



Town Community News



Thank you to our fantastic group of volunteers, performers, vendors and sponsors who contributed and took part in our 66th Annual Forest Heights Day Aug. 1 at Tayac Neighborhood Park! Each year, I look forward to Forest Heights Day, a day where residents of the Town and the surrounding communities come together, meet with old friends and make new ones, and share in those things we have in common. Most importantly, I enjoy seeing the showcase of talent in our community.

Our celebration kicked off with a Town Parade featuring the Dancing Warriorettes/Forest Heights Limitless All Starz and the McCollough Royal Knights Drum & Bugle Corps. This year, we added a "Music in the Park" component to our community day, which included per-

formances from local artists and bands: Fayce U Know, N-Touch, Sean Andre, Rae Shine, Frankie D and Johnna'.

We were also privileged to have had several dignitaries attend and speak at our celebration: Congresswoman Donna F. Edwards; District 8 County Councilman Obie Patterson; District 26 State Delegate Tony Knotts; former District 26 State Delegate Veronica Turner; District 25 State Delegate and Congressional candidate Dereck E. Davis; and Congressional candidate Warren Christopher.

I along with Forest Heights Police Chief Stewart Russell and Ward II Councilwoman Cynthia Mann awarded certificates to the Forest Heights Police Department for their outstanding work.

We awarded raffle prizes, and the Forest Heights-



Oxon Hill Community Development Corp. (FHOHCDC) distributed backpacks and school supplies to community members in time for Back-to-School.

I would like to acknowledge Sherletta 'Bean' Hawkins for putting together an event of this magnitude; our Public Works director Mr. Stanley Mosley and his staff for their hard work; Ward II Councilman Jonathon Kennedy II and our Town Clerk Bonita Anderson and her son Bryce for volunteering their time on the popcorn and snow cone machines

(Councilman Kennedy II in particular was working pretty much straight through the entire day); and a big appreciative THANK YOU to all of our volunteers! It cannot be said enough that this event would not have achieved such immense success without your support! Thank you for working together to build a stronger community!

Mayor Jacqueline Goodall

Community Update from Police Department	2
Thank You to Our Sponsors	3
Town Community News	4



Police Department

Stewart Russell, *Chief of Police*

Latessa Crawford, *Police Clerk*

(301) 839-4040 (301) 839-1122 fax

Eastover District IV Police

(301) 749-4900

Code Enforcement

Rick Smith 301-839-4040 ext. 228

Public Works

Public Works Director

Stanley Mosley, Ext. 231

Public Works Supervisor

Omar Lewis

301 839-1030 ext. 235

Forest Heights Municipal Building

Located behind McDonalds

5508 Arapahoe Drive

Forest Heights MD, 20745

FOREST HEIGHTS POLICE DEPARTMENT



POLICE DEPARTMENT Seeking Young People's Voice on Policing

The Prince George's County Police Department (PGPD) is seeking young people to sit on the Police Chief's Youth Advisory Council. Police Chief Mark A. Magaw created this council earlier this year with the goal of establishing an open dialogue with an age group that will bring a valued perspective on law enforcement issues. The council is open to those between the ages of 16 and 24. Candidates would preferably live, work or attend school in Prince George's County. Anyone interested in joining is asked to write a paragraph about themselves, and include why he or she would like to sit on the council. Please send that information to Police_CYAC@co.pg.md.us. Interested applicants should respond by mid-September.

Town Meetings Now Available Online

Don't miss out on the latest community news, events and projects! Our Town meetings are now available for viewing at <https://vimeo.com/channels/939802/videos>

Forest Heights Police Department August 2015 Calls For Service

911 Hang Up	2 Phone Calls Complaint	1 Trespasser	1
911 Hang up (Pay Phone)	1 Recovered Property	1 Unknown Trouble	1
Assist Fire Dept/EMS	2 Suspicious Subject(S)	7 Total Calls Handled	83
Assist Other Unit (Incident)	2 Suspicious Subject(S)(Armed)		
Assist Other Unit (Traffic)	15 Suspicious Subject(S)(CDS)		
Assist Outside Agency	3 Suspicious Vehicle		
Burglar Alarm (Residential)	4 Theft (From Auto)		
Check on the Welfare	6 Theft (Shoplifting)		
Disorderly Subject(S)	9 Theft Report		
Fight In Progress	1 Threats Complaint		
Investigation	2 Traffic Accident		
Man Down	1 Traffic Accident (Hit & Run)		
Missing Person	1 Traffic Accident (Injuries)		
Notification	1 Traffic Complaint		

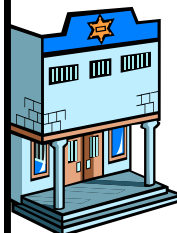
TAKE A BITE OUT OF
CRIME



Would you like this neighborhood to be known as the Safest Place in Maryland?

"Call to get involved"

301-839-1030



POLICE STATION

5508 ARAPAHOE DRIVE

This Station is Open to the Public

Monday through Friday 8:30 a.m. to 5:00 p.m.

Main Number 301-839-4040

Emergency 911 Non-Emergency (301) 352-1200



TOWN OF FOREST HEIGHTS WOULD LIKE TO GIVE THANKS TO ALL OUR SPONSORS



Eastover Liquors

Desserts by Gerard



BB&T

Oxon Hill Maryland



St Mark AME Church



Alexandria, VA



Francis DiSalvo
CPA



Livingston Road

New Monumental Baptist Church

Chick'n Trout Oxon Hill



McCollough Royal Knights Marching Band



Who Is Johnna



Forest Heights Limitless All Starz Dancers



Town Mayor
and
Elected Officials



Chris Thomas



Setoria & NTouch



Aaron Crouch



Rae Shine

Sounds Provided by
Ultimate Sounds



County Staff and
Elected Officials



FAYEZ-U-KNOW
Music Group



Peace The
Soulsurvivor



Town Community News

Town of Forest Heights Would like to Give Thanks To All Our Sponsors



THE LAW OFFICE OF
KEVIN J. BEST

133 Defense Highway, Suite 208
Annapolis, MD 21401
410-777-8506
www.kevinbestlaw.com

Town Attorney for the Towns of Forest Heights, North Brentwood, Upper Marlboro and Eagle Harbor, Maryland.

Focusing on municipal law, planning and zoning law, business law, homeowners association law, landlord-tenant law and real property law.



MORE IN STORE

Message from the Town Administrator



THE OUTBACK SALUTE TO FOREST HEIGHTS VOLUNTEERS

SEPTEMBER 26, 6:00 PM, FOREST HEIGHTS MUNICIPAL CENTER

The Oxon Hill Outback Steakhouse is sponsoring the "Annual Outback Salute to Forest Heights Volunteers" By Sponsoring the First Annual Volunteer Steak Fry. The Steak Fry will be held at The Forest Heights Municipal Center on Saturday, September 26th, 2015 At 6 PM.

The list of volunteers was developed by the Town Staff over the past 2 years. Vern Haefele Town Administrator noted that many of the town's personal services are possible because of over 100 volunteers, who donate their time and money to help the town provide many special events such as assisting with the construction of the Tot Lot, raise money for scholarships, raising money for the Forest Heights-Oxon Hill Community Development Corporation, support Forest Heights Day, the youth theater program, the Halloween Haunted House, the National Night Out, the proposed scholastic achievement program and many other events which are primarily for the youth and seniors.

The town will be charged \$7.00 per person for the first year for the steaks, salad and condiments. The expenses for subsequent years will be paid by outback by agreement with the outback management. Michelle Wynter, proprietor and general manager indicated she is looking forward to working with forest heights to recognize their volunteers and salute the service they provide to the youth and seniors in our area. To sign up for the steak fry **contact Sherletta Hawkins at 301-839-1030 by Friday, September 18th.**

County Recycling Program Questions: Call 311 and raise the questions that you have about recycling and the operator will direct your call to the appropriate staff or answer your question.

FOXMO TOT LOT: Much of the work on the tot lot playground was completed on Saturday, August 30th with over 30 community volunteers, the mayor and several council members, public works employees, Mrs. Charmin Turner, Mrs. Sherletta Hawkins, Forest Heights police department, and others worked hard all day to get most of the work done. We added additional rock for the base, 2-3 inches of soil and the poured rubber base and finally the laminated chain link fence. The tot lot is designed for youth ages 2-5 with adult or parental supervision. The tot lot was funded by a "Kaboom/"Lets Play" grant of \$20,000, and the Maryland department of natural resources /Maryland community parks and playgrounds grant of \$28,000. As with most projects like this, the cost can fluctuate and contingencies can exceed 20% to 25%.

FY 2016 Goals: The Mayor, Council and employees are working on 2016 goals, which has been a major annual emphasis since 2011. Functioning as a team, the Mayor, Council, department heads and employees work to accomplish the goals approved by the council that benefit the residents and town.

Trash Bin Theft: I am receiving some complaints on trash bin theft. The best way to prevent theft is to mark you're bin with your address using spray paint. Also, remember the trash bins were provided by Goode Company and belong to the residential address and must be left with the home when you move or sell the house. Contact the town administrator if you have questions. Note; some homes were empty at the time the new bins were delivered and in that case no bin was delivered as noted on our master list of bins delivered at each address.

Seneca Dr. & Woodland Dr. Storm drain is getting attention after determining that the storm drain belongs to the town because the town failed to meet county requirements back in October 1994. Now it must be fixed and it will be much more expensive now, than if it had been fixed to meet county standards in 1994.

Numerous Repair Projects coming Up: The circle park, pot holes, retaining wall at the municipal parking lot entrance to the building, drainage repair on Cree Dr., sidewalk construction on North Huron Dr. Street repairs.

Trash Service: Residents need to remember that excess trash stacked on top of the trash bin will not be picked up, contact Town Administrator if you have any questions regarding this service.

Mr. Vern Haefele

Town Community News (continued)

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 13, at 2:00 p.m.

Council members *Habeeb-Ullah Muhammad* and *Brian McLaurin*



NATIONAL
LEAGUE
of CITIES



PRESCRIPTION DISCOUNT CARD PROGRAM

Save up to 80% on *your* pharmacy prescriptions

The National League of Cities Service Line Warranty Program has nearly 4 million households nationwide, saving homeowners more than \$45 million on the high cost of service line repairs.



YARD SALE

TOWN OF FOREST HEIGHTS AND
ABUNDANT LIFE MINISTRIES

5533 LIVINGSTON ROAD, FOREST HEIGHTS, MD 20745

SATURDAY, SEPTEMBER 19,
8:00 A.M. – 3:00 P.M.



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

CONTACT TOWN OFFICE (301) 839-1030

"Domestic Violence Has No Place in Our Community"

Please Join

The Prince George's County Office of the Sheriff

for the

2nd Annual

Maryland "Purple Light Nights" Lighting Ceremony

Raising Awareness and a Unified Voice Against Domestic Violence

Thursday, October 1, 2015

7:00 p.m to 7:30 p.m

Upper Marlboro Governor Circle

14741 Governor Oden Bowie Drive

Upper Marlboro, Md 20772

R.S.V.P.: [Bethany Bordeaux @ 301-780-8426](mailto:BethanyBordeaux@301-780-8426) or
BMBordeaux@co.pg.md.us



Prince George's County Council District 8

**COMMUNITY
HEALTH FAIR 2015**

Fitness is a Family Affair

hosted by

Council Member Obie Patterson

Saturday

September 26, 2015

10:00 am - 2:00 pm

Registration begins at 9:00 am

**SOUTHERN REGIONAL
TECHNOLOGY AND
RECREATION COMPLEX**

7007 Bock Road
Fort Washington, MD 20744

Vendor Information:
If you are a healthcare provider,
insurance company, dentist or
optometrist, please forward your
contact information to
dhwilliams@co.pg.md.us.

In Partnership with
Kappa Foundation of
Fort Washington (KFFW)
Maryland-National Capital Park
and Planning Commission
Prince George's County
Health Department

FREE to the Public

- Free Flu Shots
- Medical, HIV/STD, Dental and Vision Screenings
- Hospital Representatives and Vendors
- Physical Fitness Activities for Seniors, Families and Children

Farmers market free produce,
Give Aways, Door Prizes
and much more!

HELLO COMMUNITY

Forest Heights and St. Mark

Farmers Market

FRIDAY (Now thru Oct. 31)

12:00-4:00 p.m.

5427 Indian Head Hwy

Forest Heights, MD 20745



Senior Community News

The Forest Heights Seniors Recreation Program presents a seminar on:



Benefits of Chiropractic Care for Seniors

Monday, September 14, 2015 @ 1-2 PM
Forest Heights Municipal Building
5508 Arapahoe Drive
Forest Heights, MD 20745

For information,
contact Ms. Turner at
202-330-3043 or email
turnerkchar@aol.com

Keeping God's People Physically Fit"

By Stanley L. Harris

Our Exercise Instructor has all the moves.
She gets you going and in the groove.
She has a style and a smile all of her own
And an exercise for every part of your body
Including your bones.
She truly has been bless...
When comes to Physical Fitness, she is the best.
Oh how! She stands out from all the rest
Because she cares
It is her God given talent that she shares.
I am a witness of her keeping Gods' people
Physically fit. She truly has God's gift.
She has all of her interest in all of us.
God has given her the ability to instruct.
A poem for our Exercise Instructor, Pat.
Keeping God's People Physically Fit.

The Forest Heights Healthy Living Program invites you to a health seminar on:



Cardiac Arrest vs. Heart Attack



Thursday Sept. 24, 2015 @ 1-2 PM
Location: Forest Heights Municipal Building
5508 Arapahoe Drive
Forest Heights, MD 20745

RSVP by Sept. 21
for \$6 box lunch to
Mrs. Hawkins at
301-839-1030

Senior Exercise Class Success Stories



Now into its second year, the Forest Heights Seniors' Group Exercise Classes – held every Monday and Wednesday from noon to 1 p.m. at the Forest Heights Municipal Building – has been

gaining a lot of popularity as more and more seniors are taking the extra step toward improving their health. As **fitness instructor Pat Wright** says: "You're never too old to exercise."

The following are seniors who regularly attend classes and who have noticed significant improvements to their health since participating in the classes. By sharing their personal stories, they hope to motivate others to get active and healthy as well:

Mr. Stanley Harris was using his cane and a chair to assist himself with the modified exercises. Within a year, he is now able to do the exercises mostly without the use of his cane and a chair. Every class, he challenges himself and strives for better improvement.

Ms. Gloria Howell, who did extended exercises in a chair since she could not stand for too long, is now able to do a full walk around the fitness room with little or no assistance. She has incorporated doing her chair exercises on a regular basis at home as well. Her endurance, flexibility and strength are improving with each class.

Ms. Martha Wellington said after she started going to the exercise classes, she hadn't felt this good in a long time. She now has more energy; she has been keeping her weight down; she sleeps well; and she rarely feels any joint pain. She loves the class and instructor and looks forward to every Monday and Wednesday. The class is a blessing to her.

Ms. Rose Taylor, who has fibromyalgia and back, hip and leg problems, says the modified exercises have resulted in good check-up results from her doctor, and he actually encouraged her to continue with what she's been doing in the exercise classes. She has lost weight, and her mobility and flexibility since taking the class has improved tremendously.

Councilwoman Habeeb-Ullah Muhammad, who has had hip replacement, has been going to every exercise class since it first started (unless she is on travel). At the young ripe age of 80+, she is an aspiration to the class although she says, "the class is an inspiration to her." Her modified exercises have increased her stability, mobility, flexibility and endurance. She now maintains an active and healthy lifestyle and quality of life.

Town Community News (continued)

Applications Open for 2016 Disney Dreamers Academy

High school students nationwide can now apply at <https://www.disneydreamersacademy.com> to be among 100 selected to participate in the 2016 Disney Dreamers Academy with Steve Harvey and ESSENCE. The Disney Dreamers Academy is an outside-the-classroom, educational mentoring program at Walt Disney World Resort. Each year, students participate in hands-on, full-immersion workshops related to a variety of career paths, ranging from animation to zoology. Each participant learns important skills such as communication techniques, leadership values and networking strategies. Applications are open to U.S. high school students, ages 13 to 19, until Oct. 30, 2015.



The Town would like to remember Mr. James Kofink Sr. and Mrs. Sophie Alice Decker Kofink who live in Forest Heights for 55 years, also the town would like to remember Mr. Crawford Lowery. We would like to let the families know that our prayers are always with you during this time.

What you do today can improve all your tomorrows.

Everyone is invited to the Fort George G. Meade

COMMUNITY JOB FAIR

Wednesday, 16 September 2015
9 a.m. to 2 p.m.

Club Meade, 6600 Mapes Road, Fort George G. Meade

Open to all job seekers!

Please arrive early and anticipate lines at the installation's gate and the fair!

Meet employers!

Bring resumes!

"Dress for Success!"

Free!

Resumé Doctor

A free resumé evaluation and preparation assistance service!



Information on entering Fort Meade

Individuals who want to attend the job fair and do not possess a Department of Defense (DoD) ID card, to include a DoD sticker on their vehicle, must enter Fort Meade via MD Route #175 at Race Road gate only.

All individuals must present a photo ID card or driver's license.

All drivers must also show current vehicle registration and proof of vehicle insurance. All vehicles entering the installation will be inspected.

Free Shuttle Service



There is a frequent shuttle, to and from Fort Meade's Smallwood Hall parking lot to Club Meade's front door!

ASL Interpreter Service

Schedule an appointment no later than 4 Sep 2015.



To schedule reasonable accommodations with an American Sign Language interpreter, email Mr. Jerome Duncan at jerome.duncan@maryland.gov

Community Job Fair is hosted by:

- Fort George G. Meade FMWR
- DLR / Anne Arundel One Stop Career Centers
- Anne Arundel Workforce Development Corporation (AAWDC)
- Army Community Service (ACS)
- Navy Fleet & Family Support Center
- Soldier For Life - Transition Assistance Program



For details go to www.ftrmdeafmwr.com or email jerome.duncan@maryland.gov



TeamBuilders Academy is Recruiting for the Fall 2015 Semester!

TeamBuilders Academy is Prince George's Community College's Flagship Workforce Development Program offering training in various trades such as Administrative Services, Automotive Technician, Construction, Hospitality, and Information Technology.

Eligibility:

- Unemployed
- Prince George's County Resident
- 18 years of age or older
- High School Graduate or GED recipient

Recruitment Session

Date: Monday, August 10, 2015

Time: 10:00a.m Sharp *(This is an all-day session. Please be prepared to stay up to 3:30p.m.)*

Location: Westphalia Training Center (WTC)

9109 Westphalia Road
Upper Marlboro, MD 20774

What to Bring:

- Valid Driver's License
- High School Diploma / GED or College Transcript
- Proof of Residency (Utility Bill, lease, vehicle registration)
- Social Security Card
- If Veteran - DD214

For preparation for the reading and math assessment, please visit:

<https://www.ccsaz.org/product-overviews/curriculum-management-instruction/sample-test-items/math> (use sample tests A - D)

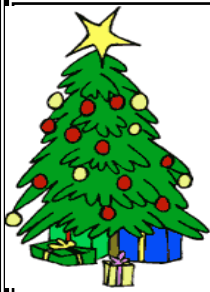
To all participating organizations and partners, please:

- a) Collect the names of members who are interested in attending this session and
- b) Forward the names and contact information to: andrea.mclaurin@pgcc.edu - attention Angie McLaurin or hallqa@pgcc.edu - attention Gabrielle Hall

For more information, please contact the TeamBuilders Academy at (301)-546-0964

"Excellence * Success * Diversity * Respect * Professionalism * Lifelong Learning"
www.pgcc.edu/gofba

Town Community News (continued)



Christmas in April* Prince George's County

This program is for the ELDERLY and/or DISABLED

Come Pick-up your Application

Please Complete and Return by

NOVEMBER 1, 2015

7915 Malcolm Road Clinton, MD 20735

You could be next!

Every morning we are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world, you couldn't buy an extra hour.



DAY OF WEATHERIZATION

A PARTNERSHIP BETWEEN

United Communities Against Poverty, Inc

AND

WASHINGTON GAS

SATURDAY, NOVEMBER 7, 2015
9 A.M. - 1 P.M.

EMPLOYEE VOLUNTEERS WILL INSTALL LOW-COST ENERGY EFFICIENCY MEASURES THAT SHOULD HELP LOWER ENERGY BILLS.



THESE MEASURES 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
- ✓ INSTALLATION OF A NEW FURNACE FILTER

QUALIFICATIONS:

- ✓ HOME OWNER
- ✓ SENIOR OR A LOW-INCOME FAMILY
- ✓ BE AVAILABLE ON THE DAY OF THE PROJECT

IF INTERESTED PLEASE CONTACT:

Jacquelyn Moore, 301-322-5700 ext 112 (Please respond by September 9, 2015)

MGM National Harbor Donates \$100,000 to Prince George's Community College

We believe that there is great talent in the Prince George's community who will contribute to our dynamic workforce when we begin recruiting for 3,600 hospitality positions in 2016. To support that belief, on Aug. 17, I presented Dr. Charlene Dukes, President of Prince George's Community College (PGCC), with a check for \$100,000 on behalf of MGM National Harbor. This contribution will help support scholarship funding for Prince George's residents who want to enroll in the Hospitality Express Training Program at PGCC.

Dr. Dukes has an incredible team at PGCC. They train their students with industry professionals, equipping them with the best insights to find a great job upon completion of the hospitality program.

MGM National Harbor is proud to partner with Prince George's Community College on the new MGM Hospitality Express Training Program. We look forward to continuing our partnership with them as we build a world-class workforce.

NEW MGM Hospitality Express Training Program

Prince George's Community College (PGCC) in partnership with MGM National Harbor will launch the **Hospitality Express Training Program** this fall to help prepare residents of Prince George's County and the surrounding community for the nearly 3,600 employment opportunities coming to our area.

This will be an introductory class for future hospitality professionals to learn about the various career options within the industry. The class will be available twice a day, 9:00 a.m. – 3:00 p.m. and again at 5:30 p.m. – 8:30 p.m. to make it convenient for all interested students. To be eligible for this course, you must be 18 years of age or older. For more information, please visit http://www.pgcc.edu/Hospitality_Express_Training_Program/.

The program will provide a fundamental understanding of employers' expectations, including licensing requirements for the Maryland Lottery and Gaming Control Commission and current standards individuals must meet to qualify for entry-level and high-demand positions in a growing industry. Upon successfully completing the Hospitality Express Training Program, students will receive industry-recognized credentials that reflect their successful completion of the required training and understanding of what it takes to get started in these exciting careers.

Town Community News (continued)

TreeKeepers Conclude Summer Program

Congratulations to the Forest Heights TreeKeepers, who completed an intensive eight-week program on tree maintenance, identification and outreach efforts over the summer. The program was funded by a \$48,000 grant from the county's Stormwater Management Division and the Chesapeake Bay Trust.

At the Aug. 19 Council Meeting, the TreeKeepers gave a detailed, informative presentation to the Town Council on what they've learned through the program, and addressed residents' and officials' questions on tree care and up-keep.

Tree Keepers, participants and advisors:

Tania Shand - Graduate Student

Darlene Kuny - Community Elder

Omar Green - Potomac High School

Amber Stanton - Potomac High School

Daisha Campbell - Potomac High School

Rasul Davis - Oxon Hill High School

Jordan Davis - Oxon Hill High School

Laurence Turner - Oxon Hill High School graduate

Kimberly Knox - Arborist

Robert Stanley - Arborist



We would also like to acknowledge Town Planner Linwood Robinson and Public Works Director Stanley Mosley for their involvement/supervision. Thank you all!

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

Public Schools began the 2015-16 school year on Monday, Aug. 25. 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.



HEALTH

What is Club 300?

Club 300 is a senior walking program sponsored by the Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Special Programs Division's Senior Services Unit.

Any Prince George's County senior (age 60 & better) or pre-senior (ages 50-59) is welcome to join Club 300. All fitness levels are welcome.

The Centers for Disease Control and Prevention says 49.7 percent of seniors have arthritis. To keep your joints healthy, join the Club 300 walking program – you can walk as part of a group, with friends, or on your own. Make it your Fall Resolution to get – and stay – healthy! Learn more at <http://mncppcapps.org/pgparks/club300/>. You can also call the Special Programs Division at 301-446-3400 for registration assistance.

Walking is one of the very best exercises you can do. Here are some of the proven benefits:

Helps maintain a healthy weight

Helps prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes

Strengthens your bones

Lifts your mood

Improves your balance and coordination

Seniors' Recreation Program: Keeping Your Car Safe from Thieves

Officer Gunter with the Forest Heights Police Department shared tips during the Aug. 10 seminar of the Seniors' Recreation Program on how to keep vehicles safe from thieves.

Vehicle break-ins are a common crime. The good news is there are things that you can do to protect

yourself from having your car broken into and your personal property stolen:

Make sure valuables are not visible.

Putting the items in your trunk while at your parking spot.

Lock all the doors and close the windows, including the sun roof.

Don't leave spare keys in your vehicle; thieves know where to look.

Don't leave the engine running while you run into the store, gas station, or anywhere.



Town Community News (continued)



CELEBRATING A DECADE OF PLAY

LET THE FUN BEGIN!

Saturday, September 26, 2015

12 Noon – 4 PM

Forest Heights Elementary School

200 Talbert Drive, Forest Heights, MD 20745

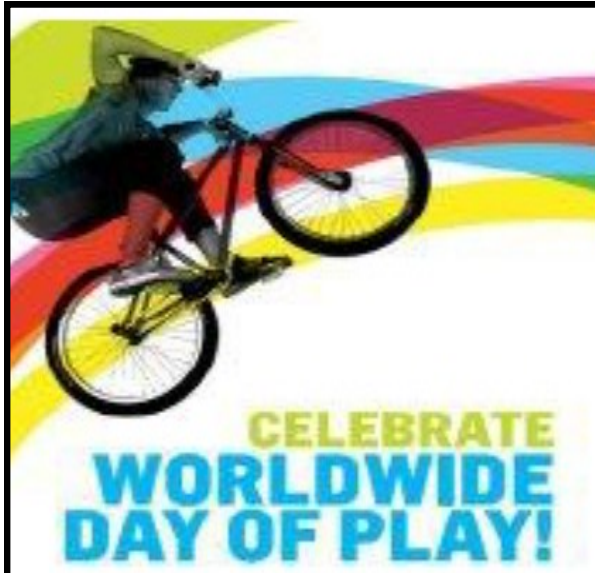
Put down the controllers, turn off the TV, and come out and play!

Enjoy games, sports, moon bounce, face painting, music and healthy snacks! Each participant will receive a Certificate of Participation.

This event is open to the public and admission is FREE!



For information, please contact Ms. Turner at 301-839-1030



¡Levantarse, salir y vaya juego con Nickelodeon!

¡QUE EMPIECE LA DIVERSIÓN!

Sábado, el 26 de Septiembre del 2015

Mediodía (12 noon) – 4 PM

Forest Heights Elementary School

200 Talbert Drive, Forest Heights, MD 20745

Actividades: Juegos, Los Deportes, La Cara Pintura,
La Música y El Tentempie

Cada el niño recibir el certificado de la participación.

¡Gratis Libre!



Para más información, llama Señora Turner @ 301-839-1030

Town Community News (continued)

Pepco Reminds Customers of Available Energy Assistance Programs

Starting Oct. 1, Pepco customers can apply for a number of available energy assistance programs through local agencies, including the Low Income Home Energy Assistance Program (LIHEAP).

In Maryland, LIHEAP funds are administered by the Department of Human Resources (DHR) through the Office of Home Energy Programs.

Additional available energy assistance programs include:

The Maryland Energy Assistance Program (MEAP) provides assistance with home heating bills. Limited assistance is available to replace broken or inefficient furnaces.

The Electric Universal Service Program (EUSP) assists eligible low-income electric customers with their electric bills. Assistance is available whether you are an active customer or you are currently without service.

The Utility Service Protection (USPP) Program protects low-income families from utility cut-offs and allows MEAP eligible households to enter into a year-round unfluctuating monthly payment program with their utility company.

To apply for any of these programs, contact the Local Home Energy Programs Office in your area or call 1-800-352-1446 or visit http://www.dhr.state.md.us/blog/?page_id=4326 for details.

Paying Too Much Here's how it works:



Everyone pays all kind of bills. Some are higher than you think they should be. Sometime, unexpected charges appear on your bill—or sometimes, you might see a fee for a service you don't recall ordering. Are you paying more than you should?

You are your own best advocate. How often does a company figure out that you've overpaid—and refund your money? It could happen—but you're more likely to get money back if you spot the error and point it out.

It means keeping track of what you normally pay, and what the charges are for. You also can ask for a better deal: call to see if there's a promotion you qualify for and how long it will last, or if they can lower your interest rate. They might say no—but ask, you don't get.

Here's what you can do:

Read every statement, every time. Does something look wrong or unfamiliar? Call the company and ask. If you don't like the response you get, ask for a supervisor. And keep written records of your calls.



WANTED Young People's Voice on Policing

For more information, contact:
Media Relations Division 301-772-4710



It's an important conversation. Each month, Chief Magaw, the Executive Command Staff and a group of young people meet at PGPD Headquarters in Palmer Park. These young people sit on the Chief's Youth Advisory Council. They hear about our department and, in turn, we get their opinions on policing and current events. Chief Magaw created this council earlier this year with the goal of establishing an open dialogue with an age group that will bring a valued perspective on law enforcement issues. Several bright young citizens join us each month for this conversation, but we're excited to now expand that group. The council is open to those between the ages of 16-24. Candidates would preferably live, work or attend school in Prince George's County. Anyone interested in joining us on this important council is asked to write a paragraph about themselves and include why he or she would like to sit on the council. Please send that information to Police_CYAC@co.pg.md.us. We'd like to hear from interested applicants by mid-September.

WE ³ SUPPORT & REGISTRATION	
September 19, 2015 ■ 8 am—3:30 pm Comfort Inn Conference Center Hotel 4500 Crain Highway, Bowie, MD	
WOMEN'S EMPOWERMENT CONFERENCE Ruthern L. Baker, III County Executive PRESENTING PARTNERS PRINCE GEORGES COMMUNITY COLLEGE THE COMMUNITY FOUNDATION The Hon. Ingrid M. Turner, Esq. FOUNDING PARTNERS The Prince George's County Women's Empowerment Conference, known as the WE3 Conference, was established to inspire action and encourage collaboration among women and women's organizations with the primary goal of addressing the pertinent concerns of women, girls, families and the community through advocacy—from their kitchen tables to Capitol Hill. The WE3 Conference, now in its fourth year, provides interactive discussions, presentations and motivational speakers that educate, engage and empower them in their quest for life improvement. The WE3 Conference operates from the belief that when women are well, their children are well, their relationships are healthy, and their personal fulfillment enriches the home and entire community. The WE3 Conference will include two primary discussions: "Women & Politics"—from campaigning to voting to holding office, and "Advocacy in Action", dynamic short speeches in the ever popular, "Voices of Our Girls" segment; the luncheon session, "Table Talk", small group discussions; and a vendors market. For the first time, there will be a breakout empowerment session for girls in grades 7-12.	WE3 SUPPORTER \$2,000+ - Sponsors registrations for women and girls in need - Full-page ad in program book (8x10) with prominent placement - Recognition in promotions - Stage recognition - Company logo/name in slide presentation - Company name on event signage EDUCATED SUPPORTER \$1,000 - Registration for ten (10) with lunch - Full-page ad in program book (8x10) - Recognition in promotions - Company logo/name in slide presentation - Company name on event signage EMPOWERED SUPPORTER \$500 - Registration for five (5) with lunch - Half-page ad in program book (7x5) - Company logo/name in slide presentation - Company name on event signage ENGAGED SUPPORTER \$250 - Registration for three (3) with lunch - Contact listing in program book - Company logo/name on slide presentation ADVOCACY SUPPORTER \$100 - Registration for one (1) with lunch - Listing in program book ADULT REGISTRANT \$35—Early Bird through August 31 \$40—September 1-15 • Registration for one with lunch YOUTH REGISTRANT \$20 (Grades 7-12) • Registration for one with lunch THE DEADLINE FOR ADS/JUSTINGS IS SEPTEMBER 4. For online payment, PayPal or Credit Card: www.we3-wlc.com (VISA/Mastercard/AMC/American Express/AmEx) For check payment, mail to: Women's Empowerment Conference c/o Community Foundation for Prince George's County P.O. Box 3418, Capitol Heights, MD 20791-3418 Make payable to: WE3 Fund For more information, call 242-232-5728 or visit www.we3-wlc.com.
I WANT TO ATTEND/SUPPORT THE WE3 CONFERENCE! Name _____ Organization/Company _____ Address _____ Phone _____ Email _____ Please check your level of support: ☐ WE3 Supporter (\$2,000+) \$ _____ ☐ Educated Supporter (\$1,000) \$ _____ ☐ Empowered Supporter (\$500) \$ _____ ☐ Engaged Supporter (\$250) \$ _____ ☐ Advocacy Supporter (\$100) \$ _____ ☐ Adult Registrant (\$35 Early Bird; \$40 after August 31st) \$ _____ ☐ Youth Registrant/Grades 7-12 (\$20) \$ _____ x _____ (p) = _____ ☐ I cannot attend, but here is my donation \$ _____ To fax credit card payment: 1-888-745-5162. Authorized Signature: _____ Card Type _____ Number _____ Exp. _____	

Atlantic City Excursion

Sponsored by The Oxon Hill Recreation Club

Join us on our next trip to Atlantic City.
Visit the casinos, shop or walk the Board Walk

Friday, October 9th, 2015



Cost **\$45 per person**

At the Casino receive: **\$15 - 20 in slot play (subject to change)**

On the Bus: **Play the 50/50 raffle and read, converse or watch movies**



Money due: **September 25th, 2015**

Depart 9 a.m. & Return 11 p.m
Oxon Hill Recreation Club
1661 Tucker Rd
(next to Knights of Columbus)
Oxon Hill, MD

There is plenty of free parking. Send check, made payable to OHRC and mail to P O Box 342 Oxon Hill MD 20745 by Sept 25th, 2015 Please include your phone number.

Questions: Contact **301-567-7492** and *speaking slowly and clearly*, leave message - *it will be returned*

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301-899-5940 www.convoyofhope.org/washingtondc

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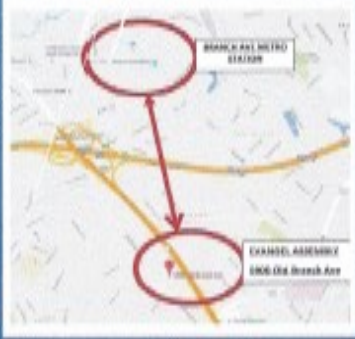
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COMMUNITY CALENDAR SEPTEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 12-1:00 PM Senior Exercise Classes Yard Refuse	3	4	5
6 6-8 P.M. Every Sunday Movies on the Potomac National Harbor	7 TOWN HALL WILL BE CLOSE FOR LABOR DAY 12-1:00 PM Senior Exercise Classes	8 7:30 P.M. Monthly Council Workshop Forest Heights Municipal Building 5508 Arapahoe Drive Forest Heights, MD 20745 www.forestheightsmd.gov 7:30 P.M. Trash Pickup 4-7:00 PM Doggie Dive-In Allentown Splash, Tennis and Fitness Park Fort Washington, MD 20774	9 12-1:00 PM Senior Exercise Classes Yard Refuse 9-13 Maryland Horse and Pony Show The Show Place Arena Afternoon Tea: David Wright and the Wright Touch Harmony Hall Regional Center Fort Washington, MD 20744	10 Bulk Trash 3 Items or Less Prince George's County Fair Rosecroft Raceway Fort Washington, MD 20744	11 12-4 PM Forest Heights and St. Mark Farmers Market 5427 Indian Head Hwy Forest Heights, MD	12 10-1 PM Forest Heights Dance
13 2:00 P.M. Ward III Residents! Council Members invite all to come out.	14 1:00-2:00 PM Seniors' Recreation Program: Chiropractic Care Seminar Forest Heights Municipal Building 5508 Arapahoe Drive Forest Heights, MD 20745 www.forestheightsmd.gov Trash Pickup 12-1:00 PM Senior Exercise Classes	15	16 12-1:00 PM Senior Exercise Classes Yard Refuse 8:00 PM Monthly Council Meeting Forest Heights Municipal Building 5508 Arapahoe Drive Forest Heights, MD 20745 www.forestheightsmd.gov	17 Bulk Trash 3 Items or Less	18 12-4 PM Forest Heights and St. Mark Farmers Market 5427 Indian Head Hwy Forest Heights, MD	19 10-1 PM Forest Heights Dance 8:00 AM-3:00 PM Town Yard Sale Abundant Life Ministries 5533 Livingston Road Forest Heights, MD 20745 www.forestheightsmd.gov
20	21 Trash Pickup 12-1:00 PM Senior Exercise Classes	22	23 7:00-9:00 PM A Cool Jazz Night: Earl Carter Oxon Hill Manor 6901 Oxon Hill Road Oxon Hill, MD 20745 www.pgpc.com 12-1:00 PM Senior Exercise Classes	24 Bulk Trash 3 Items or Less 1-2:00 P.M. Forest Heights Health Seminar: Cardiac Arrest vs. Heart Attack	25 12-4 PM Forest Heights and St. Mark Farmers Market 5427 Indian Head Hwy Forest Heights, MD	26 10-1 PM Forest Heights Dance 6:00 P.M. Outback Salute to Forest Heights Volunteers 5508 Arapahoe Drive Forest Heights, MD 12-4:00 P.M. Worldwide Day of Play (WWDOP) Forest Heights
27 The Color Run National Harbor	28 Trash Pickup 12-1:00 PM Senior Exercise Classes 31	29	30 12-1:00 PM Senior Exercise Classes Yard Refuse			

Town Meetings Now Available Online

Don't miss out on the latest community news, events and projects! Our Town meetings are now available for viewing at <https://vimeo.com/channels/939802/videos>

*****EWCWSS****

Local Forest Heights
Post Customer

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Town Community News (continued)

FROM THE TOWN CODE ENFORCEMENT OFFICER MR. RICK SMITH

G rass Heights should be Below 8" inch.
L eash Law. It is against the law for the owner or custodian of any animal to allow the animal to run at-large. Any dog or cat that is found at-large may be impounded. A violation Notice may be issued to the owner of an animal found.



S coop that Poop; Removal of excrement. The owner or custodian of any dog or cat must remove their pet's excrement from public or private property.

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

Effective January 22nd , 2014 Forest Heights residential Yard Waste must be placed in paper bags or trash cans. The new law prohibits the use of plastic bags for yard waste.

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 (paid in advance)

Propane Tank Pick-ups are \$30 each: Tires \$15.00 each

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
ward1handinhand@aol.com

Ward II

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

Cynthia Mann— ext. 305
CMann@forestheightsmd.gov

Ward III

Habeeb-Ullah Muhammad— ext.300

Brian McLaurin—ext 302
brmrises@msn.com

ADMINISTRATIVE OFFICES

Vern Haeefe, Town Administrator— ext. 234
VHaeefe2010@gmail.com

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

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

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

Mimi Liu,

Town Communication Specialist
Liu.y.mimi@gmail.com

Melanie Otto, Town Webmaster
Fh.md.webmaster@gmail.com

ADMINISTRATIVE OFFICES

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

Forest Heights Notary
9 am - 4 pm Monday - Friday
Notary is \$2 per document