

West Lanham Hills Citizen

May Edition

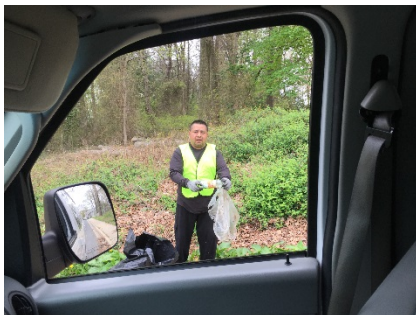
Annual Meeting: May 3 , 2017, 8 p.m., Park Building

Clean Up becomes Block Party!

More than 60 West Lanham Hills residents came out to clean up the public spaces of our community on Saturday, April 15.

Young and old, they scoured the woods and bushes and grassy areas for the trash that was making our community ugly. A team of strong young men covered the slope along Decatur Road, pulling out more than 30 discarded tires. Another group cleared trash from the stream bed at Decatur and West Lanham. The thick bushes behind the Fire Department were cleared of trash by one "power crew" and another hit the messy area in front of the Pancake house, while yet another cleared up the area around the church. Three dumpsters had been placed on Decatur, and a Super Team led by Bruce Adams continually picked up the bags and piles collected by the teams and transported them to the dumpsters.

Even when the pizza arrived and our Prez, Greg McNair fired up the grill for some yummy burgers, these Super Guys never stopped, even picking up several residents' personal discards! With some music playing, some drinks and snacks, and some tables and chairs set up on the fly, our "work party" became a "block party!" Thanks to the combined efforts of the biggest group of volunteers we have ever had, the community looks great! It was our own version of "Earth Day," and it was great to see the strong community spirit—and the beautiful clean spaces—making us again proud of West Lanham Hills!



Family Fun Day Helpers Needed!

For Family Fun Day, we are considering to do it as a Block Party on Decatur Road, on Saturday, June 3. Kate Tsubata is willing to be the main organizer, but we need help! If you would be willing to help coordinate this important community celebration, please call her: 301-577-1094. Thanks!



Important Meeting about our Park Building

Our Citizens' Association has requested a meeting with representatives from Parks and Planning to discuss our needs, our concerns about safety, and our desires for greater community programming in the park building. We really need your voice to be heard! Can you come on **Thursday, May 11 at 7 p.m.** to the West Lanham Hills Park Building, to share your ideas, and to bring up matters that are important to our neighborhood? Thanks!

Citizens' Association Annual Meeting News

The Annual Meeting in May is when important yearly actions are taken. Please come out on **Wednesday, May 3, 8 p.m.** for this special meeting.

Treasurer Deanna Echanique has been active in updating all our books and accounting procedures. She will give a full report at the annual meeting.

Find out how the current board is working to improve the communications, efficiency and operations of the WLH Citizens' Association!

Need Lawn and Yard Work Done?

Zamarri Rivers can mow lawns and do basic yard and gardening tasks. Call 240-296-0865.

Keep up with latest news! Check our website:
www.westlanhamhills.com

Marijuana Facts:

Pot is not legal in Maryland, although it is able to be used in Washington DC under certain conditions. However, the effects of marijuana use on the human body are serious. This is not a "safe" drug.

Marijuana has a strong negative effect on brain development. It reduces the ability to think, to remember, and to learn. It affects the brain's ability to build connections between different parts of the brain, and this can be permanent if the user is younger than 25.

Marijuana use affects the perception of time, of color, and of taste. It slows bodily reflexes and response times. It impairs the ability to think clearly, and makes even minor problem-solving very difficult.

Marijuana has been linked to several areas of mental illness. In addition to the paranoia and hallucinations experienced with the drug use, it has been found to trigger serious issues of schizophrenia, bipolar disorder or depression. Users were found to have more problems with relationships, life satisfaction, academic or job performance, and physical health than non-users.

Marijuana use affects unborn children severely. Lower birth weight, poor fetal brain development, and behavioral and developmental problems after birth are all related to maternal marijuana usage.

(Researched by Kazuo Tsubata, source: National Institute on Drug Abuse)
(<https://www.drugabuse.gov/publications/drugfacts/marijuana>)

Financial Power Workshops Available from the Prince George's Library and SunTrust Bank!

- "How to be a better Money Manager" (5/13/2017, Fairmont Heights Library, 10:30 a.m.)
- "Prepare for the Unexpected" (5/20/2017, Largo-Kettering Library, 10:30 a.m.)
- "Five Steps to Debt-Free Living" (5/6/2017, Greenbelt Library; 10:30 a.m.), or
- "Five Steps to Debt-Free Living" (5/27/2017, South Bowie Library, 10:30 a.m.)

For more information: <https://www.eventbrite.com/e/five-steps-to-debt-free-living-tickets-33902024869>