



Forest Heights Residents Unite for 50th Anniversary Tribute of the March on Washington

Forest Heights residents were among the tens of thousands of people who attended the National Action to Realize the Dream March Aug. 24 at the National Mall. The event was part of a series of special events commemorating the 50th Anniversary of the March on Washington for Jobs and Freedom.

The original March on Washington was held Aug. 28, 1963, where civil rights activist Dr. Martin Luther King Jr. delivered his iconic "I Have a Dream" speech at the Lincoln Memorial in front of nearly

250,000 people at the time.

A number of elected officials and leaders of civil rights groups and religious organizations spoke at a rally prior to the Aug. 24 march, which included: U.S. Attorney General Eric Holder; the Rev. Al Sharpton; Martin Luther King III; Myrlie Evers-Williams, the widow of slain civil rights activist Medgar Evers; civil rights activist and former NAACP chairman Julian Bond; Sybrina Fulton, the mother of Trayvon Martin; Newark, N.J. Mayor and Democratic Senate candidate Cory Booker; U.S. Rep. Steny Hoyer, D-Md.; House Minority Leader Nancy Pelosi, D-Calif.; U.S. Rep. John Lewis, D-Ga., the sole surviving speaker from the original 1963 event.

Speakers advocated for jobs and economic opportunity, affordable health care, social equality and fairness, improvements to education, among others.

Several Town residents also went to see the Martin Luther King Jr. National Memorial, which opened in 2011. Afterwards, Town residents enjoyed a lunch and discussion period at the Great American Steak & Buffet Company.

Some words from our residents'

Five decades ago, Martin Luther King, Jr. made a speech where he desired that his four little children would live in a world where they would not be judged by the color of their skin but the content of their character. The task is not done, the journey is not complete. There is still a lot of work to do. The March on Washington's 50th Anniversary was a reminder that the work must go on until the dream is realized. The recent murder of Trayvon Martin serves as a reminder that blacks are still not equal and are judged by the color of their skin with little to no regard for the content of their character. Participants in the rally at the Lincoln Memorial followed by a march to the King Memorial were encouraged to stand up, speak out, speak up, make some noise and get in the way of the injustices that continue to exist today. Our vote is precious and must be used to bring about a non-violent revolution. "We" have to make a change to make America what America is supposed to be. We were encouraged to join Martin Luther King, III and Rev. Al Sharpton to galvanize the American people to take action and realize the dream!

Thanks to all of our wonderful sponsors and vendors for helping to make this year's Forest Heights Day a HUGE success and for helping our residents stay "Fit for Life!" Thanks go to you, Councilwoman Cynthia Mann (Ward II), Councilman Jonathon Kennedy (Ward II), and "Bean" for the opportunity to participate in this historic event - the 50th Anniversary of the March on Washington, and for the town picking up the tab for lunch.

Sandra and Nichelle Daniels

I would like to thank the Mayor and staff of Forest Heights for allowing me and my grandson Joseph Smith the opportunity to go to the 50th Anniversary March in Washington. We had a wonderful time and to be a part of that event, I truly appreciate you all so much.

Dear Forest Heights, I am Joseph Smith and I went to the Lincoln Memorial for the first time, and that was my first time I went to the MLK parade. I had a wonderful time, and I enjoyed the people who was there, thank for letting us go and be part of history. I hope we could do this again.

Mary Scruggs, and Joseph Smith

Good Morning! I hope that you all are having a blessed day. I am writing you all because I truly want to express a very heartfelt debt of gratitude and an even bigger Thank You for this past Saturday. It was certainly a wonderful experience especially for my Grandson. Any other trips or activities let us know.

THANK YOU! M. Logan-Taylor

"Hold Fast to your Dreams for if Dreams Die, Life is a Broken-Winged Bird that cannot fly" Langston Hughes

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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



To all those who made National Night Out an event to remember.

On behalf of the Forest Heights Police Department, I would like to sincerely thank all the individuals, law enforcement agencies, neighborhood watch who supported and participated in Forest Heights National Night Out 2013 celebration.

National Night Out 2013 provided an opportunity for the entire community to unite to raise awareness about public safety and

crime and drug abuse prevention as well as celebrating police and community partnerships.

Many Thanks to All,

Col. S.W. Russell, Chief, FHPD

TAKE A BITE OUT OF CRIME



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!!

WATCH REPORT PROTECT

Help prevent crime, especially during the daytime and late night.

See something odd? Not quite right? Seems out of the norm? Gives you pause?

This is when you should call the Police!!!

Preventing Theft from Auto is easier than you think



Thieves look for the right opportunity.

Generally, thieves look for easy, risk free opportunities. Drivers become complacent about vehicle security and tend to leave their cars unlocked, windows down, and valuables in plain sight and easily accessible. As a result, drivers unwittingly create an easy opportunity for thieves to commit a crime. **Caution:** New vehicles often come with a spare key in the owner's manual. Do not leave this key in vehicle.

Don't Provide the Opportunity: Lock your doors, keep your windows up, and remove all inviting items from plain view.

Forest Heights Police Department August 2013 All Calls For Service

911 HANG UP	2 FIGHT IN PROGRESS	3 SUSPICIOUS SUBJECT(S) (ARMED)	1
ABDUCTION	1 INVESTIGATION	5 SUSPICIOUS SUBJECT(S) (CDS)	1
ASSAULT REPORT	2 JUVENILE COMPLAINT	2 SUSPICIOUS VEHICLE	6
ASSIST CITIZEN	3 LANDLORD/TENANT DISPUTE	1 SUSPICIOUS VEHICLE (OCCUPIED)	2
ASSIST FIRE DEPT / EMS	1 LOITERING / VAGRANTS	2 THEFT (FROM AUTO)	1
ASSIST OTHER UNIT (INCIDENT)	5 LOUD MUSIC	1 THEFT REPORT	5
ASSIST OTHER UNIT (TRAFFIC)	7 MAN DOWN	2 TRAFFIC ACCIDENT	2
ASSIST OUTSIDE AGENCY	10 MISSING PERSON	1 TRAFFIC CONTROL	1
B & E (RESIDENTIAL)	4 NEIGHBOR DISPUTE	2 TRESPASSER	3
BURGLAR ALARM (RESIDENTIAL)	7 POSSIBLE DUI DRIVER	3 TRESPASSER(S) ON FIELD	1
CARJACKING (ARMED)	1 PROPERTY DAMAGE (AUTO)	1 UNKNOWN TROUBLE	7
CHECK ON THE WELFARE	1 RECOVERED PROPERTY	1 VANDALISM TO AUTO	1
CUSTOMER DISPUTE	4 ROBBERY (CITIZEN)	1 WARRANT SERVICE	2
DISORDERLY SUBJECT(S)	15 SOUND OF GUN SHOTS	Total Calls Handled:	169
DISPUTE BETWEEN PERSONS	5 SPECIAL EVENT		
DOMESTIC DISPUTE	8 SUICIDE (ATTEMPT)		
E.P.S.	2 SUSPICIOUS SUBJECT(S)		

Message from the Mayor's Office

Forest Heights residents should be aware that a key component of the Affordable Care Act (also known as "Obamacare") will take effect on October 1, 2013. President Barack Obama signed the Affordable Care Act into law on March 23, 2010, which put in place comprehensive reforms to improve access to affordable health coverage for everyone and to protect consumers from abusive insurance company practices.

For those residents who are currently uninsured or who do not receive health coverage through work, you will now be able to go online and comparison shop for a variety of affordable plans that best meet your health care needs through **Maryland Health Connection**, which is Maryland's new health insurance marketplace.

Through Maryland Health Connection, you will be able to make apples-to-apples comparisons and determine your eligibility for financial assistance (tax credits) to reduce the cost of your monthly insurance premiums. A single, streamlined application will determine your eligibility for Medicaid or private insurance and walk you through the process.

Open enrollment for Families and Individuals begins Tuesday, October 1, 2013.

The open enrollment period will run through **March 31, 2014**.

NOTE: Even though you can start purchasing your health coverage by Oct. 1 and beyond, ***your health coverage will not start until January 1, 2014!***

Other provisions of the Affordable Care Act will go into effect on **January 1, 2014**.

I am making a commitment to ensure that all of our Forest Heights residents have as much information available to them as possible to make their insurance choices. Please read your town newsletter for upcoming workshops and seminars on Maryland Health Care Reform.

For more information or to enroll, please visit www.marylandhealthconnection.gov or call 800-318-2596.

Dear Friends,

Utility Warranty Services Agreement: The second phase of the National League of Cities Utility Service Line Warranty Program will start in Mid September. The first phase was for the Sewer Line Warranty. This service protects the home owner's sewer line service from the house to the WSSC main line by paying up to \$4,000.00 to repair the sewer line on your property. At this time **117 home owners in Forest Heights** have signed up for the sewer line warranty service program. Residents can still enroll in the sewer warranty service program at a fee of \$7.95 per month or an annual fee of \$90.40 by calling **866-922-9006**. The residents will receive the **water line warranty service agreement** in the mail the week of September 14th. The cost to enroll for the water line warranty service agreement is 5.95 per month or 66.40 if paid in full at the time you enroll. At this time we have 15 home owners pre-enrolled in the Water Line warranty service program. **Many home owners are not aware that they are responsible for the water line repair from the house to the meter as well as the sewer line from the house to the WSSC main line, which is normally in the street.** **Feel free to contact Vern Haeefe, Town Administrator if you have any questions. 301-839-1030**

Shredding Program Draws Raves: We had excellent feedback from the residents regarding the shredding program held on Saturday, August 24th from 9 am to 3 pm. I understand that about 150 residents participated. We plan to have this program every year. Councilmember Robert Barnes deserves a good deal of Credit as he suggested the program two years ago. If you have any suggestions that you feel would improve the program contact the Town Office with your suggestions.

Forest Heights Elementary Students to Make Debut at Miss America Parade

Forest Heights, Md. – Forest Heights officials contributed \$1,500 to Forest Heights Elementary School to allow them the opportunity to perform for the first time at the 2014 Miss America "Show Us Your Shoes" Parade Sept. 14 in Atlantic City, N.J.

Town Community New



WARD II MID-DAY HAPPY HOUR

Saturday, September 28, 2013

12 noon to 3:00 pm (North Side)

*Door prizes will be drawn every hour
must be present to win.*

Let's talk. All are welcome. Meet your neighbors
Stay tune for more details.



TANGER OUTLETS NATIONAL HARBOR JOB FAIR

Shop For Your New Career at Tanger

Tuesday, September 17, 11 am.-6 pm

Wednesday, September 18, 4pm-7 pm.

Southern Regional Technology and
Recreation Complex

7007 Bock Road, Fort
Washington, MD 20744

**ATTENDANCE IS FREE
AND OPEN TO
THE PUBLIC**



YARD SALE

TOWN OF FOREST HEIGHTS AND
ABUNDANT LIFE MINISTRIES

5533 LIVINGSTON ROAD, FOREST HEIGHTS, MD 20745

SATURDAY, SEPTEMBER 21, 2013

8:00 A.M. - 3:00 P.M.

VENDORS WANTED SPACE \$15 ** TABLE \$ 5

CONTACT TOWN OFFICE

(301) 839-1030



It is our pleasure to invite you to join us for the third annual Countywide "CLEAN UP, GREEN UP" event on SATURDAY, OCTOBER, 19, 2013. This event supports our initiative to make our community cleaner and greener by conducting individual community planting and coordinating beautification activities throughout Forest Heights. Please get your partner and call to get on the list.



Greetings and welcome to the new Abundant Life Ministries Counseling Center located in Forest Heights, Maryland. We are excited about our connection with you and your families within the town of Forest Heights and surrounding communities. Our counseling center wishes to build a bridge and to partner with you, our local community. On behalf of our most gracious Mayor, I am happy to let you know that we are now providing services at our location in the areas of faith based counseling and life coaching, as well as non-faith-based life coaching. Some of the counseling and life coaching services that we provide are premarital, marital, domestic violence (awareness and prevention), addictions and recovery (life coaching), financial resources and parental support and awareness group sessions. For more information on our community counseling services. Please feel free to contact the church at 5533 Livingston Rd., Oxon Hill, MD 20745, (301) 839-7993.

In the month of October, 2013, we have been invited by Mayor Goodall to run non-faith based workshops for women entitled 'Women's Empowerment Workshops 2013'. These workshops will address issues experienced by women and how women can be empowered in their everyday lives. The themes of these workshops are:

I am proud to be a woman (covering domestic violence awareness and prevention... teen daughters invited)

Who is the real you (five personality traits of a woman)

Remove the dead things (life crisis and your reaction/responses) and finally

Wake up and live (how to design a step-by-step plan for your future from the here and the now).

These workshops will run once a week, dates and times will appear in the October Newsletter. If you are interested in attending the Women's Empowerment Workshops 2013, please feel free to call the mayor's office or the church to get more information. These workshops are free!!!

Community Healthy Heights Tips



Join the Town of Forest Heights in celebrating Nickelodeon's 10th Annual Worldwide Day of Play, a day full of activities, games, sports, music and healthy snacks!

Saturday, September 21, 2013 @ 12 noon-4pm

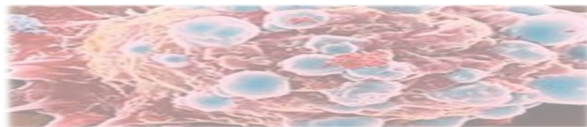
Location: Forest Heights Elementary School
200 Talbert Drive,

Forest Heights, MD 20745

For more information, call 301-839-1030



*The Forest Heights Healthy Living Program
presents a health seminar on:*



CANCER PREVENTION AND SCREENING

Thursday Sept. 26, 2013 @ 1pm -2pm

Town of Forest Heights

5508 Arapahoe Drive

Forest Heights, MD. 20745

RSVP by Sept. 24 to Mrs. Hawkins for free
lunch at 301-839-1030

Warning! Look Out for Town & County Kids Heading Back to School

Public Schools began the 2013-14 school year on Monday, Aug. 26. Back-to-school is an exciting time for children. Unfortunately, children are unpredictable and not always mindful of traffic safety. Children may have difficulty gauging the distance and speed of an approaching car, and may struggle to recognize and react to potentially hazardous situations.

Slow down and follow the speed limit. Whether in a school zone or residential neighborhood, motorists should keep their speeds low and be prepared to stop quickly for school buses and for increased vehicle or pedestrian traffic.

Look for clues of children nearby. Keep an eye out for clues that children are likely nearby, including crossing guards, bicycles and playgrounds.



**Walker Mill Community Development Bridge to Life Community Affair
Together We Can End Domestic Violence!**

STOP SEXUAL ABUSE & STOP MOLESTATION

Please plan to attend and become aware of the signs...

WHEN: September 28, 2013 from 10:00 a.m. to 3:00 p.m. **WHERE:** Walker Mill Baptist Church
6801 Walker Mill Road, Capitol Heights, MD/Phone: (301) 808-4992

RAINDATE: If there is rain – Rescheduled date: October 12, 2013 10:00 a.m. to 3:00 p.m.

“Refreshments will be served”

Senior Community News

FREE Day of Weatherization FREE

A Partnership Between

**United Communities against Poverty, Inc
(UCAP)**

And Washington Gas

Saturday, November 2, 2013

These Measurers May Include:

Installation of Plastic on Windows (Maximum of Eight)
Caulking around doors and windows (maximum of two doors)
Installation of Weather Stripping (Maximum of Two Doors)
Installation of kitchen faucet aerator (Maximum of One)
Installation of Bathroom faucet aerators (Maximum of Two)
Application of Clear Glass Patch Tape on Cracked Windows

Call to Get on the List

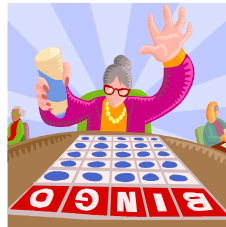
301-839-1030

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

Councilman Robert Barnes & Ms. Anne Reifsneider work to provide activities and service to our citizens.

Please mark your calendar for the:

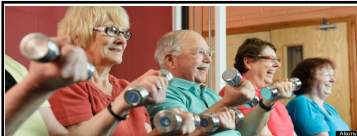
**Senior Bingo FIRST THURSDAY of each Month
from 10:00 a.m.-1:30 p.m.**



**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.



Free Exercise Classes Monday and Wednesday, Class Begin at 12:00 noon

Starting or maintaining a regular exercise routine can be a challenge as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you've never exercised before, you may not know where to begin. Or perhaps you think you're too old or frail, or that exercise is boring or simply not for you.

While these may seem like good reasons to slow down and take it easy as you age, they're actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too. No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't require strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you're housebound—there are many easy ways to get your body moving and improve your health.

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.

They 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 Ms. Reifsneider if you are interested in our ongoing program for weatherization.

**Call Anne Reifsneider
for appointment 301-839-1146**



**We offer Free COMPUTER
CLASSES. Classes are Tuesday
and Thursday at 12:00 noon.
The first class will start Tuesday
September 24, 2013.**

Ward III Residents!

Ward III Council Members invite all to come out to talk ask questions, make suggestions, and discuss Town issue. We will attempt to answer your questions, and if we don't have an answer, we'll find out. Come out to Town Hall to meet your neighbors. September 14, at 2:00 p.m.

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



Town Community News (continued)

WHAT IS BULK TRASH

- Household furniture, mattresses, and box springs, which can be compacted by the trash trucks

WHAT IS NOT BULK TRASH

- Appliances such as stoves, washing machines, refrigerators, hot water heaters, and tires, and trash



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

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

Forest Heights Hosts 3-on-3 Basketball Tournament, October 5, 2013 11:00 a.m. at Forest Heights Neighborhood [Tayac] Park



Farmers' Market

Connecting the Community

We'll See You Every Monday

12:00—5:00 P.M.

***Forest Heights & St. Mark AME Church
Market***

5427 Indian Head Hwy
Oxon Hill, MD 20745



Tree Law



In Maryland, a property owner may utilize "self-help" to trim back at the property line any tree branches or roots encroaching from an adjoining property. This includes trimming overhanging branches located above the ground that break the imaginary plane located along the property line. The exception is

that any trimming of encroaching branches or roots must not be so severe as to threaten the health of the adjoining property owner's tree or other vegetation. If a tree straddles the property line, it is considered jointly owned by both neighbors and both must agree to any removal or pruning of the boundary line tree, unless the tree immediately presents an unsafe condition.

Another exception to the self-help remedy exists with regard to roadside trees. Any person who desires to cut down or trim any roadside tree must apply to either the Maryland Department of Natural Resources or the local government (county or municipality) for a permit. Nonetheless, permits are not required to trim a tree that is uprooted or has branches broken so as to endanger persons or property unless local ordinances state otherwise. Roadside trees are typically located within the unimproved portion of the public right of way; however, one should check with the Town and/or a recorded plat to determine the exact location of the property lines.

When dealing with dead trees, the owner on whose property the dead tree stands may have a duty to prevent injury to neighbors or passersby where the tree poses a danger. The owner of an urban tree, such as in Forest Heights, typically has a higher legal duty to use reasonable care to protect the safety of others. If an urban property owner had notice or was otherwise made aware of a dangerous tree condition, he or she would be held responsible for any damages or injuries to unsuspecting persons or property caused by fallen dead branches. If the fallen tree or branch results without prior notice or occurs to a healthy tree, it is often referred to as an "Act of God" and the owner is typically not considered to be liable.

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Post Customer

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Town Community News (continued)

Tackling Litter One “butt” At A Time

By: Everette Bradford

Do you know what it means to be a Trash Free Community? Are you aware of the Trash Free Forest Heights Litter Prevention Campaign? If not, this is an opportunity to take a glimpse into the work that has taken place to impact the litter issue in the Oxon Run Creek. Trash Free Communities make-up an exclusive cohort of dedicated cities and towns working to alter their trash foot print and tackle the litter issue both in their local neighborhoods and waterways and the Potomac River Watershed at-large. These communities have networks of dedicated volunteers working to both receive environmental education from AFF as well as working to implement key pieces of our Litter Prevention Campaign toolkit.

The Alice Ferguson Foundation and Town of Forest Heights have been working to implement the litter prevention campaign which should in turn influence a behavior change amongst the residents impacted by the campaign and messaging. While each community works to achieve the overall goal of tackling the litter in different ways and at different speeds, each community has a litter issue. In order to evaluate the effectiveness of the litter prevention campaign the Alice Ferguson Foundations Trash Free Potomac Watershed Initiatives- Trash Team must complete a series of observational surveys where we work to track the behavior of residents and passerby's. Over the last several months, the Trash Team has completed a number of observations in various communities in Prince Georges County and from the results, we have been able to recommend and create strategies for the volunteers to tackle their issues.

In the Forest Heights/ Glassmanor neighborhoods, the Trash Team has completed a series of observations at the Eastover Shopping Center. The results have yielded a relatively high litter rate where most of the litter observed has been cigarettes. In an effort to impact this issue and tackle this litter from the source, AFF has been working specifically through the Discount Tobacco store that generates a great deal of profit from cigarettes. Based on data from the “Trash Timeline”, AFF educates patrons that cigarettes could take anywhere from 1-5 years to decompose in the natural environment. While this breakdown occurs the cigarette butt is leaching harmful and toxic chemical into the soil. Eventually those chemical will end up in our drinking and bathing water.

In an effort to change this behavior AFF has posted cigarette litter trash cans, as well as litter prevention banners. We have engaged the Discount Tobacco store to serve as the overseers of the project and trash bins. Perhaps patrons will see this effort and begin to seek and understand that their cigarettes are not meant to be disposed of on the ground. For many it seems like second nature to fling a cigarette wherever it may fall, however this behavior is rather harmful and consequential. In essence it is necessary to tackle one “butt” at time. . **To learn more about the litter prevention campaign in Forest Heights and how you can get involved, please join us for a community cleanup event this coming October.**



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
ward3muhammad@yahoo.com

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. 229
SHawkins@forestheightsmd.gov

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

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

COMMUNITY CALENDAR SEPTEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Exercise Classes 12 noon Farmers' Market St. Mark AME Church Indian Head Hwy 12noon-5pm.	3	4 Exercise Classes 12 noon Yard Waste	5 Neighborhood Watch Meeting Prince George County Fair The Show Place	6	7 Taste of Prince George's Six Flags America
8	9 Town Mtg. 7:30 pm Exercise Classes 12 noon Farmers' Market St. Mark AME Church Indian Head Hwy 12noon-5pm.	10	11 Exercise Classes 12 noon	12 Bulk Trash Pickup	13 Last Day to Pay for Food Share 3:30pm	14 Ward III Meeting 2:00pm
15 NFL Punt, Pass & Kick Competition Tucker Road Athletic Complex 10am	16 Exercise Classes 12 noon Trash/Recycling Farmers' Market St. Mark AME Church Indian Head Hwy 12noon-5pm.	17 Job Fair Tanger Outlets National Harbor 11-6 p.m.	18 Town Mtg. 8pm Job Fair Tanger Outlets National Harbor 4-7 p.m. Exercise Classes 12 noon Afternoon Tea: Celebrating Hispanic Heritage Month with	19 Bulk Trash Pickup	20	21 Nickelodeon's 10th Day of Play Forest Heights Elementary School 12-4 Yard Sale Abundant Life Ministries 8-3pm Bluebird Blues Festi- val Prince George's Community College
22 The Color Run National Harbor	23 Exercise Classes 12 noon Trash/Recycling Farmers' Market St. Mark AME Church Indian Head Hwy 12noon-5pm.	24 Computer Class Start for beginners 12 noon	25 Exercise Classes 12 noon Last Day to Call to get on the List Can- cer Prevention Lunch Screening Yard Waste	26 Cancer Prevention and Screening 1pm Computer Class noon Bulk Trash Pickup	27	28 Community Cards 1pm Ward II Mid-Day Happy Hour North Side 12 noon-3pm Come Pick up your Food Share Stop Sexual Abuse & Stop Molestation 10- 3pm. Walker Mill
29 The Capital Challenge Horse Show The Show Place Arena 12-5pm.	30 Exercise Classes 12 noon Trash/Recycling Farmers' Market St. Mark AME Church Indian Head Hwy 12noon-5pm.	31 Computer Class 12 noon	Exercise Classes 12 noon Yard Waste	NOTE: IF ORDER IS NOT PICKED UP BY 11:00 A.M. FOOD WILL BE GIVEN AWAY		

SHARE FOOD NETWORK FOR September

Pick up Saturday September 28, 2013

ORDER AND PAY By September 13, 2013 10:00 a.m. to 11:00 a.m. NOTE CASH ONLY
10:00 a.m. to 11:00 a.m. NOT A SOLO EFECTIVO

<u>Package "A"</u> <u>Value Package</u> <u>\$20.00</u>	<u>Package "B"</u> <u>Seafood Special</u> <u>\$22.00</u>	<u>Package "C"</u> <u>Chicken Wings</u> <u>\$14 for 5 lb. bag</u>	<u>Package "D"</u> <u>Prime Rib Special</u> <u>\$32.00</u>
All-Beef Meatballs, 1lb. 4 Boneless Pork Chops, each 4 oz. Chicken Breast Filets, 1 lb Ground Turkey, 1lb Frozen Broccoli Florets 10oz Green Giant Rice Medley, 1lb And 8-9 pounds of fresh, summer produce	2,2 pound packages of salmon 1,2 pound package of tilapia	Fully frozen and individually quick-frozen wings, making it easy to take out what you want each time, leaving the rest in the bag, frozen. Easy to prepare, and clearly a favorite!	Limited quantities! Prime Rib of Beef, 4lb. Roast, fully cooked. Feed 6-8 people a special prime rib dinner for half price

Notice: Engineers will do presentations and answer questions prior to the regular Town meeting that will be held on September 18th about the Rolph Drive and North Huron projects. In addition, they will update the Town residents on other street projects at 7:30 p.m. Questions regarding the new Stormwater Fee will be also be answered.

Governor O'Malley Declares September 15-21, 2013

"Day of Service in Maryland"

FOREST HEIGHTS IS DOING A FOOD DRIVE!

WE WILL STUFF A CAR WITH FOOD, ON

Thursday, September 19th, to Friday 20th, 2013

Please come Help us Help Someone!



Congratulations to a partnership between Oxon Cove Park and Forest Heights Elementary School. The National Park Foundation awarded grant money this year that has been used to purchase backpacks filled with binoculars, field guides and other items that will be used to observe the natural world along Oxon Run and Oxon Cove. This program is the outcome of a partnership between the National Park Service and Forest Heights Elementary School that was initiated in 2011.

