



Mayor/Council Workshop Meeting

Monday April 7, 7:30 p.m.

Mayor/Council Meeting

April 16, 2014 8:00 p.m.



COMMUNITY SPOTLIGHT: Kevin Coleman

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.

Mayor Jacqueline Goodall presented her Mayor's Scholarship Award to Kevin Coleman at the Maryland Black Mayors Inc. "Red Carpet" Honors Gala March 28 at the Camelot by Martin's in Upper Marlboro. The gala celebrated outstanding community leaders and raised the capital needed to fund academic scholarships for local students.

"I am pleased to present the scholarship to Kevin, who has shown initiative in taking control of his life and deciding the outcome," Goodall said. "Motivator Les Brown once said 'Shoot for the moon and even if you don't make it, you will still be among the stars.' Kevin shot for the moon and is definitely among the stars. I am sure that if he continues to strive for what he wants in life, then surely he will one day reach the moon."

In addition to receiving a \$500 scholarship from Forest Heights as part of the Maryland Black Mayors Inc., Kevin received a \$500 scholarship from District 26 Delegate Veronica Turner and \$500 from Alexander & Cleaver Law Office.

"I feel really fortunate to have been chosen," he said. "The money is really going to help me out with my school expenses and will allow me to take some classes during the summer."

The youngest of three boys, Kevin attended both Oxon Hill High School and Potomac High School, and graduated from Potomac in 2006. His grade point average in high school was 2.7.

"I really didn't think I was going anywhere after high school," he said. "I had a job working as a manager of a sandwich shop. I thought I was going to be there for the next 50 years until I die. It was good enough but then one day it wasn't, and I chose to forge a new path. So I decided to get something better for myself."

In 2009, Kevin took a semester off from his classes at Prince George's Community College (PGCC) to reevaluate what he wanted to do with his life. Later, he left his job at the sandwich shop. During his time at PGCC, he started his own tutoring service, where he tutored math and science to high school and college students.

Afterwards, Kevin applied to the University of Maryland at College Park, where he received his acceptance letter about six months ago. He is now a Computer Engineering major who maintains a 4.0 grade point average. In between his classes and studies, he still holds tutoring sessions (about 3-4 appointments per week). Kevin will also receive his associate's degree from PGCC this semester.

He said his greatest joy comes from helping others. After he has worked several years in the job market, Kevin said he plans to become a teacher. He credits his success to support from his family and mentors such as his former professor Rocco Mennella.

"I think a lot of older kids and even adults don't realize that you have so much power to change so many things that you're not aware of," he said.

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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



Police Chief's Message

The Forest Heights community invites you to come and shred unneeded personal papers April 26, 2014, these papers should not be thrown in the trash due to the fact that people can and will be able to collect papers and commit identity theft. This is the only way to properly destroy personal documents.

Col. S.W. Russell, Chief, FHPD 5

Forest Heights Neighborhood Watch Program!

What are some of the benefits of starting a Watch Group?

Partnerships with Law Enforcement and your neighbors reduces crime, a more Secure and Better Prepared Hometown, more United Community and Improved Communications. Make Note on your Calendars April 3, 2014 at 7:00 p.m. All Citizens are Invited and Encouraged to Attend.



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

We are reminding residents of a new county law that went into effect on January 1, 2014 prohibiting the use of plastic bags for yard waste. In accordance with the county law residents who bag their yard waste must put the yard waste out for pickup in paper bags or reusable containers with sturdy handles and tight-fitting lids that are marked "Yard Waste." All other collection requirements will stay the same. You can purchase paper bags at Wal-Mart & Lowes for a 5 pack for under \$2.50.

Tree limbs must still be tied together in small bundles not to exceed 4 feet in length.



THURSDAY—Bulk (Three Items or Less)

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: Tires \$15.00 each

Forest Heights Police Department March 2014 All Calls For Service

ASSAULT REPORT	1	DISPUTE BETWEEN PERSONS	2	SUSPICIOUS SUBJECT(S)	14
ASSIST MOTORIST	1	DOMESTIC DISPUTE	1	SUSPICIOUS VEHICLE	4
ASSIST OUTSIDE AGENCY	3	E.P.S.	1	THEFT (FROM AUTO)	1
B & E (RESIDENTIAL)	1	FRAUD	2	TRAFFIC ACCIDENT	1
BURGLAR ALARM (RESIDENTIAL)	3	INVESTIGATION	1	TRAFFIC ACCIDENT (HIT & RUN)	1
CHECK ON THE WELFARE	4	LOUD MUSIC	1	TRAFFIC ACCIDENT (INJURIES)	1
CODE INVESTIGATION	1	LOUD PARTY	1	TRAFFIC CONTROL	6
COURT	2	MISSING PERSON	1	TRESPASSER	2
CUSTOMER DISPUTE	2	PROPERTY DAMAGE	1	UNKNOWN TROUBLE	3
DEATH REPORT	1	PROPERTY DAMAGE (AUTO)	3	WARRANT SERVICE	1
DISORDERLY SUBJECT(S)	1	ROBBERY (CITIZEN)	1	Total Calls Handled:	71

Message from the Mayor's Office

WINNING ESSAY by KEVIN COLEMAN

When I go to many family functions or community events, I notice that a lot of people in the twilight of their life share the same sentiment; "If I had it to do all over again, I'd live my life a little differently." Most of the time, this statement is pointed at getting a good education and making the most out of life. Today's youths and especially our urban youths are plagued by indolence and lack of vision. This too quickly and too often leads to settling for less than one is worth and it has run rampant in this country for too long. So many young males don't go after a career and rather settle for a job that pays the rent. So many young women would rather look to be taken care of than to ascend to the top of an institution of higher learning like so many others before them. The one thing I'd change in this world is the disease of a lack of education.

In high school it was clear that many of my classmates accepted the idea of college as unnecessary many planned to go to work right after graduation. At the time it didn't seem so crazy to me, I was struggling to maintain an interest in my studies myself. However, as time marched on I realized that the real reason I was so comfortable with the idea of working after high school was that it is the "easiest" thing to do. Finding your passion in life determining your worth to the world then going out and getting that worth can be a long hard road. All too many high school students find the toll on the road to success to be too high. I challenge them to say; the price you pay for remaining stagnant and without career is even higher. When your retirement comes you will know the cost. When debt begins to pile up because you don't make enough to make ends meet, you will know the cost. When you commute to work with a frown on your face, you will know the cost.

In my case I found that I never had a problem putting in the work and study hours once I had a purpose. I somehow found myself taking a physics class in college, and the world of Engineering soon opened up to me. I became enamored in the functionality and creation of computers systems, and the like. Once I knew what I wanted to do I laid out my path. Once I had my path taking each step was easier than I ever imagined. Working into the night designing projects, even competing with some of the top engineering students in the country stops being daunting and becomes rejuvenating. That fire and passion isn't solely unique to me. Everyone has a passion that they were put here to pursue. Those that passively sit on the sidelines are steadying a perpetual cycle. As we all know the less education a parent has the less education their offspring are likely to have. It's a vicious cycle that helps to cripple our economy, expand out lower class and keep millions of people from helping not only the world, their families and friends, but themselves as well.

It's time we had more African American males in college than in jail cells. It's time we talked more about bettering ourselves than we do about Beyonce. It's about time urban America stopped believing that just because they have less money than suburbia, they have any less opportunity to find their calling in life and fulfill it.

While it was my pleasure and honor to award this scholarship to Mr. Coleman. I was greatly disappointed that there was not one applicant from the Town of Forest Heights. Mr. Coleman received three scholarships totally \$1500 and recognition from the Prince Georges Delegation all because he saw an opportunity and stepped out on faith and applied. I ask that you challenge yourself, say yes to your potential and want to succeed in life as badly as you want to breathe. When opportunities knock open the door!

Congratulations to our Re-Elect Council Members C. Lynn Smith-Barnes, Jonathon Kennedy II and Larry Stoner, who were elected by citizens to serve another 2-year term on the Town Council during our March 12 Town Election. All three elected officials were sworn into office at the March 19 Council Meeting. Thanks to all of our Town residents who took part in this year's election and to everyone who was involved in the process, including our Town Clerk Bonita Anderson; Chief Judge Mr. Lindell Murphy; and Mrs. Emma Rowell and Mrs. Veronica Spears, our Forest Heights Election Board Members.

The **2014 Gubernatorial Primary Election** will be held on **Tuesday, June 24, 2014**. I STRONGLY encourage all of our residents to vote in this year's election; please take the time to do some extra research and find out which candidate(s) truly represent your best interests. We will also host a **Candidates Meet and Greet Forum** sometime in May at the Town Hall Building where residents will have the opportunity to speak to all of our candidates running for state office. Please continue to read your Town newsletters and/or follow our Facebook page for the latest updates.

Town Community New

Councilmember Larry M. Stoner

Would like to thank the voters in Ward III for coming out!

I appreciate and relish your support!

Thank You very Much!

Message from Town Administrator

- Predictions regarding Mosquitoes for this summer are even greater than last summer. Please make sure there is no water in buckets, holes and low spots. We will again participate in the spraying program through the County, which is done late at night. Check with Mr. Mosley, Public Works Director if you have questions. More information in May.
- The Mayor and Council have authorized the LEAGUE OF CITIES to again send letters to the residents regarding the waterline / sewer line warranty program. The warranty covers the cost to replace defective water lines (house to your meter) and sewer line (from the house to WSSC main line in the street). Most of us have lines (water and sewer) that are 60-70 years old. The rates are as follows: (water line \$5.95 per mo. or \$66.40 annual payment) (sewer line is \$7.95 per mo. or \$90.40 annual payment) You may recall the service is offered separately i.e. generally the water line first and then about 6 months later the sewer line. Feel free to call the Town Administrator if you have any questions.
- Nationwide participation in the NLC Warranty program: 190 cities and towns, and over 60,000 homeowners have received service. Customer satisfaction rating exceeds 95% for 10 years in a row.
- Forest Heights volunteers are working to develop the Southern Maryland Youth Theater Program. Volunteer board members include: Dr. Chester Brookover, Freddie Colston, Veronica Spears, Jessika Washington, Beverles Jenkins, Thomas Bell, Angela Johnson, and Vern Haeefe. Aaron Spears, a former resident who grew up in Forest Heights and is an Actor (Mary Jane) is an honorary Board Member. Volunteers will be needed for marketing, advertising, sales, directing, set design and construction, props, cast selection, costumes, fund raising and play selection. Contact any of the board members if you would like to help us reach this vision for our youth.
- Please contact the Town Administrator if you have any complaints regarding the Trash service, yard waste service, and bulk trash service. Recycling service is through the County and any concerns can be expressed at **phone 301-952-7630 EXT. 311**.
- Why should we recycle? The expensive aspect of trash service is related to Landfill costs. Any time we can reduce the amount of trash sent to the landfill will reduce the monthly cost of the service to our residents. Recycling will reduce the trash stream to the landfill by 40% i.e. 100 tons of trash with recycling becomes 60 tons of trash in the landfill. We can recycle glass, plastic, paper, cans.

"YOU GET IN LIFE WHAT YOU WANT. SUCCESS DEPENDS ON HOW MUCH YOU WANT IT".

Now Hiring: Election Judges

Want to earn some extra money and work close to home? Become an Election Judge! Primary and General Election positions are available. Apply online at www.elections.state.md.us or contact the Prince George's County Board of Elections at 301-341-7300.



Dear Town Resident The Weatherization Assistance Program is Still Open

Are you having difficulty paying your energy bills?

Does your home need energy efficiency retrofits?

According to the US Dept. of Energy, "checking a home's insulation is one of the fastest and most cost effective ways to use a whole-house approach to reduce energy waste and make the most of your energy dollars."

Please call today to get on the list

DO YOU NEED COMMUNITY SERVICE HOURS FOR HIGH SCHOOL GRADUATION OR GET INTO COLLEGE?

Why not give your time to your Community



During Spring Break also from April 21-26, 2014 Call Town Hall 301-839-1030

Town Community New (continued)

District 8 Community Meeting

Councilman Obie Patterson hosted his 3rd Annual State of District 8 Community Meeting March 22 at the Oxon Hill Library. Among the important topics that were discussed by Councilman Patterson and various county and state agency representatives:

Casino and Walmart: Councilman Patterson was unable to disclose specific details of the proposed MGM casino and Walmart project, citing an *ex parte communications* policy. The Councilman outlined (3) important pieces of legislation related to gaming in Prince George's County (CB-6-2014, CB-7-2014 and CB-13-2014). Concerning the establishment of a Community Benefits Agreement for District 8, the Councilman said the details were "very fluid" but "We're moving forward, and we're constantly in dialogue with consultants and the County Executive." The casino is scheduled to open by summer 2016. The Prince George's County Planning Board has tentatively scheduled a hearing for application on **Thursday, April 10, 2014** for the casino. Hearing dates are subject to change. Visit http://www.pgplanning.org/Planning_Board.htm for the latest agenda updates.

Crime/Public Safety: District IV Police Commander Maj. Douglas Garrett said District IV was leading the county in crime reduction with a 24% reduction in overall crime; a 27% reduction in violent crime; and a 24% reduction in property crime. Meanwhile, construction on the new District VII police station in Fort Washington is projected for completion by January 2015 with approximately 85 sworn and civilian personnel expected to staff the station.

Oxon Hill Road: The Oxon Hill Road Improvement Project will include new sidewalks, bike lanes, landscaping, streetlights and traffic roundabouts along Oxon Hill Road from Harborview Avenue to Fort Foote Elementary School (at Cross Foxes Drive). According to Dwight Joseph, Chief of Construction in Prince George's County's Department of Public Works, the project was scheduled to be completed by spring 2015; however, due to all of the inclement weather that hit the region earlier this year, the completion date has been pushed to summer 2015. The county is planning to start construction on the roundabout at Panorama Drive, make the frontage improvement to Tanger Outlet, and remove curb and gutter on the northbound side of Oxon Hill Road. The project's cost is approximately \$12.6 million (figure subject to change).

MD 210: The Maryland State Highway Administration (SHA) is expecting to start construction on the first interchange improvement to MD 210 at Kerby Hill Road by late 2015 or early 2016 with an estimated completion date by 2019. This is one of (7) interchange projects planned that will help to alleviate traffic congestion/gridlock on MD 210. Only the first segment/interchange has been fully funded with a cost of roughly \$80 to \$100 million. MD 210 will be widened slightly, but will still maintain (3) lanes in both directions. The traffic light at Wilson Bridge Drive will be removed. SHA officials are also in the process of conducting a noise barrier study. Councilman Patterson indicated that the County Council has plans to meet with SHA officials to discuss ways to accelerate the entire MD 210 project.

On Thursday, March 27th, MGM asked that CB-7 be withdrawn in its entirety which the Prince George Committee rejected. However, the changes in a letter presented by MGM and the still not seen County Benefits Agreement should cause the citizens of Prince Georges County concern.

Further MGM proposed in the County Benefits Agreement that: **CBA 2.8 expressly provides that MGM's efforts are subject to: (1) the requirements of RFP section 6.30 (which in accordance with Maryland gaming law, requires a preference for hiring "qualified employees from the communities with 10 miles of the Video Lottery Facility" which includes residents of DC, Northern Virginia and possibly other Maryland Counties besides Prince Georges County); and (2) the availability of experienced workers residing in the County.**

Don't wait until it's too late to voice your opinion. Let your County Council members know where you stand. Protect those jobs promised to Prince Georgians.

THERE ARE TWO KINDS OF PEOPLE IN THE WORLD: "THOSE WHO MAKE IT HAPPEN AND THOSE WHO WATCH IT HAPPEN".

Easter Trivia



Since it's the Easter season, you may enjoy a bit of seasonal trivia and a big bite out of a Hot Cross Bun – a typical treat for the Easter festivities. Traditionally served on Good Friday and Easter morning, hot cross buns are small, slightly sweet yeast rolls with a history that dates to Anglo-Saxon times, when they were eaten as part of the celebration of the spring equinox. They were given their appropriate name because a sign of the cross (first used to symbolize the sun) was cut into the top of each before baking. After they had cooled, the cross was filled with icing. English immigrants brought the custom of baking and eating Hot Cross Buns to

America, where they became very popular during the 1700s, 1800s, and early 1900s.

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

We Need ... **YOUR
HELP!**

**STREAM CLEANUPS BEGIN
APRIL 26TH**

Forest Heights Municipal Building
5508 Arapahoe Drive
Forest Heights, MD 20745

AT 9AM-12NOON

Own Goal is to reach 100 volunteers
Come out and Help us Achieve our Goal

"TOMORROW WILL BELONG TO THE COMMUNITY WHICH ANTICIPATES AND PREPARES FOR CHANGE"

**REMEMBER APRIL 21 THRU APRIL 26, 2012 IS FOREST HEIGHTS CLEAN-UP WEEK
DUMPSTER USAGE MONDAY UNTIL SATURDAY 7:00 a.m. –4:00 p.m. at TOWN HALL**

FREE SHREDDING DAY



When: April 26, 2014 Time: 9am-3pm

Where: Forest Heights Municipal Building

5508 Arapahoe Drive Forest Heights, MD 20745



Pepco Providing 2,000 Free Trees to Maryland and D.C. Customers *Fourth Year of Partnership with the Arbor Day Foundation Washington, D.C.* — Pepco is providing 2,000 free trees to customers in Maryland and the District of Columbia through the Energy-Saving Trees program. Launched as a pilot initiative in 2011, the Energy-Saving Trees program helps customers conserve energy and reduces household electricity bills through strategic tree planting. Pepco customers can reserve their free trees today at www.arborday.org/pepco or by calling 1-855-670-2771.

Customers may call the Arbor Day Foundation for technical help and other questions at 1-855-670-2771.

For more information and updates, visit www.pepco.com, follow us on Facebook and Twitter at PepcoConnect, and download our mobile app at www.pepco.com/mobileapp.

Town Community New (continued)

Forest Heights talk about Financial Literacy Sponsor by BB&T

from 12:00-1:00 p.m. at the Town Hall Municipal Building

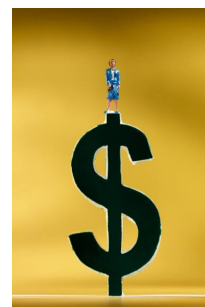
April 8th Budgeting Identity Protection

April 22st Borrowing Options: Mortgage Options —Adjustable rate Mortgage
— Fixed rate Mortgage — How to manage your credit —Develop an overall debt strategy

May 6th Financial Planning: Retirement —Investment options —529 Plan

May 20th Developing a Financial Strategy

Light refreshments will be provided



Maryland Department of Veterans Affairs

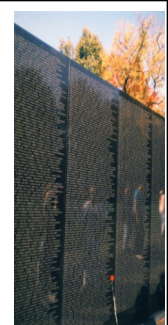
Mortgage Assistance for Veterans and Active Duty Personnel March 31, 2014 News Announcement

The Maryland Department of Housing and Community Development announces mortgage assistance program for veterans and active duty personnel

DHCD is offering special mortgage rates and significant down payment assistance for veterans and active duty military personnel and an even lower rate for disabled veterans.

Applications must be received by May 30, 2014

For more information visit: Mortgage Assistance



“YOU GET IN LIFE WHAT YOU WANT, SUCCESS DEPENDS ON HOW MUCH YOU WANT IT.”

Healthy Heights Tips & Senior Community News



The Forest Heights Seniors' Recreation Program Every 2nd Monday of the month 1:00-3:00 p.m.

This month we will present a short seminar on:

“Fall Prevention”

Forest Heights Municipal Building

Lunch is \$3.00 dollars. To reserve lunch, RSVP by April 7 to Ms. Turner at 202-330-3043



Forest Heights Healthy Living Program invites you to a seminar

“Rejuvenating Your Body Naturally”

Thursday, April 24, @1p.m. to 2 p.m.

RSVP Mrs. Hawkins (Bean) by April 21 for free box lunch 301-839-1030.



Senior (50+)

Free Exercise Classes

**Monday and Wednesday Class Begins at 12:00 noon
Town Hall Municipal Building**

*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
PAID

Town Community News (continued)

“Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.” - Leonardo Da Vinci

Decide upon a definite purpose for your life and determine that this must and will happen. Write down your purpose in the form of a mission statement. Be specific and succinct, and use language that will inculcate a feeling of inevitability in your subconscious mind. The best way to do this is to write your statement in the present tense as if you have already begun achieving your purpose.

This statement should be committed to memory and burned into your subconscious through daily repetition. The best agent to burn this into your subconscious mind is emotion. If you have created a purpose for your life that absolutely must and will happen, it shouldn't be hard to create emotion about accomplishing it. And because your definite purpose is inevitable, when obstacles attempt to crush you, you will shirk them off, your resolve will strengthen, and your confidence will explode. There will be no second-guessing, no changing of your mind. Your path is set and you will not be denied.

Jeff www.friendsofjeff.com

Mayor Jacqueline Goodall—ext.223
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TOWN COUNCIL

Ward I

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Larry Stoner—ext 302
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ADMINISTRATIVE OFFICES

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SHawkins@forestheightsmd.gov

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

Mimi Liu
Town Communications Specialist
mliu@forestheightsmd.gov

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

ADMINISTRATIVE OFFICES

8:30a.m.—5:00 p.m.
www.forestheightsmd.gov

Offices 301-839-1030 Fax 301 839-9236

FOREST HEIGHTS Launching a Mobile Applications



Unlike email, a text message won't sit in an inbox waiting for you to login to your computer, you could receive your coupon now. Check out our websites to find out more or send your email address/cell phone number to shawkins@forestheightmd.gov

Forest Heights Notary

9 am - 4 pm Monday - Friday

Notary is \$2 per document

301-839-1030

COMMUNITY CALENDAR APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Yard Waste Primary Healthcare Strategic Community Meeting Bock Road Recreation Complex 6:30-8:30p.m.	3 Neighborhood Watch 7:00p.m. Bulk Trash 3 Items or Less	4	5 Potomac River Watershed Cleanup The Accokeek Foundation Education Center 3400 Bryan Point Road Accokeek, MD 20607 9-12p.m.
6	7 TOWN MTG. 7:30 p.m. Exercise Classes 12:00- 1:00p.m. Trash/Recycling	8 Forest Heights Financial Liter- acy on Budgeting, Identity Protec- tion 12-1:00p.m. Light Refresh- ments	9 Yard Waste	10 Bulk Trash 3 Items or Less Tentative Hearing for Application for MGM Casino 14741 Governor Oden Bowie Drive Upper Marlboro, MD 20772	11	12 Concert & Casino Night Harmony Hall Regional Center 10701 Livingston Road Fort Washington, MD 20744 7:30p.m. 100 Black Men of Prince George's County Annual MLK Breakfast District Heights Municipal Center 2000 Marbury Drive District Heights, MD 20747 8:30-11a.m.
13	14 Senior's Recreation Program 1:00-3:00p.m. Exercise Classes 12:00- 1:00p.m. Last Day to get on the list for the Seminar	15	16 TOWN MTG. 8:00 p.m. Yard Waste	17 Bulk Trash 3 Items or Less	18	19
20	21 Exercise Classes 12:00- 1:00p.m. Trash/Recycling Easter Monday Fun day Oxon Hill Manor 6901 Oxon Hill Road Oxon Hill, MD 20745	22 Forest Heights Financial Liter- acy on Borrow- ing, Mortgage options 12- 1:00p.m. Light Refreshments	23 Yard Waste Afternoon Tea: Eric Abrahams Harmony Hall Regional Center Fort Washington, MD 20744 2p.m.	24 Bulk Trash 3 Items or Less 2014 Gubernatorial Primary Election Rejuvenating Your Body Naturally Seminar from 1:00- 2:00p.m.	25 Spring Hand Dance Social Harmony Hall Regional Center 8-12midnight	26 Forest Heights Trash Cleanup Meet at Town Hall 5508 Arapahoe Drive, Forest Heights, MD 20745 Free Shredding Day 9-3p.m. Town Hall 5508 Arapahoe Drive, Forest Heights, MD 20745
27	28 Exercise Classes 12:00- 1:00p.m. Trash/Recycling	29	30 Yard Waste			
Free Dumpster for Forest Heights Town Resident April 21 thru April 26, 7:00a.m.-4:00p.m.						

Town Meeting May 5, 2014 7:00 p.m.

Forest Heights Financial Literacy Tuesday 6 at 12:00-1:00 p.m.

Kids to Parks Day Saturday, May 17, 2014 12:00-4:00 p.m.

Town Meeting Wednesday 21, 2014 8:00 p.m.

Forest Heights Farmer's Market at St. Mark's Church Friday May 30 11:00-6:00 p.m.