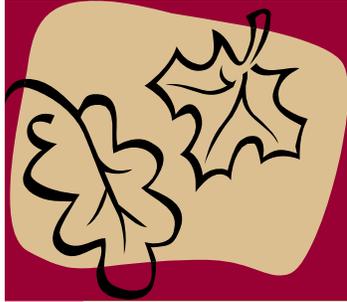


Millwood-Waterford Newsletter

P.O. Box 607
District Heights, MD 20747



MILLWOOD-WATERFORD CITIZEN'S ASSOCIATION, INC.

The Village's Voice

A Message From the President

The community has continued to grow during the past three years. Overall, the community has attracted the attention of the county, and as a result to citizen's requests, the budget for better services has been increased. The Neighborhood Watch Program has attracted many volunteers. The Community Standards Committee (CSC) monitors the community for violations that create a negative community. In the Spring of 2007, the Millwood Center, will be getting a new deck, a new roof over the patio, brighter lights in the parking area, handicapped benches, and two benches on the walking trail.

The first Millwood-Waterford health fair was held in August. Free tests and lab work was offered.

Our Community picnic had all the trimmings of a "Fair." Games and food was enjoyed by both

children and adults.

The scholarship program is in its second year. Six applications were given out, three were returned.

The Association planted 20 Crepe Myrtles trees on Shady Glen Dr. and 10 on Walker Mill Road. PEPCO donated a ton of mulch to the program.

DPW&T donated the trees, mulch, top soil, leaf grow and the landscaping service with four volunteers. Thanks to Mr. Wayne Lucas of Special Services and Mrs. Joyce Bech, Coordinator. I would also like to extend a special thanks to the volunteers who came out to dig the holes, to plant the trees on

Friday and again on Saturday.

Fairfield Knolls Civic Association also joined in our efforts to make our community a better place to live.

With the help of volunteers, we painted and stenciled 93 storm

drains with "Don't Dump" "Chesapeake Drainage," in the communities. Our streets look like someone is taking care of them, and we are!

In July, the Association sponsored a six week course in health and fitness. Our own Ms. Beard was our certified trainer. What a class that was.

Thanksgiving baskets will be distributed to the needy in November. We are counting on your donations for this annual event.

Since becoming incorporated in 2004, the Association has received three Grants. All donations are tax deductible, so please support your scholarship program.

The golf tournament, the trips to the casino and the theater was a big success.

I have three projects in the works that I would like to

Presidents Message Cont.

I have three projects in the works that I would like to complete before my term is up. However I can't complete these projects unless you elect me for the next year. I believe my work is proof that I have served you well and can do the job. Please come out and vote on November 13.

Our Christmas parade is in the planning stages. A Santa Clause and Marching Band is on the list. Help us to make this the best Christmas Parade ever.

Please don't hesitate to call me if you need more information. Flyers are sent out monthly to inform you of meetings, hearings and other events. We can

only live better if we make where we live better. I need the help of each of you, both physically and spiritually.



Margaret White, President

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Citizen's Association Meetings Millwood Recreation Center @ 7:30 pm

- November 13, 2006
- December 11, 2006
- January 8, 2007
- February 12, 2007
- March 12, 2007
- April 9, 2007
- May 14, 2007
- June 11, 2007

Golf Tournament and an Evening at Arena Stage

First Golf Tournament A Whopping Success

—The Millwood-Waterford Citizens Association's first golf tournament on April 27, 2006, was very successful. What a beautiful day for thirty-nine players (men and women) to have fun on the golf course, meet new people, enjoy a delicious lunch (prepared by Joann Johnson), and win great prizes. Each golfer took home a photo of his/her team on the golf course. Several persons outside the community (Washington, DC) paid to just come and be there for lunch and fellowship. They are still talking about the tournament and could not believe it was our first tournament.

Sponsors of the tournament included: All Auto Locksmiths, Capitol Heights; Applebee's, Forestville; Brian Lizzi, MassMutual Insurance; Bugaboo Creek

Steakhouse, The Blvd; Capitol Nissan, Bowie; Circuit City Stores, Inc.— The Blvd; Dimensions Health-Prince George's Hospital; Dudley Products-Capital Heights; Giant Food; Gingles, LLC; Kettering Liquors; Safeway, Inc.; Girl Scouts Council of Nation's Capitol, 21-12; Tadpole Productions; University Enterprise, Inc.; Congressman Albert Wynn.

Thanks to everyone who made this tournament a success. Special thanks to Brian Lizzi of Mass Mutual Financial Group for donating the framed photos to each player and to the volunteers and committee members who donated their time (Special thanks to Joann Johnson for the food).

Lady Day (Billie Holliday) At Emerson's Bar & Grill

—An enjoyable evening was had by all

at Arena Stage on Saturday, May 27th, 2006. A group of thirty-one residents of Millwood-Waterford and outside friends enjoyed a musical portrait of Billie Holliday (Lady Day). The scene was at Emerson's Bar and Grill in Philadelphia, as she gave a swan-song performance four months before her death, for a few regulars at Emerson's Bar & Grill. Attendees were able to go back in time as "Billie" recounted the highs and lows of her troubled life as an entertainer. The musical portrayed one woman's struggle and triumphs amidst her rise to become one of the Country's most renowned entertainers. Thanks to all who supported this enjoyable event.

Valeria Wilson, Chairperson, Fund Raising and Entertainment Committee

Millwood-Waterford Health Fair and Fitness Program

Successful Health Fair

—The Millwood-Waterford Citizen's Association held its first Health Fair on August 4, 2006, at the Millwood Recreation Center. The services available to participants included diabetes and cholesterol testing, aorta sonograms, and blood pressure testing. Information was made available on nutrition, pre-diabetes/diabetes, hypertension, mental health, physical fitness, hospice care, Alzheimer's disease, drugs, adult job training, and charity assistance. Thanks to the Southern Maryland Hospital Center's Health Express Van, the

Prince George's County Health Department and the Center for Healthy Lifestyles Initiatives (CHLI), The Mission of Love, and Hospice of Chesapeake for providing services and representatives to make the Health Fair a success. Thanks to the Hospitality Committee for providing a healthy lunch for the participants.

Fitness Comes to the Community

—The Millwood-Waterford Citizen's Association, with funding from Park & Recreation was able to bring fitness classes to the

Millwood-Waterford Community during a six-week period from June 19-August 2, 2006. Members of the community improved their health and well being by participating in exciting exercise classes taught by Ms. Helen Beard and associates of Ascension Fitness. The classes were filled with fun and enjoyment while everyone's muscles were crying "help me." Thanks Ms. Beard, for teaching us how to improve our health and well being.

Valeria Wilson, Chairperson, Fund Raising and Entertainment Committee

Membership Dues

—Your dues are only \$10.00 per year per family. Your annual dues cover the administrative costs of the association; printed materials, postage, programs and events. If you have not paid your membership dues, please contact your block captain or mail it as soon as possible. Remember, everyone benefits from the efforts of a few.. Thanks to the members who are paid up.

Volunteer Santa Needed

We are looking for a "Volunteer Santa," from Millwood/Waterford, to participate in the Christmas parade. If you are interested, please contact the Association at 301-336-4904 by November 15, 2006



A Special Thanks to "Joann Johnson", our



"Top Chef of the Year"

Millwood-Waterford “Christmas Parade”

Christmas Parade— Come join in the fun at our second annual Millwood- Waterford Christmas parade and celebration. Another exciting extravaganza is planned to kickoff the Christmas holiday season. Plans and preparations are underway to make this the most exciting Christmas Parade ever. Flyers will be distributed with all the important details.



2006 Thanksgiving Baskets—The annual Thanksgiving campaign will begin in November. Please be generous with your donations. I also encourage you to volunteer your time to prepare and deliver baskets. A flyer will be distributed in November with details on where to drop off your donations.



Important Dates to Remember—

- Election of new Officers for 2007— Nov. 13
- Thanksgiving Baskets—Nov. 20
- Christmas Parade—Dec. 16

Thought for the Day

What is opportunity and when does it knock? It never knocks. You can wait a whole lifetime, listening and hoping, and you will hear no knocking. None at all.

You are opportunity, and you must knock on the door leading to your destiny. You prepare yourself to re organize opportunity, to pursue and seize opportunity as you develop the strength of your personality and build a self-image with which you are able to live.

-Maxwell Maltz

Community Activities

2006Community Picnic— Friends and neighbors! Thanks to all who made this year’s Millwood-Waterford picnic a success. The weather was perfect and the food was wonderful What about that fish fry! Everyone seemed to enjoy the Bingo games and the children’s entertainment. We hope to make next year’s picnic an even greater success. Thanks to all who made a beautiful day a special experience, and for showing once more, how truly blessed we are to have trusting and caring neighbors.

Felicia Atcherson, Picnic Committee Chair

Delaware-Midway Slots— The Fund Raising and Entertainment Committee hosted another wonderful event on June 23, 2006. A group of 44 persons enjoyed a beautiful trip to Midway Slots in Harrington , Delaware, where the slots were hot for some participants. The group enjoyed refreshments, participated in a 50/50 raffle, and enjoyed the movie, “Ray” during the trip home. Thanks to John Williams, Willie A. Smith, Earl Watkins, Joann Johnson, Reginald Russell, Ann Robinson, Arnita Wise and yours truly for selling tickets for the trip and thus helping to make it a success. Transportation was provided by the Williams Bus Company.

Valeria Wilson, Fund Raising & Entertainment

Look What’s Coming to the Neighborhood!!

- Six houses planned for 7222 Walker Mill Rd. Hearing to be posted.
- Gateway Development—35 homes planned at 7500 Block of Walker Mill Rd. Hearing to be posted.
- Joel Condos are in progress at Karen Blvd and Walker Mill Rd.

Citizen’s Association Officers and Committee Chairs

Millwood-Waterford Citizen’s Association Officers

2006

Margaret White	President
Valeria Wilson	V. President
Rose Harley	Secretary
Bobbie Ellebee	Asst. Secretary
Doris Hughes	Treasurer
Felicia Atcherson	Financial Secretary

Millwood-Waterford Committee Chairs 2006

Valeria Wilson	Fund Raising & Entertainment
Betty Cheeseman	Hospitality
Felicia Atcherson	Picnic
James Shelton	Block Captains
Joann Johnson	Special Events
Rev. Marion Criddle	Scholarship



Neighborhood Watch Program—The Neighborhood Watch Program, a self-help community crime prevention program, is up and running in the Millwood-Waterford community. We are equipped with hats, radios, bright reflective orange vests, T-shirts and flashlights. The Neighborhood Watch team patrol the area every Monday, Wednesday and Friday evening, between 7 and 9 p.m. The 3rd District Police Department is aware of our location at all times during our patrol by radio home based communication patrol. Thanks to a neighborhood watch grant, the Association was able to obtain the necessary materials and equipment to get the program underway. Thanks to Block Representatives and other neighbors who have joined in to help look out for our neighbors. Residents are encouraged to contact James Shelton or John Murphy to sign up for the Neighborhood Watch Operation Identification Program. All citizens are encouraged to watch out for each other and to report any suspicious activities to the Police. If there is an immediate need for Police assistance, call 911. Otherwise, call 301-333-4000 to report activities and incidences of a non-emergency nature.

Operation Identification—The Operation Identification program has been proven effective in reducing burglaries in communities where properly implemented. Operation Identification has 3 parts: 1) Marking easily stolen valuables, (each block representative has an engraving pen available to association members). 2) Your block representative has a property list for you to record the description and serial number of your marked valuables. You should keep this list in a safe place. It's also a good idea to take photographs of valuables that can't be marked. 3) Display Operation Identification sticker on exterior doors and windows. Stickers are available from your block representatives.

Block Representatives— I would like to thank each block representative who diligently delivered fliers, collected dues and participated in all community functions. Citizens are encouraged to volunteer to become a block representative in your neighborhood. There are three vacancies, if you are interested in becoming a block representative contact John Murphy or James Shelton (301-499-0432).

James Shelton

Do you Know the Warning Signs?? Stroke, Heart Attack and Diabetes

Warning Signs of Stroke

The most common sign of stroke is a sudden weakness of the face, arm or leg, most often on one side of the body.

Other warning signs can include:

- Sudden numbness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Warning Signs of Heart Attack

Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. May occur with or without chest discomfort.

Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

But women are somewhat more likely than men to experience shortness of breath, nausea/vomiting, and back or jaw pain.

Warning Signs of Diabetes

Type II diabetes is the most common. About 95 percent of people who suffer from diabetes have this form of the disease. Although you may have no symptoms at all. If you or your children have any of the following, you should consult your doctor:

- Extreme thirst
- Occasional blurry vision
- Frequent urination
- Unusual drowsiness
- Unexplained weight loss
- Diabetes can develop in anyone, but it is more common in Hispanics, African Americans and Native Americans.

