by Owner
Wayne Ballard

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Phone 301-292-2736
Cell 301-399-0301

PET WASTE TRANSMITS DISEASE

**LEASH AND CLEAN
UP AFTER
YOUR PET**



**PLEASE KEEP
THIS AREA
CLEAN**

A. It shall be unlawful for any owner, possessor, keeper or harborers of a dog to permit said dog to be upon public streets, sidewalks, roadways, alleys, or any other person's property within the Town except when under restraint by leash or similar device and conducted by a person competent and able to control said dog.

E. When walking a dog by owner, possessor, keeper or caretaker it is required that all excrement be immediately removed from public or private property.²⁹

Section 7.3: Penalty

Any person violating the provisions of this Article shall be guilty of an infraction and shall, upon conviction, be fined not more than one hundred dollars (\$100.00) for the first offense. Repeat offenders may be assessed a fine not to exceed \$200.00 for each repeat offense.

ADMINISTRATIVE OFFICES

Phone (301) 839-1030 Fax (301) 839-9236
8:30a.m.—5:00 p.m.
www.forestheightsmd.gov

Mayor Jacqueline Goodall—ext.223
jacquelinegoodall@msn.com

TOWN COUNCIL

Ward I

C. Lynn Smith-Barnes—ext. 301
ward1handinhand@aol.com

Robert Barnes —ext. 303
RBarnes@forestheightsmd.gov

Ward II

Jonathon Kennedy II— ext. 304
jwkennedy2@yahoo.com

Cynthia Mann— ext. 305
CMann@forestheightsmd.gov

Ward III

Habeeb-ullah Muhammad— ext.300

Larry Stoner—ext 302
lmstoner@verizon.net

ADMINISTRATIVE OFFICES

Vern Haelele, Town Administrator— ext. 234
VHaelele2010@gmail.com

Bonita Anderson, Town Clerk—ext. 233
BAnderson@forestheightsmd.gov

**Sherletta Hawkins, Administrative Assistant—
ext. 232**
SHawkins@forestheightsmd.gov

Leittia Vaughn, Town Treasurer—ext. 221
LVaughn@forestheightsmd.gov

Mimi Liu, Town Communications Specialist
liu.y.mimi@gmail.com

Tanya Miller, System/Web Administrator
TMiller@forestheightsmd.gov

COMMUNITY CALENDAR APRIL 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TOWN MAYOR/ COUNCIL WORKSHOP 7:30p.m.	2	3 Maryland Senior Idol Bowie Center for the Performing Arts from 1 to 3 P.M.	4 BINGO 10:00-1:00 p.m. Neighborhood Watch 7:00 p.	5 Last Day to order Share Food Package	6 Community Cards 1:00- 3:00p.m.
7 Picadilly Circus Plateau at National harbor April 1-7	8 Trash/Recycling	9 Backyard/Patio Garden Workshop 6:00 p.m. After-School Tutor- ing Program 2:00- 5:00 p.m.	10 Yard Waste	11 Bulk Trash	12	13 Women's Health fair Hosted by Congresswom- an Donna Ed- wards Prince George's Ballroom 2411 Pinebrook Ave. Landover, MD 20785 8:30 a.m. to 2 P.M.
14	15 Trash/Recycling	16 Sustainability Planning 6:30 p.m.	17 MAYOR/COUNCIL MEETING 8:00 p.m.	18 Bulk Trash	19 National College Fair Prince George's Sports & Learning Complex 9:30 a.m. to 3:30	20
21	22 Trash/Recycling	23 Mosquito Con- trol Workshop 6:30 p.m.	24 Yard Waste	25 Diabetes Forum 12:00-1:00 p.m.	26	27 Forest Heights Clean-up Health Fair Glass- manor Community Center from 12:00 to 3:00 P.M.
28	29	30	WHEN WAS THE LAST TIME YOU ATTENDED A TOWN MEETING?			

SHARE FOOD NETWORK FOR MARCH

Pick up Saturday April 20, 2013

Menus Subject to Change

ORDER AND PAY By April 5, 2013

10:00 a.m. to 11:00 a.m. **NOTE CASH ONLY**

10:00 a.m. to 11:00 a.m. **NOTA SOLO EFECTIVO**

<u>Package "A"</u> <u>Value Package</u> <u>\$20.00</u>	<u>Package "B"</u> <u>Cooking For Two</u> <u>\$16.00</u>	<u>Package "C"</u> <u>March's Easter Ham</u> <u>\$21.00</u>
Boneless Pollock Filet	Boneless Pollock Filet	Grilling Meats: Choice Sirloin (2)
Split Chicken Breasts	Split Chicken Breasts	Boneless pork chops (2), Italian sausage (3/4 lb.)
Ready-to-serve Chicken Breast Strips	Ground Turkey	Chicken breast (1#), pork tenderloin (10oz), and ground beef (1#)
Ground Turkey	Aunt Jemima's Buttermilk Waffles	
Pork Sausage Patties	And 3 Fresh Produce Items	
Auth Jemima's Buttermilk Waffles		
And 5 Fresh Produce Items		

**NOTE: IF ORDER IS NOT
PICKED UP BY 11:00 A.M.**