

February 24, 2023



# Town of Berwyn Heights Maryland

"ALL ARE WELCOME"

## UPCOMING EVENTS

March 1: NW/EP 7PM  
G. Love Room

March 6: Worksession  
7PM Council Chambers

March 7: Rec Council 7PM  
G. Love Room

March 8: Town Meeting  
7PM Council Chambers

March 16: Green Team  
7PM Virtual

March 20: Worksession:  
7PM Council Chambers

March 22: BHHC  
7:30 PM G. Love Room

March 26: The Others:  
Bluegrass Concert 3-5PM  
Town Center



# TONIGHT and TOMMOROW



The Berwyn Heights Town Council is  
seeking community input on the upcoming  
Fiscal Year 2024 budget. Come down to

Town Center on

**Friday, February 24**

**between 6-8PM**

or

**Saturday, February 25**

**between 10AM-12PM**

to make your voices heard.



## NW/EP Committee Hosts Community Shred Event

At 9:00 am on the morning of January 28, vehicles were already lining up, their occupants waiting to drop off personal papers to be shredded into oblivion. Well, actually they were shredded into  $\frac{1}{2} \times \frac{1}{2}$  inch pieces and mixed with everyone else's papers dropped off that day. According to Ivan (the helpful Eco-Shred employee) this material will be recycled and remade into other paper products such as copy paper and toilet paper.

Forty-two (42) residents showed up throughout the morning, some returning as they cleaned up more documents from their home. They brought checks from 1983, tax forms, bank statements and receipts. We watched as the collection bin was taken up the "elevator" on the side of the truck and tipped over into the shredder at the top. On a digital screen mounted on the side of the truck, we viewed (by remote camera) the paper minced into snippets, to be later combined with paper collected from the IRS, FBI, lawyers offices and hospitals. Contributors said they read about the event in the Bulletin (19), heard about it from others (14), saw the yard signs (13), or saw it on electronic media (13); note: they could choose more than one answer. They did ask that next time, please announce it sooner so residents have more time to gather their papers together!







## FEBRUARY IS HEART MONTH

February is known as the month of love and is also designated National Heart Month to promote maintaining a healthy heart.

- Eat the rainbow! Consume fruits and vegetables of different colors every day.
- Avoid smoking and vaping.
- Stay physically active and eat at the same times each day to stabilize blood sugar and reduce the risk of heart disease.
- Drink plenty of water and limit alcohol.



**High blood pressure can damage blood vessels in your brain and lead to Vascular Dementia. Remember to check your blood pressure regularly to maintain a healthy heart and brain.**

**#livetothethebeat**



## INDOOR SPORTS & ACTIVITIES

Indoor activities are a great way to keep healthy and fit, for both mind and body, during the cold months ahead.

- Dust off the old treadmill and/or stationary bike.
- Clear a space at home where activities can be completed.
- Bring your mind into balance with meditation or yoga from YouTube or a free mobile app.
- Check out a variety of winter sports and activities available from the Department of Parks and Recreation at [www.pg parks.com](http://www.pg parks.com).



**Our heart health. Our way.**

