



Message from the Mayor's Office

I grew up in Michigan City, Ind., where we were located about a mile from an industrial waste dump, which the EPA later declared a Superfund site (a Superfund site is an uncontrolled or abandoned place where hazardous waste is located, affecting the local ecosystems and those that live nearby). I remembered playing at a creek near my home and discovering frogs and turtles with misshapen features, which I later learned were mutations caused by contamination to the groundwater in the area. It wasn't until after I had moved to Forest Heights that I really began to take action in helping to make a difference in environmental injustice and its impact on human health. Since then, I've made it my personal mission to educate myself extensively on various health/environmental topics and to spread that knowledge to others. This includes not only our impact on the natural environment, but our need for a healthier, sustainable environment in our community.

One of the ways that we can help to make Forest Heights as green as possible is to plant more trees. Having more trees not only enhances the appearance of a community, but it also reduces pollutants from the air, from getting into our water, helps with stormwater retention, and – what most people may not know – increases property values. Recent data compiled by the University of Vermont's Spatial Analysis Laboratory and analyzed by *The Washington Post* showed a correlation between a community's tree cover and the wealth of its residents.

Fortunately, it seems that county officials – as well as citizens – are starting to catch onto this idea. Even in our own community, we've made some significant progress. Through a partnership with the University of Maryland, we had more than 150 students come out to Forest Heights Elementary School on Aug. 28 and another 100 volunteers from the Church of Jesus Christ of Latter-day Saints on Sept. 20 – the Governor's Day of Service – to remove invasive plants in front of the school and along the bioswale (a shallow depression created in the earth to accept and convey stormwater runoff). The school sits on a flood plain, which causes issues when it rains. Trees can protect the school and homeowners on North Huron Drive from property damage and reduce standing water that provides a breeding place for mosquitoes. There are plans to transform an area on this site into a community garden, and we hope residents will be able to join us on Oct. 11 to plant approximately 500 trees along the stream near the school.

There is still a great deal of work that needs to be done, and we cannot do it without your help. There are so many ways that you can contribute, and it only requires a few hours of your time each month: volunteer for our community tree plantings and cleanups (upcoming Oct. 11 and 18 events); follow the latest information on Forest Heights' environmental initiatives via our Town newsletter and media articles (we were recently featured in *Voices of America*: full article/audio available at <http://www.voanews.com/content/urban-forest-grows-in-small-us-town/2443025.html>); join our Forest Heights Green Team that will work with our elected officials to help address environmental issues; enlist the help of sponsors and community groups to assist with our events; the list goes on. Let's continue our goal of making Forest Heights the greenest and healthiest town in the State of Maryland.

Mayor/Council Workshop Meeting,

Monday October 6, 2014 at 7:30 p.m.

Mayor/Council Meeting, Wednesday October 15, 2014 8:00p.m.

A DAY OF PLANTING BEGIN AT 9:00 A.M.

October 11th, 18th and November 1st 2014 See page 5

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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



Important Information Concerning False Alarm Response

The Forest Heights Police Department wants residents to be aware of the Burglar and Holdup Alarm Legislation of the Prince George's County code, passed on July 1, 1996, to reduce the amount of false alarms. False alarms often cause unnecessary safety risks to emergency responders as well as citizens during a response.

Under the county code, the alarm user can have (3) false alarms throughout the year against their registration with no penalty. After the 3rd false alarm, fines are assessed as follows:

False Alarm(s) Number Fee	
1, 2, 3	No Fee
4, 5, 6	\$50
7, 8, 9	\$100
10, 11, 12	\$150
13 and greater	\$200

In addition to the fines, after the 6th false alarm, the alarm user is required to have their system inspected and re-certified by their alarm company. There is a \$25 fee for the inspection certificate.

After the 12th false alarm, the alarm user is required to have their system upgraded. There is a \$50 fee for the upgrade certificate.

We are not in any way encouraging residents to turn off their burglar alarms. We only want residents to be mindful of conditions/scenarios that may cause the alarms to unintentionally go off and to take the proper steps to remedy those conditions. Make sure all doors and windows in your home are properly closed. If have pets, you may want to turn the interior motion sensor off or reduce it so that the pets do not set off the alarms with their movements.

You may contact the False Alarm Reduction Unit at 301-883-5465. More information is also available online at <http://www.princegeorgescountymd.gov/sites/PoliceDepartment/Services/False-Alarm/Pages/default.aspx>.

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. around!!

"Call to get on the list"

301-839-1030

Forest Heights Police Department September 2014 All Calls For Service

911 HANG UP	1 INVESTIGATION	3 TRAFFIC ACCIDENT	7
ANIMAL COMPLAINT (BARKING)	1 LOST PROPERTY	1 TRAFFIC ACCIDENT (HIT & RUN)	3
ASSAULT REPORT	1 LOUD MUSIC	4 TRAFFIC ACCIDENT (INJURIES)	5
ASSIST MOTORIST	2 LOUD NOISE	1 TRAFFIC COMPLAINT	1
ASSIST OUTSIDE AGENCY	3 MISSING PERSON	3 TRESPASSER	2
AUTO THEFT	1 MISSING PERSON (RETURNED)	2 WARRANT SERVICE	2
B & E (RESIDENTIAL)	2 OFFICER IN TROUBLE	3 Total Calls Handled:	1
BURGLAR ALARM (COMMERCIAL)	2 OVERDOSE		126
BURGLAR ALARM (RESIDENTIAL)	9 PANHANDLER		
CHECK ON THE WELFARE	7 PROPERTY DAMAGE		
COURT	3 ROBBERY (CITIZEN)		
DEATH REPORT	2 SOUND OF GUN SHOTS		
DISORDERLY SUBJECT(S)	15 SUSPICIOUS SUBJECT(S)		
DISPUTE BETWEEN PERSONS	1 SUSPICIOUS SUBJECT(S) (CDS)		
DOMESTIC DISPUTE	13 SUSPICIOUS VEHICLE		
E.P.S.	1 SUSPICIOUS VEHICLE (OCCUPIED)		
FIREWORKS COMPLAINT	1 THEFT (SHOPLIFTING)		
HOLD-UP ALARM	1 THEFT REPORT		

Town Community News

Forest Heights Children Get Active, Get Healthy



Thanks to all of our parents and children who came out to our Forest Heights Day of Play on Sept. 20 at Forest Heights Elementary School and for encouraging our youths to get up, get out and go play! We had approximately 40 children participate in fun activities such as volleyball, Tug-of-War, jump rope, football and basketball. We would like to acknowledge members of One Team One Goal (OTOG), who came out and led the kids in a game of kickball. The Forest Heights Healthy Living Program also provided brochures and leaflets on practical ways to keep healthy. They included tips on pediatric oral health care (Small Smiles), eye



care (America's Best), immunizations (Dr. Kim Robinson), and the Maryland Children's Health Center (Dr. Mary Ogunsanya).

Celebrate Hispanic Heritage Month

September 15 through October 15 is National Hispanic Heritage Month where we take the time to recognize the contributions that Hispanic and Latino Americans have made in the United States and to celebrate their heritage and culture.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30-day period.

School events in the area:

Oct. 8, 2014 at 5:30 PM

Glassmanor Elementary School, 1011 Marcy Ave., Oxon Hill MD
Community members will be able to find out about local resources available to them. Attendees will also be able to sign up for library cards. The celebration will include music and food.

Oct. 16, 2014 from 8:30 to 11:00 AM

Forest Heights Elementary School, 200 Talbert Drive, Forest Heights MD
Classes will travel to other rooms with a passport visiting over a dozen Hispanic countries from around the world.

You can find more Hispanic Heritage Month events in Prince George's County at:

Prince George's Memorial County Library System

<http://www.pgcmlls.info/>

Prince George's County Public Schools

<http://www.pgcps.org>

Prince George's County Department of Parks and Recreation

<http://www.pgpcps.com>

Learn more about Hispanic Heritage Month at

<http://www.hispanicheritagemonth.gov>.

Prince George's County Business Conference & Expo

The Prince George's County Supplier Development & Diversity Division is partnering with the Governor's Office of Minority Affairs to bring a joint event: **the MBE University & Prince George's County Business Conference & Expo** on Nov. 12, 2014 at the College Park Marriott Hotel & Conference Center.

The Prince George's County Business Conference & Expo plays a key role in providing education and connections to the resources necessary to support local, small and minority business community. For more information or to become a strategic partner in this event, contact Denise Roberts, Outreach Program Manager, at dgroberts@co.pg.md.us or 301-883-6480.

Creative Vision is the habit of visualizing the things that you want most and the actions that will help you to acquire them.

Potomac River Heritage Tourism Alliance History Lectures

Come learn about the history of Prince George's County from notable authors as part of the Fall History Lecture Series hosted by the Potomac River Heritage Tourism Alliance. Lectures are FREE and open to the public, and will be held at the Potomac River Heritage Tourism Center co-located at Tanger Outlets in Oxon Hill. Authors will have books available for purchase/signing.

Saturday, Oct. 18, 2014 from 1:00 to 2:00 PM "War of 1812 Along the Chesapeake" Ralph Eschelman, Author and Cultural Management

Saturday, Nov. 15, 2014 from 1:00 to 2:00 PM "African American Community of Lakeland in College Park"

Community Healthy Heights Tips



September was Ovarian Cancer Awareness Month and October is Breast Cancer Awareness Month, however every day women should be aware of their bodies, detection and how we can get treated early. **EARLY DETECTION SAVES LIVES!**

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

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

HIV/AIDS AWARENESS

**Thursday October 23, 2014
@ 1pm -2pm**

Town of Forest Heights
5508 Arapahoe Drive
Forest Heights, MD. 20745

**RSVP by October 20, 2014 to
Mrs. Turner for free lunch at
202-330-3043**

*The Book of
Wisdom: The First
Chapter in the Book
of Wisdom is
Integrity.*



Forest Heights Residents Walk for Alzheimer's

Congratulations to our Forest Heights residents who took part in the 2014 Alzheimer's Association's "Walk to End Alzheimer's" Sept. 27 at the Baysox Stadium in

Bowie. As of Sept. 28, the Forest Heights Go-Getters Team has raised over \$2,200 toward Alzheimer's research, support and care! Thank you Team for your great work and for proudly representing our Town! Even though the Walk is over, you can still donate online and by mail until Nov. 30, 2014, so please keep spreading the word!

Walkers included: Darlene Kuny (Team Leader), Beatrice Howell, Margie Lampley, John and Anna Lawson, Elaine Pippins and Mimi Liu.



Emergency Aid Health Seminar

We would like to thank Pamela Thomas, Manager of the Health Education Center at Prince George's Community College, for being our guest speaker at the Sept. 25 Health Seminar on Emergency Aid. Ms. Thomas provided our residents with a great deal of information. She especially stressed the need for everyone to have a Family Disaster Plan and to prepare a Disaster

Supply Kit with at least a three-day supply of nonperishable food items and one gallon of water per person per day for at least three days for drinking and sanitation. Ms. Thomas also advised Town residents to make copies of important documents (i.e. birth certificates, passports, insurance policies) and store them in waterproof containers/bags. To learn more about emergency preparedness, residents can visit <http://www.ready.gov>.

Recommended items to include in a basic emergency supply kit:

1. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
2. Flashlight and extra batteries
3. First aid kit
4. Whistle to signal for help
5. Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
6. Moist towelettes, garbage bags and plastic ties for personal sanitation
7. Wrench or pliers to turn off utilities
8. Can opener for food (if kit contains canned food)
9. Local maps
10. Cell phone and chargers



**Are you doing all you can
with your Health?
Free Exercise Classes
Monday and Wednesday,
Class Begins at 12:00 noon**



*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 11th, 18th and November 1st, 2014

**Meeting Place October 11th, 18th Forest Heights Elementary School
200 Talbert Dr, Forest Heights, MD 20745**

**Meeting Place November 1st, 2014 5508 Arapahoe Drive
Forest Heights Municipal Building**

STREAM CLEANUPS & A DAY OF PLANTING BEGIN AT 9:00 A.M.

Cleanups Happen RAIN OR SHINE!

Contacts-

Town Hall: 301-839-1030 or

Mrs. Sherletta Hawkins 301-996-7159

Mayor Jacqueline Goodall: 240-602-0855

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

Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this material/flyer.

Town Community News (continued)

Message from Town Administrator

Wildlife Issues:

Numerous residents have contacted the Town regarding wild animals i.e. feral cats, foxes, deer, raccoons, ground hogs, possum, badgers, skunks, and others. Check with Alleviation Pest Control, 202-725-7563. (Socrates Bryant) for charges.

Resident Alert:

The Town of Forest Heights Mayor and Council have copies of the following information available that might be helpful for you and save you money:

- MONEY WIRING SCAMS
- AVOIDING IDENTITY THEFT
- RECOVERING FROM IDENTITY THEFT
- IMPOSTED SCAMS

Please contact: Mrs. Sherletta Hawkins, Administrative Assistant at 301-839-1030 to pickup a copy.

Southern Maryland Youth Theater Program:

The Town Council authorized the development of a youth theater program for the youth in our area. The benefit for our youth is the opportunity to participate in the Arts i.e. singing, acting, dancing and comedy skits. Contact the Town office if you want serve as a volunteer.

Youth Educational Radio Station Program:

Watch for future announcements regarding this program as a local Foundation has requested the Town's assistance with the development of the program.

2014 Goals:

Notwithstanding the fact that FY 2014 Goals were very complex, the Town had the most productive year since I came to Forest Heights in 2011. The number of grants received is very impressive. The Town partnered with others i.e. Fort Washington YMCA and the Washington DC YMCA to develop the Healthy Living Program for our seniors. We partnered with the BBandT Bank to develop a Financial Literacy program, we partnered with the County for a senior lunch program, and 4 new locations for surveillance cameras were developed. Much of the credit goes to the Mayor and Council, especially the Mayor.

**ADVERTISING FOR LESS AND
GET THE SAME RESOURCE IN
YOUR FOREST HEIGHTS
NEWSLETTER**

Monthly Advertising Rates are as follows

Full Page—\$150 Half Page—\$100

Quarter Page \$50 Business Card—\$15
Inserts - \$75

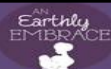
Minimum 2 Month Minimum Advertisement

Circulation is approx. 1,000 to which includes distribution to Forest Heights Residents, business, community churches and other Prince George's County Municipalities.

Deadline to submit articles or advertisements for the newsletter is the 15th day of the month prior to publication. Articles are to be turned in via email to newsleter.fh@verizon.net or mailed or hand delivered to the Municipal Building at 5508 Arapahoe Drive, Forest Heights, MD 20745.

Carbon monoxide poisoning

Carbon monoxide is an odorless gas that causes thousands of deaths each year. Be sure to check your heating and cooling units before using them in order to protect yourself from carbon monoxide poisoning.



H.E.R. SELF DEFENSE SEMINAR

In observance of Domestic Violence Awareness Month



Saint Mark AME Church

5427 Indian Head Hwy, Oxon Hill, MD 20720

Thursday October 16, 2014 ~ 7:00 pm -9:00 pm

Ages 15 and up are welcome

\$10.00 Donations *

Personal pepper spray or personal Alarm

**Learn hands on simple effective self-defense techniques
from Instructor Blackman**

Learn life saving safety tips from experts

" Nearly one in five women surveyed said they had been raped or had experienced an attempted rape at some point, and one in four reported having been beaten by an intimate partner"~ New York Times

Contact us @ Services@AnEarthlyEmbrace.Com or call Jewel @ 301-642-4325



Town Community News (continued)

Christmas in April*

Christmas in April is a program that selects home to be repaired. The program is for the **ELDERLY and/or DISABLED**.

Prince George's County Homeowners,
Please come and Pickup your Application
from the Town Hall and

Return by November 1, 2014

to

7915 Malcolm Road, Suite 102

Clinton, MD 20735

Community Cards

Councilman Robert Barnes working to provide activities to our citizens. Please mark your calendar for:

October 11 and 18 from 1:00 –3:00 p.m.

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



Prince George's County Cable Commission

Frequently Asked Questions

When I disconnect service, when does the billing stop?

When a customer contacts the cable provider to disconnect service, the billing for the monthly subscription should stop the date of the disconnect request.

Why is my cable provider billing me in advance?

Cable providers are permitted by the FCC to bill one month in advance for standard monthly charges.

Where is the Verizon Service Center located in Prince George's County?

Verizon: 375 Prince Georges Blvd Upper Marlboro, MD 20774
1-877-248-1875

Where are the Comcast's Service Centers located in Prince George's County?

Comcast	Comcast	Comcast
9609 Annapolis Road Lanham, MD 20706 1-88-966-7552	9315 Largo Drive West Largo, MD 20774 1-888-966-7552	2614 Kenhill Drive Bowie, MD 20715 1-888-966-7552

Is the cable provider permitted to dig in my yard?

Before entering any person's property for proposed construction work in connection with the rebuild for the system upgrade of a cable provider's cable system the cable provider must have permission of the property owner and shall contact the property owner of (in case of residential property) the resident at least two (2) days in advance, when possible. Proper restoration is to be performed after the completion of construction.

What do I do if I find a cable wire lying on my property?

Contact the Cable Commission on (301) 952-3990. Our office will send an Inspector to your home and determine to which cable provider the wiring belongs. We will notify the appropriate cable provider of the necessary repairs.

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 12, at 2:30 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 4, and
October 25, 2014**

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



*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
PAID

Town Community News (continued)

Farmers' Market

Connecting the Community

We'll See You Every Friday

12:00—5:00 P.M.

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

5427 Indian Head Hwy



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

Call a head for pickup 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 Notary

9 am - 4 pm Monday - Friday

Notary is \$2 per document

301-839-1030

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 Haefele,

Town Administrator— ext. 234
VHaefele2010@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 17, and October 31, 2014 6-9:00 p.m.



Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this material/flyer.

606 Modoc Ln. Forest Heights, MD 20745

Volunteers need to contact Town Hall 301-839-1030

(Community Service Hours will be Given to Students)

COMMUNITY CALENDAR OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yard Waste	2 Bulk Trash 3 Items or Less	3 Farmer's Market St. Mark's Church 5427 Indian Head Hwy 11:00-6:00 p.m.	4 Yard Sale 5533 Livingston Road, Forest Heights, MD 20745 8:00-3:00 p.m. 4-12 August: Osage county Harmony Hall Regional Center 10701 Livingston Road Fort Washington, MD 20744
5 Kinderfest Watkins Regional Park 301 Watkins Park Drive Upper Marlboro, MD 20774 Wilson Bridge Half Marathon National Harbor 137 National Plaza National Harbor, MD 20745	6 Town Council Workshop 7:30 p.m. Exercise Classes 12:00-1:00 p.m. Trash/Recycling	7	8 Yard Waste	9 Prince George's County Listening Session Oxon Hill High School 6701 Leyte Drive Oxon Hill, MD 20745 Bulk Trash 3 Items or Less	10 Farmer's Market St. Mark's Church 5427 Indian Head Hwy 11:00-6:00 p.m.	11 Tree Planting at Forest Heights Elementary School 200 Talbert Drive Forest Heights, MD 20745 9:00 a.m. Community Card Game 1-3:00 p.m. War of 1812 Bus and Boat Tour Darnall's Chance House Museum 14800 Governor Oden Bowie Drive Upper
12 Ward II Meeting 2:30 p.m. 12-18 Bowie State University Homecoming 14000 Jericho Park Road Bowie, MD 20716	13 Exercise Classes 12:00-1:00 p.m. Trash/Recycling	14	15 Town Council Meeting 8:00 p.m. Yard Waste Exercise Classes 12:00-1:00 p.m.	16 An Earthly Embrace's HER Self Defense Seminar St. Mark AME Church 5427 Indian Head Highway Forest Heights, MD 20745 7:00-9:00 p.m. Bulk Trash 3 Items or Less	17 Forest Heights Haunted House 606 Modoc Ln. Forest Heights, MD 20745 6:00-9:00 p.m. Farmer's Market St. Mark's Church 5427 Indian Head Hwy 11:00-6:00 p.m.	18 Clean Up Green Up Tot Lot Playground Mohican Drive and Fox Way Forest Heights, MD 20745 9:00 a.m. Community Card Game 1-3:00 p.m. The Original Drifters Harmony Hall Regional Center 10701 Livingston Road Fort Washington, MD 20744
19	20 Exercise Classes 12:00-1:00 p.m. Trash/Recycling Last day to sign up for HIV/AIDS Awareness lunch	21	22 Yard Waste Exercise Classes 12:00-1:00 p.m.	23 Bulk Trash 3 Items or Less HIV/AIDS Awareness 1:00-2:00 p.m.	24 Farmer's Market St. Mark's Church 5427 Indian Head Hwy 11:00-6:00 p.m.	25 The Great Jack-O-Lantern Campfire Darnall's Chance House Museum 14800 Governor Oden Bowie Drive Upper Marlboro, MD 20774
26	27 Exercise Classes 12:00-1:00 p.m. Trash/Recycling	28	29 Exercise Classes 12:00-1:00 p.m.	30 Bulk Trash 3 Items or Less	31 Forest Heights Haunted House 606 Modoc Ln. Forest Heights, MD 20745 6:00-9:00 p.m. Farmer's Market St. Mark's Church 5427 Indian Head Hwy 11:00-6:00 p.m.	November 1, Tree Planting at Forest Heights Elementary School 200 Talbert Drive Forest Heights, MD 20745 9:00 a.m.