



NOTICE OF BUDGET HEARING (Fiscal Year 2014) MAYOR AND TOWN COUNCIL OF FOREST HEIGHTS

ENCOURAGES ALL RESIDENTS TO ATTEND

*The hearing will be held on June 19th, 2013 @ 6:30 p.m.
at the Municipal Building, 5508 Arapahoe Drive,
Town Hall, Forest Heights, MD 20745.*

COMMUNITY SPOTLIGHT:

Oxon Hill High School Graduates



The Community Spotlight series is a monthly column where the Town of Forest Heights recognizes an individual who has accomplished great work and/or has made a significant impact in the community. To nominate a person, please email suggestions to liu.y.mimi@gmail.com or call

301-839-1030.

We wanted to recognize our Oxon Hill High School graduates in this month's Community Spotlight. We know how hard you worked these past four years, as well as how hard your parents, teachers, administrators, neighbors,

relatives, friends and all the people who were there every step of the way with you had worked to help you reach this glorious and momentous point. We appreciate the fact that you never gave up even when times were tough. You attended all of your classes on time each and every day. You completed all of your homework assignments and studied for all of your exams and you always aspired to do more.

As most of you already know, the next three years will be somewhat bittersweet for some of our students and families. Earlier this year, the county's Board of Education approved a proposal to relocate all Prince George's County students who live north of the Capital Beltway — which includes the areas of Forest Heights and Glassmanor — from Oxon Hill High School to Potomac High School. Conceptually, by the 2015-16 school year, all students who live in Forest Heights will be attending Potomac High. Students who currently live in Forest Heights and who will be entering either the 9th or 10th grade for the 2013-14 school year will be the first group of students to attend Potomac High.

Though traditions will have changed, please know that we will continue to be proud of all our graduating seniors whether you are a Clipper or a Wolverine. As you prepare to embark on your new journeys, please remember the great words of Zora Neale Hurston who once said, "No matter how far a person can go the horizon is still way beyond you." And in the great words of President Barack Obama: "We are the change that we seek."

Thank you so much for representing our Town! Congratulations Class of 2013!

We would like to send out a Congratulations to Davian Ison, Masters of Social Work Howard University

Community Update from Police Department	2
Community Update from the Mayor's Office	3
Community New	4

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



As summer vacation time for our school age children approaches, it's time to prepare ourselves to concentrate on their safety as pedestrians. My message this month is not just for motorist but just as importantly it's for the children and especially their families. I've observed several of the younger school age children playing in the town's neighborhood streets without parental or older relative supervision. Kids are riding skateboards, bikes, big wheels, and chasing loose balls in the street without regard to oncoming traffic. I have and warned many of them of the dangers of playing in traffic. I hope this article gives our parents and families pause to reflect and be sure they know where their children are playing. Let us be mindful that children will be children when it comes to their attention span when they are playing. Parents, grandparents, older siblings, relatives and friends, please take time to talk to your kids about the dangers of playing in the street. It is up to everyone in the community to protect them from possible tragedy but it starts with you. Know where they are and know what they are doing. If you see FHPD Officers on patrol and would like them to talk to your children about safety, please feel free to approach us to help you talk with them. Thanks.

Col. S.W. Russell, Chief, FHPD

FOREST HEIGHTS LOST AND FOUND INFORMATION

We found a set of **Car Keys** on Quade St.
We also found a **Cell Phone** at Tayac Park.

Please contact the office or come pickup your property.

Would you like this neighborhood to be known as the Safest Place in Maryland? We invite you to come learn about The Forest Heights Neighborhood Watch Program every 1st Thursday in each month at 7 pm-8 pm at the Forest Heights Municipal Building. Town Hall 5508 Arapahoe Drive. Neighborhoods working together in Partnership with the Police make one of the best crime-fighting teams around!!



Council Member Obie Patterson and the Town of Forest Heights will Host a

District 8 Community GIFT CARDS FOR GUNS

Saturday June 22, 2013

From 10:00-2:00 P.M.

at Abundant Life Ministries

**5533 Livingston Rd,
Oxon Hill, MD 20745-2037**

Forest Heights Police Department May 2013 All Calls For Service

ANIMAL COMPLAINT (OTHER)	1	DOMESTIC STANDBY	2	THEFT REPORT	1
ASSIST CITIZEN	1	FIGHT IN PROGRESS	2	TRAFFIC ACCIDENT	1
ASSIST MOTORIST	1	INVESTIGATION	1	TRAFFIC COMPLAINT	1
ASSIST OTHER UNIT (INCIDENT)	2	LANDLORD/TENANT DISPUT	1	UNKNOWN TROUBLE	1
ASSIST OTHER UNIT (TRAFFIC)	4	LOITERING / VAGRANTS	2	WARRANT SERVICE	2
ASSIST OUTSIDE AGENCY	4	MAN DOWN	3	Total Calls Handled:	70
B & E (RESIDENTIAL)	2	MISSING PERSON	1		
BURGLAR ALARM (RESIDENTIAL)	3	PANHANDLER	1		
CUSTOMER DISPUTE	1	PANIC ALARM	1		
DISORDERLY SUBJECT(S)	12	PROPERTY DAMAGE	1		
DISPUTE BETWEEN PERSONS	4	SOUND OF GUN SHOTS	1		
DOMESTIC DISPUTE	3	SUSPICIOUS SUBJECT(S)	9		

Message from the Mayor's Office

Forest Heights continues to be on the move! I am pleased to announce that the town was named a Playful City USA Community for its efforts to increase play opportunities for children. Playful City USA is a national recognition program honoring cities and towns that make play a priority and use innovative programs to get children active, playing, and healthy. This year, we were one of six Maryland towns and cities to be recognized. As you all know, we are currently in the process of creating a town sustainability plan, and one of the main aspects of that plan will be to address the needs of children in the community. This means establishing more safe and appropriate outdoor recreational spaces for our youths.

One of the benefits of being a Playful City USA Community is that Forest Heights will now be eligible for grant monies via Let's Play, a community partnership led by Dr Pepper Snapple Group to get kids and families active nationwide. We plan on applying for those grants to fund our projects. I would like to thank our Health Program Coordinator Charmaine Turner and our Town Administrator Vern Haeefe, for this endeavor would not have been possible without their tireless efforts. With this new designation and the bronze medal from Let's Move! Cities, Towns and Counties, I am confident that we will be able to stop childhood obesity and encourage all of our residents to live healthier, fuller lives. Unfortunately, our Youth Sports Fest was canceled due to the rainy weather, but we will have a new date set. Please continue to check our newsletter and/or Facebook page for updates.

I would also like to encourage Town residents to take part in our Free Prescription Drug Card Program sponsored by the Town of Forest Heights and the National League of Cities. Simply stop into the Municipal Building to pick up your Prescription Drug Card to receive savings. One of the participating pharmacies in our area is CVS pharmacy (nine out of 10 pharmacies nationwide participate in this program). You may create as many cards as you need. Discounts range in price, averaging about a 20 percent savings, which vary by drug and pharmacy. This is NOT insurance, but like insurance you get a card that you show at the pharmacy, and they calculate your discount. As part of this program, you will also be eligible for higher discounts on select medications.

For people with insurance or Medicare, this can work with them as well. Because it is NOT insurance, members would be able to see if they get a better price with their existing insurance or with the card. Usually, the co-pay through insurance will be better, but not always. So having the card could be helpful even to people that already have insurance (not to mention many individuals and businesses are going to have high-deductible plans that don't cover prescriptions). While the membership program may not meet everyone's needs, it offers an inexpensive alternative for many people. For more information, please visit www.caremark.com/nlc or call toll-free at 1-888-620-1749.

Finally, I would like to commend Dr. James Dula and the Glassmanor Citizens Association for helping to put together a touching Memorial Day ceremony at the Municipal Building. One of the honorees was Second Lieutenant Emily J.T. Perez, who graduated top of her class at Oxon Hill High School and attended West Point, where she became the first minority female command sergeant in the history of the military academy. Sadly, Perez's life was cut short when she was killed in Iraq after a makeshift bomb exploded near her Humvee during combat operations in 2006. Aged 23, she was the first female graduate of West Point to die in the Iraq War. Following their daughter's death, Daniel and Vicki Perez established a foundation in her name, which provides mentoring and scholarships for girls and young women. More information on the Emily J.T. Foundation can be found at <http://www.emilysway.org/>. Let us always remember the men and women who had to pay the ultimate sacrifice in service of their country, and be thankful for the men and women who still risk their lives every day to protect our freedom. Thank you all for what you do and what you continue to do.

Mayor Jacqueline Goodall

Dear Friends,

Volunteers Meeting Tuesday, June 11th at 6:30 p.m.

For Forest Heights Day, Saturday August 3, 2013

Calling All Volunteers! Want to help? Like the outdoors?

or call 301-839-1030.

**YOU COULD WIN A
FREE TICKET TO
THE SENIOR GALA
CHECK YOUR PAPER
TO SEE IF YOUR
WON!!**

Town Community News

Forest Heights Teams Up with Glassmanor Community to Host Memorial Day Ceremony



The Forest Heights-Oxon Hill Community Development Corporation (FHCDC) co-hosted a successful Memorial Day Ceremony with the Glassmanor Citizens Association and the Town of Forest Heights on May 25th at the town administration building.

The joint Memorial Day Ceremony brought together various communities in an effort to honor national heroes who had sacrificed their lives for freedom and democracy. Military members from the Armed Services were visibly recognized, which included Veterans from World War II, Vietnam and Iraq. The Junior ROTC from Oxon Hill High School provided the Color Guard honors.

Mrs. Jacqueline Keys and Mrs. JoAnn Fisher of the Glassmanor Civic Association led the ceremony with remarks from Mayor Jacqueline Goodall, District 8 County Councilman Obie Patterson, and Dr. James A. Dula, Major, Retired United States Air Force. Candles were lit in the memory of all of our fallen soldiers.

The program especially highlighted the women who have served in our military and the contributions made by them. Mrs. Fisher later presented a Proclamation to Daniel Perez, the father of U.S. Army Second Lieutenant Emily J.T. Perez, who was a 2001 graduate of Oxon Hill High, and became the first black woman at West Point to attain the rank of Corps Command Sergeant Major.

Trash Trapped!

On Earth Day, April 22, 2013 more than 300 students at Forest Heights Elementary School took part in the school's 2nd Annual Potomac Cleanup/ Earth day extravaganza. Students from Pre K- 6th grade worked alongside each other to remove unsightly litter and debris from the school grounds and the local Oxon Run Creek. The day kicked off with students pledging to rethink. The students created and covered the school in litter-prevention posters that highlighted the schools motto for Earth day; "Everyone Appreciates Re-thinkers, Think Humanity".

Before each class received their cleaning materials, they were challenged to identify the types of materials that could be recycled or trashed. Using these lessons as inspiration, students began the litter cleanup. Students in Pre K- 2nd grade worked frantically to clean the schools play areas, including the front lawn, basketball courts, football field, playground, and jungle gym. Students in 3rd- 5th grade were tasked with cleaning the Oxon Run Creek and trail that runs behind the schools. The 6th graders ventured to the Oxon Cove Park and Oxon Hill Farm to work alongside Park Rangers to complete water quality tests and litter pick-ups.

Students collected roughly 600lbs of trash including a tire, a motorcycle, three shopping carts, two vacuum cleaners, and a slew of other scrap metals and PVC piping. After students completed cleanup activities they enjoyed the clean school yard and had Trash Free picnic lunches. In an effort to maintain momentum, additional projects are planned to further the school's improvement including gardening, tree planting, and a Professional Development for teachers with the viewing of "Bag It".

Students learned that although cleanups help to beautify their school yard, neighborhoods, and local green spaces, cleanups are not the solution to our litter woes. Collectively, we have to work to take control, take care of trash. What this means to you:

- Littering is both harmful to our environment and also illegal. Our sewers and storm drains are not equipped to remove litter that is dumped via pedestrian traffic. All the litter that is thrown or washed into storm drains, will travel through our sewer system and will eventually reach a local creeker, stream, such as the Oxon Run and the Potomac River. Littering can lead to hefty fines and even arrest. Remember to rethink your behaviors and properly dispose of your waste.
- Rethink before you shop. As students cleaned their schoolyard and the stream nearby, they noticed a great deal of plastic bag waste and other corroded pieces of plastic that lingered. Many of these plastic bags are bags we receive at our local grocery stores and favorite retailers. Use reusable shopping bags to carry out your goods.
- Become a volunteer and join the Trash Free Forest Heights efforts. You can become more involved by using a reusable bag, posting an anti-litter sign in your yard, or by joining in on events and workshops.

For more information about Trash Free Forest Heights and anti-litter yard sign giveaways please contact Everette Bradford; ebradford@fergusonfoundation.org or 301-752-1305.



Community Healthy Heights Tips

Forest Heights Healthy Living Program invites you to a seminar



Join us for a fun and educational day dedicated to fighting
Asthma in the

Town of Forest Heights Thursday June 27, @1pm-2pm

5508 Arapahoe Drive Forest Heights, Md. 20745

RSPV for free box lunch by Tuesday June 25th, at

301-839-1030



Understanding Strokes Seminar

Forest Heights residents learned how to prevent strokes and to recognize the signs of strokes at a May 23 seminar hosted by health program coordinator Charmaine Turner.

The seminar:

- offered a lecture on good nutrition to minimize strokes
- taught the importance of exercise
- explained the ills of being obese and obesity associated with chronic disease
- taught the importance of yearly physical exams and doctor visits

Attendees were challenged to share what they learned with other community members.

The next health seminar will be held on **Thursday, June 27** from 1 to 2 p.m. The topic will be **“Winning Asthma.”**

Blood Clots/Stroke - **They Now Have a Fourth Indicator: The Tongue**

STROKE: Remember the first Three Letters.... S. T. R.

STROKE IDENTIFICATION: During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics). She said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital; that evening, Jane passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this. A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK and SPEAK A SIMPLE SENTENCE (Coherently)**

(i.e. It is sunny out today.)

R *Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call emergency number IMMEDIATELY and describe the symptoms to the dispatcher.

New Sign to recognize a stroke ----- Stick Out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue... If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

Senior Community News

You are Cordially Invited to the
Daughter For the Day, Inc.

Senior Gala

Sunday, June 23, 2013 2:00 p.m.-5:00 p.m.

Camelot by Martin's Upper Marlboro, MD

Call 301-203-7050 to purchase your ticket today!

Ticket are \$44.00 per person

The Weatherization Assistance Program (WAP) operated by the Maryland Department of Housing and Community Development. Free Programs and Single Family Special Loans. Two more Forest Heights residents took advantage of the Free Home Weatherization Program.

They were awarded this service through a Collaboration Grant from MEA. Mayor Goodall is continuously seeking ways to assist residents and ask that residents take advantage of these grants. Call Ms. Reifsneider if you are interested in our ongoing program for weatherization.

**Call Anne Reifsneider
for appointment 301-839-1146**



SSI Benefits Move to Direct Deposit

If you applied for Social Security or Supplemental Security income benefits on or after May 1, 2011, you must receive your payments electronically. If you have not signed up for electronic payments, you need to do so now. The deadline to switch to electronic payments by March 1, 2013. If you are already receiving benefits, you can obtain a password and start or change to Direct Deposit online. You can also sign up at your bank, credit union, or savings and loan. For assistance, please call Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or log on to <http://godirect.org/social-security-federal-benefits-direct-deposit/>.

60+ Plus Committee welcomes you to Senior Bingo and Community Cards

Councilman Robert Barnes & Ms. Anne Reifsneider work to provide activities and service to our citizens. Please mark your calendar for the: **This Month only you could win 1 ticket to the Daughter For the Day, Inc. Senior Gala. Sunday, June 23, 2013.**

Senior Bingo FIRST THURSDAY of each Month from 10:00 a.m.-1:30 p.m.

Community Cards FIRST and THIRD SATURDAY of each month from 1:00 –3:00 p.m.

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



Get Timely Emergency Information

The Office of Homeland Security encourages residents to register for the NotifyMe Program to receive important emergency information and updates to your registered devices. Participants receive messages that pertain to amber alerts, severe weather, school and government delays and closings, severe traffic, utility interruptions, and emergency preparedness measures. To sign up please visit, www.princegeorgescountymd.gov.

TAKOMA PARK

In Washington during the Civil War federal employees increased rapidly. This growth attracted ambitious businessmen Benjamin Franklin Gilbert from New York. In 1862 he became a Real Estate Promoter. November 1883 he purchased 90 acres for \$6,500 which crossed the Maryland DC line. Using an Indian term it was named Takoma meaning "High up, near heaven" adding park to emphasize rural charm. The Baltimore & Ohio Railroad had been running trains through this area for past ten years making Takoma Park close to jobs, shopping and activities in the city. Building lots sold for 1 to 5 cents per square foot and homes could be built for \$1,000 to \$5,000. In 1894 City Hall was built near the Train Depot, housing meeting rooms, stores, library and bowling alley.

THOUGHT: Never put off until tomorrow what you can put off until the day after tomorrow.

FOREST HEIGHTS HOMEMAKERS

Town Community News (continued)



Dangers With CFL Bulbs

Compact fluorescent bulbs (CFLs) provide energy savings as well as light.

According to the University of Florida website, compact fluorescents use a quarter of the energy of incandescent and can last up to 10 times longer. These benefits do not come without risks. CFL bulbs contain trace amounts of mercury, a deadly poison. Many of these bulbs have a spiral-tube construction, which means a larger surface area of glass that can break. Compact fluorescents also must be installed in ventilated (open) fixtures or they will quickly overheat.

We are asking all residents to not allow water to collect in pans, buckets, jars, holes, etc as this is how mosquitoes reproduce. In Forest Heights the Tiger Mosquito is the major problem. They are very aggressive, will follow you into the house or your car and are out during the daytime and they like to be in the grass. Seniors should be careful as we see more health issues attributed to mosquito bites.



Over 30 Years Experience
Wayne's Flooring
Sanding & Refinishing
Hardwood Flooring

We also Install

All work done by Owner

Wayne Ballard

14705 Berry Road Accokeek, MD 20607

Phone 301-292-2736

Cell 301-399-0301



Bubba's Lawn Service

Mowing, Weedwacking &

General Lawn Care

Very Reasonable Prices

301-379-0615/301-749-9002

Attention Residents: The Community Room at the Town Hall is an excellent space available to the residents for Family reunions, wedding receptions, class reunions, repast, birthday parties, baby showers, etc and the fees are very reasonable. Contact Mrs. Sherletta Hawkins, to make reservations and request information on fees at 301-839-1030.

The Town continues to follow up with WSSC, Washington Gas and Pepco regarding issues that impact our residents, i.e. grass seeding for yard cuts, street cut repairs, concrete driveway cuts repaired with asphalt instead of concrete, street lights, tree branches that need to be trimmed, etc.

The Town council has approved for sale a green 2001 Lumina. Written offers can be submitted to the Town Administrator by date.

We appreciate calls from the residents regarding pot holes, street patches that are sinking, trash pick-up, street sign damages, etc.

"Success seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit." **Conrad Hilton, Founder of Hilton hotels.**

Ward III Residents!

Ward III Council Members invite all to come out to meet, let's talk and ask questions, make suggestions. We will attempt to answer your questions, and if we don't have an answers, we'll find out. Come out to meet your neighbors. June 15, 2013 at 1:00 p.m.

Council members Habeeb-Ullah Muhammad and Larry Stoner

TOWN OF FOREST HEIGHTS YARD SALE
SATURDAY, JUNE 8, 2013 8:00- 3:00 P.M.

VENDORS WANTED

SPACE \$15 / TABLE \$ 5

CONTACT MRS. CATHY CLARK

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



FOREST HEIGHTS
BACKYARD/PATIO GARDEN
WORKSHOP
COME OUT MONDAY JUNE 10, 2013
6:30 P.M.



*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
PAID

Town Community News (continued)

4th Annual Nonprofit Forum Your Nonprofit: Build It! Grow It! Fund It! SUSTAIN IT! Hosted by Congresswoman Donna F. Edwards (MD-4)

This forum brings together nonprofit, government, and foundation leaders with diverse perspectives, experiences, and backgrounds, to develop winning strategies to strengthen lives and communities. This one-day nonprofit forum will focus on issues important to our community. Recognized subject matter experts will offer 20 distinct training sessions, in four separate tracks: Build It!, Grow It!, Fund It!, and Sustain It!

Monday, June 10, 2013

Anne Arundel Community College

CADE CENTER FOR FINE ARTS

101 College Parkway

RSVP to 4mddistrictsvp@mail.house.gov

For more information, please call 301-516-7601 or visit
www.donnaedwards.house.gov

**"If we all did the things we are capable of doing, we would literally
astound ourselves."**

- Thomas A. Edison

When Andrew Carnegie, the great steel magnate, commissioned Napoleon Hill to codify his philosophy of success into a form that could be taken to the world, he imparted to Hill that his first test of any man's potential for future success was to measure the man's willingness to go the extra mile – to render more and better service than that for which he is paid and to do it in a pleasingly positive mental attitude. His second test was to determine whether or not the subject has a definite major purpose in life and a plan to attain it. When you consider that most people are hoping to be afforded a shortcut to a vague notion of some kind of success they hope to achieve some day, is it any wonder that most people sorely underachieve in life? This is an indictment of mankind that I take no pleasure in leveling – primarily because it is an offence I too have been guilty of committing.

I don't think most people have any clue what they are capable of accomplishing in life. Some people suffer from a lack of willingness to go the extra mile; they are just not willing to do what it takes to accomplish a significant goal. More often than not, however, people suffer from either a lack of clarity or a lack of belief that they can actually achieve their goals – and the two are linked. If you are not crystal clear about what you want, you cannot possibly have any kind of detailed plan of how to attain it. It does not engender faith to shoot for a goal you don't clearly understand and have no idea how to attain. Clarity alone can be magical.

You are a miracle; between 75 and 100 trillion living cells all working together to produce an animated life form created in the image of The Almighty. You have more potential than you have any idea what to with as no human being uses more than even a sliver of his or her mental capacity. Understand that you have been endowed with the seeds of greatness and engineered for success. Get clear about what you want, create a detailed plan to get it, and get to work. Armed with a goal, a plan, and initiative, you will start to believe. When belief crystallizes to absolute faith you will astound yourself with what you will accomplish.

Jeff

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. 232**
SHawkins@forestheightsmd.gov

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

Mimi Liu, Town Communications Specialist
liu.y.mimi@gmail.com

Phone (301) 839-1030 Fax (301) 839-9236

8:30a.m.—5:00 p.m.

www.forestheightsmd.gov

COMMUNITY CALENDAR JUNE 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COME PICKUP YOUR TOWN ORDINANCE CODE BOOK						1 Housing Fair Prince George's Sports and Learning Complex 8001 Sheriff Road
2 Piscataway Indians 31ST Annual Powwow and Festival	3 TOWN MAYOR/COUNCIL WORK-SHOP 7:30p.m. Trash/Recycling	4	5 Yard Waste	6 BINGO 10:00-1:00 p.m. Neighborhood Watch 7:00 p.m.	7 Last Day to order Share Food Package	8 Yard Sale 8:00-3:00 p.m.
9	10 Trash/Recycling Backyard/Patio Garden Workshop 6:00 p.m.	11 Forest Heights Day Volunteers Meeting 6:30 p.m.	12 Yard Waste	13 UniverSoul Circus The Plateau at National Harbor 201 Harborview Ave. National Harbor, MD 20745 Bulk Trash No more them 3 Items	14	15 Ward 3 Meeting 1:00 p.m. Juneteenth Celebration Watkins Regional Park
16 Father's Day Father's Day Comedy Show and Dinner Prince George's Ballroom 	17 Trash/Recycling	18 Forest Heights Volunteer Meeting for Forest Heights Day 6:30 p.m.	19 BUDGET HEARINGS 6:30 P.M. MAYOR/COUNCIL MEETING 8:00 p.m.	20 Bulk Trash No more them 3 Items	21 Understanding Strokes 1-2 p.m. RSVP for free box lunch	22 Pickup Share Food Package Celebrating the Potomac National Colonial Farm 11-4 p.m.
23 <hr/> 30	24	25 RSVP for free box lunch for Asthma seminar	26	27 Understanding Asthma 1-2 p.m. RSVP for free box lunch	28	29

SHARE FOOD NETWORK FOR JUNE *Pick up Saturday JUNE 22, 2013*

ORDER AND PAY By JUNE 7, 2013

10:00 a.m. to 11:00 a.m. NOTE CASH ONLY

10:00 a.m. to 11:00 a.m. NOTA SOLO EFECTIVO

Package "A" Value Package \$20.00	Package "B" Memorial Day Steak \$14.00	Package "C" Pork Chops \$21.00
Boneless Tilapia Fillets 1lbs.	5 lbs. of Fully Cooked, IQF	
Turkey Tenderloin. 75lbs	Chicken Wings	
Split Chicken Breasts 2.5 lbs.	NOTE: IF ORDER IS NOT PICKED UP BY 11:00 A.M. FOOD WILL BE GIVEN AWAY	Grilling Meats: Choice sirloin steaks
Breakfast Sausages 1 lbs.		(2), boneless pork chops (2), Italian
Sweet Pineapple Cups		Sausage (3/4 pound), chicken breasts
8-9 lbs. of fresh, beautiful produce		(lb.), pork tenderloin (10 oz.), and
		Ground beef (1lb.)