



Message from the Mayor's Office

NATIONAL HISPANIC ★ HERITAGE MONTH ★



Celebrate Hispanic Heritage Month

Hispanic Heritage Month is upon us; the celebration begins on September 15 and is set to continue for a full month until October 15. The purpose of the celebratory month is to recognize the contributions and vital presence of both Hispanic and Latino Americans to the United States and to observe their native heritage and contributing culture. The history of Hispanic Heritage Month has deep roots in the United States, the month long observation began in 1968, and starts in the fall of each year. Originally the celebration was not a month long; in fact it was only a week. President **Lyndon Johnson** first approved Hispanic Heritage Week in 1968, and was expanded to a full month by President **Ronald Reagan** in 1988. Finally, Hispanic Heritage Month was officially enacted into law on August 17 of that year.

September 15 was not a date chosen at random; in fact the date contains a large amount of significance for multiple Hispanic nations. According to USA.gov, the date is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. They all declared independence in 1821. In addition, Mexico, Chile and Belize celebrate their independence days on September 16, September 18, and September 21, respectively. Hispanic Heritage Month was enacted to celebrate the fundamental contributions Hispanics have made to the growth, vitality and culture of North America, highlighting many important and groundbreaking accomplishments, especially the discovery of America by **Christopher Columbus** on the morning of October 12, 1492.

While everyone celebrates Hispanic Heritage Month in a different way, it is a celebration every Latino should participate in. According to Nielsen, Latinos in the United States amount to over 54 million people, meaning the large group effectively influences every aspect of America's identity as a culture. Many Latinos celebrate Hispanic Heritage Month through parties, and festivities that highlight, the food, culture, music and art of their native country. Hispanic nations have rich history that revolve around family, and enjoying time together, so we at Latin Times suggest celebrating Hispanic Heritage Month by gathering your friends and family and enjoying your time together by paying homage to your heritage.

**Mayor/Council Workshop Meeting,
Monday October 5, 2015 at 7:30 p.m.**

Mayor/Council Meeting, Wednesday October 21, 2015 8:00p.m.

A DAY OF SHREDDING BEGIN AT 9:00 A.M. -12:00 P.M.

NOVEMBER 14, 2015

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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

Rick Smith 301-839-4040 ext. 228

Public Works

Stanley Mosley, Ext. 231

Public Works Supervisor

301 839-1030 ext. 235

Forest Heights Municipal Building

Located behind McDonalds

5508 Arapahoe Drive

Forest Heights MD, 20745

www.forestheightsmd.gov

FOREST HEIGHTS POLICE DEPARTMENT



EXPUNGING YOUR CRIMINAL RECORD

Saturday, Nov. 21, 2015, 10am-2pm

FREE! First come, first served.

Maryland attorneys will determine if any of your charges qualify for expungement and help you complete the necessary paperwork. Bilingual attorneys will be present. This service is brought to you by the Prince George's County Bar Association and Prince George's County, Maryland Black Mayors, Inc. Teach 'em to Fish and My Brother's Keeper Prince Georges County Network

Town of Forest Heights Municipal Building

5508 Arapahoe Drive
Forest Heights, MD 20745

Phone: (301) 839-1030

E-mail: shawkins@forestheightsmd.gov
for more information



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 please call to be apart of the program at the Forest Heights Municipal

"Call to get on the list"

301-839-1030

Forest Heights Police Department September 2015 All Calls For Service

911 HANG UP	1	SUSPICIOUS VEHICLE	3
911 HANG UP (PAY PHONE)	1	SUSPICIOUS VEHICLE (OCCUPIED)	2
ASSIST OTHER UNIT (INCIDENT)	1	THEFT (SHOPLIFTING)	1
ASSIST OTHER UNIT (TRAFFIC)	10	THEFT REPORT	3
ASSIST OUTSIDE AGENCY	4	TRAFFIC ACCIDENT	3
B & E (RESIDENTIAL)	2	UNWANTED GUEST	1
BURGLAR ALARM (RESIDENTIAL)	5	WARRANT SERVICE	1
CHECK ON THE WELFARE	9	TOTAL CALLS HANDLED	72
COURT	3		
DISORDERLY SUBJECT(S)	2		
DISPUTE BETWEEN PERSONS	1		
DOMESTIC DISPUTE	7		
LANDLORD/TENANT DISPUTE	4		
LOST PROPERTY	1		
PROPERTY DAMAGE	1		
STOLEN AUTO (RECOVERED)	1		
SUSPICIOUS SUBJECT(S)	5		

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>

Trash/Recycle Collection is to be Placed at the Curb the Night before Collection

PICK-UP DAYS BEGIN 6:30 a.m.

MONDAY—Recycle & Trash

Yard Waste will be Picked Up on Wednesday

THURSDAY—Bulk 3 Items or less

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



Message from the Mayor



Forest Heights Mayor Jacqueline Goodall and Forest Heights Health Program Coordinator Charmaine Turner joined First Lady Michelle Obama and representatives from the National League of Cities (NLC) and several federal agencies at the White House Sept. 16 for a celebratory event honoring the achievements made by local elected officials participating in the [Let's Move! Cities, Towns and Counties \(LMCTC\)](#) initiative.

The First Lady announced that 500 cities, towns and counties, including the Town of Forest Heights, have committed to the [five goals](#) in the LMCTC initiative since July 2012. LMCTC is a key part of the First Lady's *Let's Move!* initiative and helps local elected officials, their staff and communities ensure all children grow up healthy and have the ability to reach their full potential. NLC works in partnership with *Let's Move!* and the U.S. Department of Health and Human Services (HHS) to provide assistance to local elected officials.

The Town of Forest Heights is part of a growing national movement to build healthier communities and ensure that the health and well-being of young people today and that of future generations is a priority. The Town of Forest Heights committed to LMCTC goals in order to address and combat the issue of childhood obesity – where in Prince George's County, nearly half of youth ages 18 or younger are at risk for obesity and are currently overweight – and to provide children an early framework for eating healthy and proper exercise.

"We were honored to have been able to attend the LMCTC celebration event at the White House and to hear such inspirational remarks and praise from First Lady Michelle Obama and the National League of Cities representatives," said Mayor Goodall. "It is a testament that we are truly making a significant impact in our communities by paving the way for our future generations to be able to live longer and healthier lives. I am so proud of the excellent work that our Town Council, staff and community members have accomplished. Already, we are forging ahead with higher goals and initiatives in mind, such as the creation of a communal vegetable garden for the children of Forest Heights to grow their own food, and researching available spaces and lots where we could permanently host our Farmers Market. Our recent newly developed relationships with Whole Foods and United Medical Center will also benefit not only citizens in Forest Heights, but all of the surrounding community."

The 500 cities, towns and counties that were recognized come from all 50 states, the District of Columbia and the Commonwealth of the Northern Mariana Islands. To date, approximately 80 million Americans live in a city, town or county participating in LMCTC – that's one in four Americans!

For more information on LMCTC and to view the Town's accomplishments, please visit www.healthychommunitieshealthyfuture.org.

Also during that same week, Mayor Goodall and mayors from the African American Mayors Association attended a screening of the HBO VICE special "Fixing the System" at the White House, which featured President Barack Obama's visit to a federal prison in July where he met and interviewed six nonviolent drug offenders – becoming the first president to visit a federal prison while in office. The film examines the flaws in the criminal justice system, and the challenges that lie ahead for those who want to change it. Prior to the screening, President Obama called for reforms to the system. The film aired Sept. 27 on HBO.



Three Forest Heights Staff Members, Official Graduate from Academy for Excellence in Local Governance

Congratulations to Forest Heights Town Clerk Bonita Anderson; Forest Heights Ward II Councilwoman Cynthia Mann; and Forest Heights Town Treasurer Leittia Vaughn! All three were among this year's group of graduates of the Academy for Excellence in Local Governance! The graduation ceremony took place Sept. 13 at the University of Maryland Memorial Chapel.

The Academy is a voluntary certificate training program in partnership with the University of Maryland's School of Public Policy for municipal and county officials designed to help public officials meet the challenges of their roles. It was established in 1998 as a collaborative effort among the University of Maryland's Institute for Governmental Service and Research, the Maryland Municipal League (MML) and the Maryland Associations of Counties (MACo).

To receive a certificate of completion from the Academy, participants must complete specified core and elective classes in either the municipal or county track. Participants in the municipal track must complete nine core classes in topics ranging from the basics of risk management to the structure of municipal government as well as elective courses offered under broad categories such as land use planning, human resources, and personnel administration.

Town Community News

Forest Heights Hosts Third Annual Day of Play Celebration



More than 80 children took part in Forest Heights' third annual Day of Play held Sept. 26 at Forest Heights Elementary School. The celebration was held in recognition of Nickelodeon's Worldwide Day of Play (WWDOP), which is an annual event designed to encourage millions of kids and parents worldwide to turn off the television and play, especially outdoors.

The day's festivities featured an obstacle race provided by the YMCA of Metropolitan Washington's renowned Physical, Healthy & Driven (PHD) on the Move van, sports and games, Zumba, healthy snacks, and a special appearance from Nickelodeon's SpongeBob SquarePants. The event also included handouts and resources on important health topics such as nutrition, eye care, dental care, immunizations and more.

"I am delighted that we have received such a great deal of support and generosity from our local businesses, organizations and community members, which have allowed us to host this fun-filled event each year for the children of Forest Heights and the greater Oxon Hill area," said Charmaine Turner, Health Program Coordinator. "It is important that our children start learning from an early age on how to develop healthy habits, which hopefully they will take with them as they grow into adults."

Community partners and sponsors included Backyard Amusements, Clown N Around Children's Entertainment, the YMCA of Metropolitan Washington, Tutor Doctor, Laugh Out Loud Stations, Strive 2 Tri, Maryland Buccaneers Youth Club, America's Best Contacts & Eyeglasses, iBrush Family Dental Care, Maryland Children's Health Center and Giant Food.

Bullying Tips

Dealing with bullies is not easy for students of any age or grade. Remaining safe and in control can be difficult if a bully is constantly trying to wear them down or make them feel bad about themselves. Understanding how to handle a situation when one is being bullied takes common sense and the ability to overcome obstacles.

A few safety tips that can help a student when dealing with a bully:

- Never confront a bully alone.
- If a bully threatens a student with violence, tell a teacher or person of authority immediately.
- Never accept an invitation to fight.
- If a bully tries to get a student to do something that is dangerous, the student should walk away and report the incident to a teacher.
- If a student is being bullied on a regular basis, they should always try to travel with a friend.
- Maintain a safe distance from individuals that are known to cause fights or instigate physical confrontations.
- Students should always make sure an adult knows where they are going and what time they will be arriving.
- Never talk to strangers while on the Internet.
- Never give out an email address or any other type of contact information to strangers.

Parents can help prevent bullying by getting to know their children's friends, where they live and their parents.

Source: Office of Prince George's County State's Attorney Angela Alsobrooks

Seniors' Recreation Program: Chiropractic Care and Wellness

Dr. Rick Rosa and Dr. Maria L. Camper of Rosa Rehab in Temple Hills presented at the Sept. 14 Seniors' Recreation Seminar on Chiropractic Care and Wellness.



Dr. Rosa, who utilizes modern chiropractic equipment and technology, provided a thorough explanation and demonstration on the following:

- Major back problems in the lower back using a skeletal model
Clinical adjusting and realigning of the back and other portions of the musculoskeletal system
- How to relieve pain, restore mobility and range of motion, and reduce strain on other joints and muscles
- How to apply careful force to the back or joints and massage services to relax the muscles and make adjustments easier
- Two different instrument-assisted soft tissue treatments – Graston technique and ConnecTX – that have shown great results with many types of common injuries

Other advanced treatment options include a special type of traction called decompression that works great on herniated discs or pinched nerves, and laser treatments to decrease pain and promote healing. Nutrition is also important (i.e. proper food groups). For example, most women lack Vitamins D and C in their diets.

POWER LINES

Have a professional tree cutting service trim branches that might fall on electric wiring. Use a wooden or fiberglass ladder outside. Keep the ladder at least 10 feet away from power lines. Never touch anyone or anything in contact with a downed wire. Power lines may be live, stay a safe distance away. Report downed wires to authorities right away.

IMPORTANT REMINDER Call "Before you Dig" (8-1-1) before any digging on your property. They will mark where you underground utilities are located. **It's a free service!**

Town Community News (continued)



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.

Thousands have lived without love, not one without water.

White Cane Awareness Day



Many of us, if not all of us have seen a person that is visually impaired or blind using the white cane to help them navigate. Yet, few of us

have given more than a passing thought to how important this simple instrument is to giving them freedom of independence in their daily lives.

Canes have been used throughout the centuries to help those with limited or no sight, however it was not until after World War I that the white cane was properly introduced. In 1930, the first state laws regarding the right of blind people to travel independently with the white cane was passed. In 1963, the National Federation of the Blind called upon the governors from every state to proclaim October 15 of each year as White Cane Safety Day. The United States Congress, by joint resolution approved on October 6, 1964 the designation of October 15 nationally as White Cane Safety Day. By 1978, the number of visually impaired people who had gained independence had greatly increased.



The Town of Forest Heights is committed to continue to improve our infrastructure and public buildings ensuring that all citizens have access and mobility within our town. October 15, 2015 will be proclaimed as White Cane Safety Day and presentation of the proclamation will be made to representatives of the National Harbor Chapter of the National Federation of the Blind (NFBMD) at our town meeting on October 5, 2015.

White Cane Safety Day celebrates blind and visually impaired people's achievements, it also reminds people about how the white cane is an important tool in helping the blind and the visually impaired live with greater independence. If you would like more information about the NFBMD contact President Michelle Clark at 301-583-8585 or e-mail address mcikevc@aol.com

JOIN US!

FOR A FILM
SCREENING &
DISCUSSION ABOUT
THE THREATS
FRACKING
POSES TO OUR STATE

TUESDAY 10.6.15
7-9 PM

FOREST HEIGHTS MUNICIPAL BLDG
5508 ARAPAHOE DRIVE
FOREST HEIGHTS, MD 20745

groundswell RISING

protecting our children's air & water

CLEAN WATER ACTION
CHESAPEAKE CLIMATE ACTION NETWORK
FOR MORE INFO, CONTACT:
Shilpa Joshi at shilpa@chesapeakeclimate.org

food & water watch
SITRA CLUB

The Forest Heights Seniors' Recreation Program presents a seminar on: **Monday October, 12 2015 @ 1-2 PM**

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

Integrity Compassionate
Respect
Celebrating Lives with Dignity
Service Excellence Professional
Caring Honor

Thursday Oct. 22, 2015 @ 1-2 PM

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



Town Community News (continued)



Outback's Salute to Forest Heights Volunteers Night

Thank you to Mr. Clifton Atkinson and Oxon Hill Outback Steakhouse manager Michelle Wynter and her staff for the delicious steak dinners that they provided during the first annual Outback's Salute to Forest Heights Volunteers Night held Sept. 26 at the municipal building.

Many of the Town's services are made possible due to the hard work and generosity of our volunteers, who donate their time and money to help the Town provide many services such as assisting with the construction of the Tot Lot at Fox Way and Mohican Drive, scholarships for local students, our Forest Heights Day celebrations, our youth theater program and so much more.

We cannot say thank you enough to our volunteers for all of the hours that they have dedicated to the Town and for helping to make Forest Heights a proud place to live, work and play. Special thanks to our Town Administrator Vern Haele, who coordinated the partnership with Outback Steakhouse and Mr. Atkinson to help make this event possible.

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 18, at 2:30 p.m.

Council members Habeeb-Ullah Muhammad and Brian McLaurin.

Happy 21st Birthday Clinetta Ellen Freeman

From former Mayor Sue E. McGinnis

In honor of her granddaughter her hardworking, dedication to life, school and the Town of Forest Heights We Miss You!!!!

Birthday Party will be held in Lynchburg, VA

October 28, 2015 at noon

222 Runaway Bay Road Lynchburg, VA 24571

All are welcome

COUNTY New:

Get Your Business Mentioned on The PULSE TV Show

THE PULSE is the one television show in Prince George's County dedicated to keeping you up-to-date on issues affecting local, small and minority businesses. While profiling local business owners and offering advice from countless business experts and investors, viewers will get a fresh look at the latest business news, economic, technology and industry trends, government policy and much more. The show is hosted by Denise Roberts from the Prince George's County Supplier Development and Diversity Division (SDDD).

THE PULSE airs every week on Saturdays at 9:15 AM, Mondays at 9:45 AM and Tuesdays/Thursdays/Fridays at 1:00 PM on CTV: Comcast Channel 76 & Verizon FiOS Channel 42.

Previous episodes of THE PULSE are also available on YouTube.

There are three different ways for you to have a chance to get your business mentioned on The PULSE TV Show:

- **Ask THE PULSE:** Do you have a business question that you need answered? Ask The PULSE and they will answer your question and mention your business on the show. Send your business question to them via Twitter, @PGCDIVERSITY. Be sure to use the hashtag #askthepulse. Or you can send an email to sdddoutreach@co.pg.md.us.
- **Selfie on THE PULSE:** Send a photo of 'YOU' representing your business and they will broadcast it on the show. All photos should be sent via Twitter, @PGCDIVERSITY. Be sure to use the hashtag #SELFIEONTHEPULSE or #SOTP. Or you can email it to sdddoutreach@co.pg.md.us.
- **Favorite Tweets of THE PULSE:** If you have any favorite business quotes, business advice or exciting news about your business that you would like to share with The PULSE, send it to them on Twitter, @PGCDIVERSITY, and they will broadcast it on the show. Be sure to use the hashtag #FTOP.

Notice of Funding Availability for Community Development Block Grant (CDBG) Applications and Proposal Workshop

The Department of Housing and Community Development of Prince George's County will be accepting Community Development Block Grant (CDBG) applications for Program Year 42, covering July 1, 2016 to June 30, 2017. The CDBG program provides annual grants on a formula basis to entitled municipalities and non-profit organizations. The program is intended to develop viable urban communities by:

- Providing decent housing.
- Providing a suitable living environment.
- Expanding economic opportunities, principally for low and moderate-income persons.

The following are important application dates:

- **Monday, Oct. 5, 2015:** Applications will be available online on at <http://www.princegeorgescountymd.gov/sites/dhcd/Pages/default.aspx> or by email upon request.
- **Monday, Oct. 5, 2015 from 9:30 AM to 12:30 PM:** The County will hold a Proposal Workshop that will provide participants with an overview of the CDBG Program and specific requirements in applying for these funds. Participants are asked to RSVP by contacting the Community Planning and Development office on 301-883-5570 or via e-mail at: LSTaylor@co.pg.md.us. Sign language for the hearing impaired and interpretive services can be made available. To request these services, please call: (301) 446-3400 or TTY (301) 446-3402. **Deadline Friday, Nov. 6, 2015 at 5:00 PM:**

Town Community News (continued)

Message from the Town Administrator Mr. Vern Haefele

Next paper shredding program is scheduled for Saturday, November 14th, from 9 am to 12 pm. Significant progress has been made on pot holes but still work to do before winter sets in and the Asphalt Plants shut down. Washington Gas and Pepco are working to upgrade their respective services in Forest Heights and have submitted applications for permits for the upgrades: Pepco will be on N. Huron, Rolph Dr., S. Huron Dr., Onondaga Dr., and Seneca Dr. Washington Gas will be working on Woodland Dr., Delaware Dr., Iroquois Way, Mohican Dr., Tecumseh Dr., Sachem Dr. and Modoc LN. They understand that residents must have access to their home. Call Vern Haefele, Town Administrator if you encounter any problems. 301-839-1030. The national average on waterline leaks is 19%. Forest Heights has approximately 9 miles of waterlines based on the fact we have 9 miles of streets and 19% of 9 miles is 1.71 miles of water leaks based on the national average. I have asked WSSC to provide me with that information. The Town is requesting proposals to repair the storm drain at Seneca Dr. and Woodland Dr., which we expect to have the repair completed by the end of November. This storm drain has been a problem for 25 years. The County required the Town to complete the repair before the County would accept the drain into the County Storm Drains system. Previous Councils failed to complete the required repair. It will be an expensive project but we will get it repaired.

"An Evening on the Potomac"

With
Council Member
Obie Patterson

Thursday, October 29, 2015
Proud Mary Waterfront
13600 King Charles Terrace
Fort Washington, MD 2074
6:00 PM – 9:00 PM

Light Refreshments Served
Cash Bar
RSVP by October 19, 2015
smanglin@co.pg.md.us

Directions:
Take MD-210 S/Indian Head Hwy
Turn right onto Old Fort Rd
Turn left onto Washington Dr
Washington Dr turns right and becomes Digges Ln
Turn left onto Reid Ln
Turn left at the 1st cross street onto Warburton Dr
Warburton Dr turns slightly right and becomes King Charles Terrace
Proud Mary's will be on the left.

STATES ATTORNEY'S OFFICE OF PRINCE GEORGE'S COUNTY PRESENTS

FAMILY STRONG EXPERIENCE

concert • awareness • family resources

FEATURING **RICHARD SMALLWOOD** LIVE IN CONCERT

SATURDAY, OCTOBER 17, 2015 • 5-8PM
FIRST BAPTIST CHURCH OF GLENARDEN
600 Watkins Park Dr., Upper Marlboro, MD 20774
<http://familystrongexperience.eventbrite.com>

FREE EVENT
online registration required

SPECIAL GUESTS:

BROUGHT TO YOU BY:

TRACEE WILKINS
BUREAU CHIEF
PRINCE GEORGE'S COUNTY

MYSTERY GUEST
TBA

CHARLES HALEY
M.C. HALL OF FAME

HOSTED BY
STATES ATTORNEY
ANGELA D. ALSOBROOKS

...Investing in safe, healthy and stable families

ON-SITE EXHIBITORS and RESOURCE PROVIDERS

- Domestic Violence Awareness Advocates
- Mental Health Providers
- Financial Literacy Providers
- Private Mental Health Screening

DEPARTMENT OF FAMILY SERVICES

C&FY
Community Advocates for Family & Youth

HEALTH DEPARTMENT
Prince George's County

Men Aiming Higher

BEST

BRAXTON EDUCATIONAL SERVICES AND TRAINING, LLC

Design by: Island U Inc. 301-580-4130

Please join
CONGRESSWOMAN
DONNA F. EDWARDS
for her 7th Annual College & Career Fair

FREE!

High School and Middle School Students plan for Future Success

Meet with representatives from colleges, universities, government agencies, private industry, and the nonprofit sector, AND...

- Gather crucial advice on resume writing, cover letters, and application completion
- Review valuable information on apprenticeship and training programs
- Acquire critical SAT and ACT test taking tips
- Discover cutting edge and traditional degree-granting programs
- Uncover intriguing careers, internship, and travel abroad possibilities
- Assess exciting service academy and military opportunities
- Track financial aid sources
- Engage in challenging hands-on STEM activities

Also:
ON-THE-SPOT ADMISSIONS*
ON-THE-SPOT SCHOLARSHIPS*

**See website for details*

Saturday, October 10, 2015
8:30 a.m. – 1:00 p.m.

Annapolis High School
2700 River Rd., Annapolis, MD 21401

For more information visit: WWW.DONNAEDWARDS.HOUSE.GOV or call 301-516-7601

*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
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Town Community News (continued)

Farmers' Market

Connecting the Community

**We'll See You Every Friday until
the end of October**

12:00—5:00 P.M.

Forest Heights & St. Mark AME Church

Indian Head Hwy

Forest Heights, MD 20745



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

Return by November 1, 2014

7915 Malcolm Road, Suite 102

Clinton, MD 20735

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
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Cynthia Mann— ext. 305
CMann@forestheightsmd.gov

Ward III

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ward3muhammad@yahoo.com

Brian McLaurin—ext 302
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ADMINISTRATIVE OFFICES

Vern Haefe,

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Sherletta Hawkins,
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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

COMMUNITY CALENDAR OCTOBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Forest Heights and St. Mark Farmers Markets 5427 Indian Head Hwy Forest Heights, MD	3 Sidewalk Arts Festival Prince George's Ballroom 2411 Pinebrook Ave. Landover, MD 20785 11-3p.m.
4 Kinderfest Watkins Regional Park 12-5p.m. Wilson Bridge Half Marathon & K National Harbor race starts at 7a.m.	5 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup MONTHLY COUNCIL WORKSHOP 7:30p.m. Join us for a film screening & discussion about the treats fracking poses to our state Town Hall 7-9p.m.	6	7 Senior Exercise Classes 12-1p.m. Yard Waste	8 Bulk Trash 3 Items or Less	9 Forest Heights and St. Mark Farmers Markets 5427 Indian Head Hwy Forest Heights, MD	10 Forest Heights Dance 10-1p.m.
11	12 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	13	14 Senior Exercise Classes 12-1p.m. Yard Waste	15 Bulk Trash 3 Items or Less	16 Forest Heights and St. Mark Farmers Markets 5427 Indian Head Hwy Forest Heights, MD Hispanic Heritage Month Event Forest Heights Elementary School 8:30-11a.m.	17 Forest Heights Dance 10-1p.m. 7th Annual American Indian Festival Patuxent River Park Walk to Fight Suicide Rosaryville State Park 11:30a.m.
18 WARD III Residents Meeting 2:30 p.m. Town Hall	19 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	20	21 Senior Exercise Classes 12-1p.m. Yard Waste MONTHLY COUNCIL MEETING 8:00p.m.	22 Bulk Trash 3 Items or Less Health Seminar: Stop Domestic Violence 1-2p.m.	23 Forest Heights and St. Mark Farmers Markets 5427 Indian Head Hwy Forest Heights, MD	24 Forest Heights Dance 10-1p.m. Harbor Halloween National Harbor 12:00p.m.
25	26 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	27	28 Senior Exercise Classes 12-1p.m. Yard Waste	29 Bulk Trash 3 Items or Less	30 Forest Heights and St. Mark Farmers Markets 5427 Indian Head Hwy Forest Heights, MD	31 Forest Heights Dance 10-1p.m.