



When I first moved to the Town of Forest Heights in 1992, there were no plans for this area. It wasn't until 2000 that the county first released the Heights Master Plan. Having a background in planning, I was very eager to pick up one of the first copies. As I read through the plan, I was disappointed to learn that the MD 210 sector was not included; Forest Heights and Eastover were barely mentioned. At the time, I knew that was unacceptable, and knew something had to change.

Fast-forward to almost 13 years later, where on Sept. 23, 2013, the Prince George's County District Council and Planning Board held a Public Hearing on the first Eastover/Forest Heights/Glassmanor Sector Plan and Proposed Sectional Map Amendment, and where I spoke in support of the efforts behind the plan. This sector plan will bring so many opportunities to our area in terms of improvements to public safety, environmental sustainability, economic development and community revitalization. If you haven't already, you can request a copy from our Town Planner or view the online version at http://www.pgplanning.org/Projects/Ongoing_Plans_and_Projects/Community_Plans_and_Studies/Eastover.htm.

The District Council is expected to make a final decision on the plan by this winter. For those of you who were unable to attend the public hearing, you can still submit written statements* into the record through **close of business on Tuesday, October 8, 2013**. Written statements should be addressed to: The Clerk of the County Council, County Administration Building, 14741 Governor Oden Bowie Drive, Upper Marlboro, MD 20772.

**Note: Emails and faxes will not be considered unless followed by originals mailed to the Clerk of the County Council.*

IMPORTANT!!! Maryland's Video Lottery Facility Location Commission (VLFLC) will conduct site visits and hold public comment sessions for Prince George's slots facility operation license proposals. Each applicant will present on one of three days – October 21, 23, or 25.

The schedule will be as follows:

Monday, Oct. 21, 2013: Penn National Gaming at Rosecroft Raceway

Wednesday, Oct. 23, 2013: Greenwood Racing/Parx Casino at Broad Creek

Friday, Oct. 25, 2013: MGM at National Harbor

On each of the three days, the Commission's schedule will be as follows:

2:00 PM: Tour of the proposed facility location

3:30 PM: Applicant presentation to Commission

6:00 PM: Public hearing (including brief public presentation by applicant)

The applicant presentations and public hearings will be held at **Friendly High School, located at 10000 Allentown Road, Fort Washington, MD 20744**. Individuals interested in speaking to the Commission are encouraged to sign up to testify before the hearing. Witness sign-up sheets will also be available at the hearing location by 4:30 p.m. the day of the hearing. **Guidelines for public testimony are available at the Commission's website at <http://gaming.mdlottery.com/video-lottery-facility-location-commission/>.**

I hope that the residents of Forest Heights will come out in numbers so that we can have a voice in what is the future of our area. Either we be a part of the decision making process or we live with the decisions others have made for us.

Mayor Jacqueline Goodall

Fort Washington Medical Center (FWMC) A Nexus Health Company

Support Fort Washington Medical Center Your year-round tax-deductible donation supports new programs, equipment and services. Planned gifts and accepted. Go to Ways to Give at www.fortwashingtonmc.org or Make your check or money order payable to: Fort Washington Medical Center P.O. Box 254 Oxon Hill, MD 20750 or call 301-686-9010 for more information on Ways to Give.

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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



On Thursday September 19 and Friday September 20, 2013, the FHPD sponsored a food drive in conjunction with the Office of the Governor. The participation was outstanding as people from the various communities in the area stopped by and left non-perishable food and other items that are being used to supply the pantry at St. Mark AME Church in the event of a local disaster. Through the kindness of so many we collected over 400 different items to donate to St. Mark's pantry. Our sincere thanks go out to all who donated and to all of the volunteers from the town of Forest Heights and our neighbors from the Birchwood community.

Col. S.W. Russell, Chief, FHPD

The Forest Heights Police Department will once again sponsor the Forest Heights Haunted House on October 26th, 2013. We are looking for volunteers to help, community service hours will be given. Please leave your name for Councilman Jonathan Kennedy at 301-839-1030 and he will contact you regarding the details.

**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!!!

Forest Heights Police Department September 2013 All Calls For Service

911 HANG UP	1 DOMESTIC DISPUTE	7 THEFT REPORT	5
ANIMAL COMPLAINT (OTHER)	1 INVESTIGATION	3 TRAFFIC ACCIDENT	3
ASSAULT REPORT	3 LOITERING / VAGRANTS	1 TRAFFIC ACCIDENT (HIT & RUN)	1
ASSIST CITIZEN	1 LOUD MUSIC	1 TRAFFIC COMPLAINT	1
ASSIST CODE ENFORCEMENT	1 MAN DOWN	2 TRAFFIC CONTROL	1
ASSIST FIRE DEPT/EMS	1 OPEN DOOR	1 VANDALISM	1
ASSIST MOTORIST	3 PANHANDLER	1 WARRANT SERVICE	3
ASSIST OTHER UNIT (INCIDENT)	4 PROPERTY DAMAGE	Total Calls Handled:	128
ASSIST OTHER UNIT (TRAFFIC)	1 SEXUAL ASSAULT		
ASSIST OUTSIDE AGENCY	7 SPECIAL EVENT		
AUTO THEFT	2 SUSPICIOUS SUBJECT(S)		14
B & E (RESIDENTIAL)	3 SUSPICIOUS SUBJECT(S)(ARMED)		1
BURGLAR ALARM (RESIDENTIAL)	19 SUSPICIOUS VEHICLE		5
CHECK ON THE WELFARE	3		
CUSTOMER DISPUTE	1		
DISORDERLY SUBJECT(S)	14		
DISPUTE BETWEEN PERSONS	8		

Message from the Mayor's Office

REMINDER: Health Insurance Marketplace Opened Oct. 1, 2013!

Forest Heights staff hosted an Informational Session on the Affordable Care Act and the new Health Insurance Marketplace on Sept. 21 at the town hall. We had Dourakine Rosarion, a Department of Health and Human Services representative, give a presentation on the new law and its impact on Maryland residents. Parts of Ms. Rosarion's presentation will also be available on the Town of Forest Heights YouTube channel and the Forest Heights website in the coming days.

Some key takeaways from the presentation:

The (4) medical care carriers that will be listed in the health exchange: CareFirst, Evergreen, Kaiser Permanente and UnitedHealthcare

Among these medical care carriers, there will be 45 different health options for selection in the exchange. Adult dental plans are offered separately from medical insurance plans

(7) Medicaid Managed Care Organizations (MCOs) available for those who are Medicaid eligible. The plans offered are for primary insurance coverage only; NO secondary coverage

The Health Insurance Marketplace is a new way to find health coverage that fits your budget and meets your needs. Open enrollment starts October 1, 2013 and coverage starts as soon as January 1, 2014!

**There are three ways to enroll: Visit www.marylandhealthconnection.gov
Consolidated Services Center 1-855-642-8572 1-855-642-8573 (TTY) Monday-Friday, 8 am to 6 pm**

On-site, In Person Assistance – information coming soon

Employee for the Quarter

Congratulations to our Town Administrative Assistant Sherletta "Bean" Hawkins, who was selected for the Town's Employee Appreciation Program this past quarter for her outstanding work in coordinating Forest Heights Day 2013. Mrs. Hawkins had worked tirelessly with our sponsors in helping to make this year's event one of the most successful yet-to-date, and helping to bring in over \$3,400 from our generous donors to cover the cost of the event! Mayor Jacqueline Goodall presented her with an Employee Appreciation award Sept. 9 at the Town Hall stating, "Bean was the driving force [behind Forest Heights Day]. She was the fire starter. She truly went above and beyond."

Dear Friends,

Forest Heights Receives Hundreds of Donated Items for Food Drive

Thanks to the dedicated and combined efforts of the local citizenry, the Town managed to collect more than 400 donated items during its Food Drive Sept. 19-20 at Eastover Shopping Center as part of this year's "Maryland Day to Serve" event.

The Town received canned and boxed goods, personal hygiene products — toothpaste, soap, shampoo, toothbrushes, shaving gels and deodorant — and even children's clothing. These items were handed over to St. Mark AME Church, who will distribute the items to those in need.

The Forest Heights Food Drive was truly a multi-community collaboration and achievement. We had residents from all across Forest Heights, Eastover and the Glassmanor-Oxon Hill area who had either donated items, volunteered their time or both. Members of the Forest Heights Police Department were also on hand during both days to accept donations.

We would like to thank all of our volunteers for their help with this important event, particularly Jacoline Key, president of the Glassmanor Citizens Association, and her community, as well as members of the Birchwood City community in Oxon Hill for their generous contributions.

A regional effort by the states of Maryland, West Virginia, Virginia and the District of Columbia, "Day to Serve" unites people of all faiths, races, cultures and backgrounds with the shared goal of helping those in need and improving local communities. The annual event runs September 15-29.

If you know someone who is in need of assistance, please direct him or her to St. Mark AME Church, located at 5427 Indian Head Highway, Forest Heights. The church's number is 301-567-4129.



Town Community New

Join the Town of Forest Heights as we

Volunteer to remove trash and a day of Planting. Let's Go Green Together!!

Our Community Needs... YOUR HELP!

October 19th

Forest Heights Municipal Building

5508 Arapahoe Drive, Forest Heights, MD 20745

STREAM CLEANUPS & A DAY OF PLANTING BEGIN AT 8:30 A.M.

Cleanups Happen RAIN OR SHINE!

Contacts-

**Bring sturdy boots and
dress in layers.**

Town Hall: 301-839-1030 or

Sherletta Hawkins 301-996-7159

Jacqueline Goodall: 240-602-0855

Come have a day of fun and get your Community Hours

Town Community New

Mortgage Foreclosure Prevention Forum

Host by SEED Housing and Community Services

Municipal Building 5508 Arapahoe Drive, Forest Heights Maryland, 20745

Thursday, October 17, 2013-7:00 p.m.-9:00 p.m.

SEED Housing Counselors will be available to answer questions and discuss information and resources with homeowners regarding Foreclosure Prevention and Foreclosure Mediation at no cost.

Two Councilmen Graduate from Academy for Excellence in Local Governance

Councilman Robert "Mikey" Barnes (Ward I) and Councilman Jonathon Kennedy II (Ward II) completed their program requirements as Fellows in the Academy for Excellence in Local Governance. The "Academy" is a voluntary certificate program that is a collaborative effort involving the Maryland Association of Counties, the Maryland Municipal League, the Local Governance Insurance Trust, and the School of Public Policy of the University of Maryland, College Park.

The ceremony for this year's group of graduates took place on Sept. 15 at the Memorial Chapel at the UMD College Park campus, where over a hundred graduates were recognized. By taking advantage of these training opportunities, which provide Maryland leaders with the knowledge and tools they need to meet the challenges of the 21st century, Councilman Barnes and Councilman Kennedy will now be able to take what they've learned and use it to benefit the Town of Forest Heights. Thank you both for your leadership and hard work! Congratulations!



WARD II MID-DAY HAPPY HOUR

Saturday, October 19, 2013

12 noon to 3:00 pm

Quade/Arapahoe Terrace

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

Let's talk. All are welcome. Meet your neighbors



Ward III Residents!

Ward III Council Members invite all to come out to talk, ask questions, make suggestions, and discuss Town issues. We will attempt to answer your questions, and if we don't have an answer, we'll find out. Come out to the Town Hall to meet your neighbors. October 26, at 4:00 p.m.

Council members Habeeb-Ullah Muhammad and Larry Stoner, Sr.

YARD SALE

**TOWN OF FOREST HEIGHTS AND
ABUNDANT LIFE MINISTRIES**

**5533 LIVINGSTON ROAD, FOREST
HEIGHTS, MD 20745**

SATURDAY, OCTOBER 12, 2013

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

VENDORS WANTED

SPACE \$15 AND TABLE \$ 5

CONTACT TOWN OFFICE

(301) 839-1030 OR 301-567-5780



Community Healthy Heights Tips

Forest Heights Awarded \$20,000 Grant for New Playground Equipment

We are proud to announce that Forest Heights was recently awarded a \$20,000 Let's Play Construction Grant from Dr Pepper Snapple Group and KaBOOM! The money will be used to fund construction for a new playground tot lot at the corner of Mohican Drive and Fox Way.

The grant was part of Let's Play, a community partnership led by Dr Pepper Snapple Group to get kids and families active nationwide. Forest Heights became eligible for the grant after it had earned a Playful City USA designation in 2013, a national program advocating for local policies that increase play opportunities for children.

Over the next few months, Town officials and staff will be meeting with parents from local elementary schools to gather input on the project. Under grant guidelines, construction on the new playground must be fully completed on or before **September 10, 2014**.

We would also like to acknowledge and thank Charmaine Turner, Director of the Forest Heights Healthy Living Program. This project would not have been possible without her hard work.

For more information on Let's Play, visit LetsPlay.com or [Facebook.com/LetsPlay](https://www.facebook.com/LetsPlay).



Forest Heights Day of Play: Promoting Healthy Eating and Active Lifestyles Among Our Youths

Forest Heights continued its goal of combating childhood obesity by taking part in this year's Nickelodeon's Worldwide Day of Play (WWDOP).

WWDOP is an annual event designed to encourage millions of kids and parents worldwide to turn off the television and play, especially outdoors. The Town launched its own Forest Heights Day of Play held Sept. 21 at Forest Heights Elementary School, and we are happy to say that the event was a tremendous success with over a hundred children participating in the day's activities!

We had the YMCA of Metropolitan Washington's renowned Physical, Healthy & Driven (PHD) on the Move van stationed at the school with its traveling playground. The kids hopped and crawled their way through mini obstacle courses, jump roped and played sports. In between activities, the kids munched on healthy snacks and drank bottled water provided by the Forest Heights Healthy Living Program.

We would like to thank all of our volunteers and our partners KaBOOM!, the Potomac Overlook YMCA, and Forest Heights Elementary School. Special thanks goes out to Charmaine Turner, Director of the Forest Heights Healthy Living Program, and Ward II Councilman Jonathon Kennedy II for their planning and assistance.

Forest Heights Hosts 3-on-3 Basketball Tournament, October 5, 2013



**11:00
a.m.**

**Forest
Heights**

**Neighborhood
[Tayac] Park**

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

Treatment and Care for Osteoarthritis

Thursday October 24, 2013 @ 1pm -2pm

Town of Forest Heights

5508 Arapahoe Drive

Forest Heights, MD. 20745

RSVP by October 22 to Mrs. Hawkins for free lunch at 301-839-1030

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

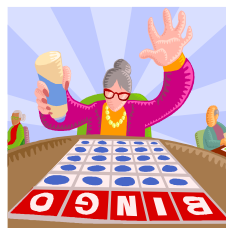
Call to Get on the List

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.

ATTENTION

KEEP DEER AWAY, Pour or spray a “rotten egg” cocktail around your plants will keep deer from eating them. Just mix six raw eggs in two gallons of water and let it sit outside for a week. The smell will keep Bambi at bay.



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

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**



**Seniors Cross through the
Digital Divide “Why you should
learn to use a Computer” it’s
FREE and only 1 hour Classes
are Tuesday and Thursday at
12:00 noon. At Municipal Bldg.**

NOT JUST FOR DISHES, Use about a tea-
spoon of liquid soap in your top-loading washing machine to
clean your clothes. It’s cheaper, with fewer chemicals.



*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
PAID

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, 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

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



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

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

Forest Heights Haunted House

October 26, 2013 5-9:00 p.m.



606 Modoc Ln. Forest Heights, MD 20745

Volunteers need to contact Town Hall 301-839-1030 (Hours will be Given to Students)

COMMUNITY CALENDAR OCTOBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Computer Class Capital Challenge Horse Show at the Show Place Arena 1-6 of Oct.	2 Exercise Classes 12 noon Yard Waste	3 Neighborhood Watch Meeting Arena	4	5 Basketball Tournament 3-0n-3 Tayac Park 11:00 a.m. Cleanup at Forest Heights Elementary picking up wood and trash and mulching around the trees 9-noon
6 Wilson Bridge Half Marathon National Harbor, MD 20745 www.nationalharbor.com Kinderfest Watkins Regional Park	7 Town Mtg. 7:30 pm Exercise Classes 12 noon Farmers' Market St. Mark AME Church Indian Head Hwy 12noon-5pm.	8 Computer Class	9 Exercise Classes 12 noon Afternoon Tea: David Wright Harmony Hall Regional Center 2pm	10 Computer Class Bulk Trash Pickup	11 Last Day to Pay for Food Share 3:30pm	12 Yard Sale Abundant Life Ministries 8-3pm JumpOFF National Children's Museum National Harbor 12-4pm Fall into Fun Watkins Regional Park Oct.12-13, 19-20
13	14 Exercise Classes 12 noon Trash/Recycling Farmers' Market St. Mark AME Church Indian Head Hwy	15 Computer Class	16 Town Mtg. 8pm Exercise Classes 12 noon Yard Waste	17 Computer Class Bulk Trash Pickup	18	19 Forest Heights Stream Cleanup and Planning 8:30 to noon Ward II Mid-Day Happy Hour North Side 12 noon-3pm
20 Halloween on the Farm Old Maryland Farm 301 Watkins Park Dr. 4-7pm	21 Exercise Classes 12 noon Trash/Recycling Farmers' Market St. Mark AME Church Indian Head Hwy 12noon-5pm.	22 Computer Class Last Day to Sign up for Lunch on Osteoarthritis	23 Exercise Classes 12 noon Afternoon Tea: Oktoberfest with Christiana Drapkin Harmony Hall Regional Center 2pm Yard Waste	24 Computer Class Treatment and Care for Osteoarthritis 1:00 p.m. Bulk Trash Pickup	25 Halloween Extreme Harmony Hall Regional Center Oct. 25-26, 7pm	26 Community Cards 1pm Come Pick up your Food Share Ward III Meeting 4:00pm Halloween at Forest Height 606 Modoc La. 5-9pm
27	28 Exercise Classes 12 noon Trash/Recycling	29 Computer Class	30	31		

<u>Package "A"</u> <u>Value Package</u> <u>\$20.00</u>	<u>Package "B"</u> <u>Beef Lovers</u> <u>\$22.00</u>	<u>Package "C"</u> <u>Veggie Lovers</u> <u>\$14.00</u>	<u>Package "D"</u> <u>Pasta Lovers</u> <u>\$20</u>
Turkey Burgers! 1# Bean & Cheese Quesadillas 12 oz Chicken drumsticks 1.6 Boneless Ham Steak 1# Lentils 1# Fresh Eggs 1 doz. Fresh Potatoes and 7# or more of healthy seasonal produce!	10-5.5 oz portions of bacon-wrapped sirloin	2# Lentils! 1 dozen eggs! 2# Brown Rice! 1# Yellow Split Peas! 3# of white Potatoes, and 8-10# fresh, seasonal produce, including fresh onions!	Stuffed Shells, Stuffed Manicotti, Tri Color Tortellini, Ravioli, Sun-dried tomato-stuffed Ziti, Spinach and cheese-stuffed Ziti, Potato and Cheddar Pierogies
SHARE FOOD NETWORK FOR October Pickup Saturday October 26, 2013 ORDER AND PAY By October 11, 2013 10:00 a.m. to 11:00 a.m. NOTE CASH ONLY			