

# The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY Since 1932

Vol. 86, No. 1 January 4–January 10, 2018 Prince George's County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents



CAPITAL NEWS SERVICE PHOTO BY ALEX MANN

Shell Recycling Alliance driver Wayne Witzke on Nov. 9, 2017, at the Oyster Recovery Partnership's shell pile in Grasonville, Md. Witzke and his colleagues recycle shell to bolster state and federally sponsored, large-scale oyster restoration in Chesapeake Bay tributaries.

## Oyster Shell Recycling: Bay to Table and Back Again

By ALEX MANN  
Capital News Service

ANNAPOLIS, MD—At 7:30 am, on December 12, 2017, outside of the Oyster Recovery Partnership office and by the trunk of his 2008 Toyota Corolla, Wayne Witzke traded his slides for a pair of brown rubber boots.

The bearded man hopped into a Ford F-550, fired up the truck—covered with oyster-camouflage—and shifted it into gear. Time to pick up smelly barrels of shells from roughly 30 restaurants in Annapolis.

“Just me individually,” Witzke said, “I pick up 100-150 restaurants” per week.

Witzke works for the Shell Recycling Alliance, an Oyster Recovery Partnership program that collects discarded shell from restaurants and seafood distributors in Maryland, Washington, D.C., and parts of Virginia.

Witzke grew up near Salisbury, Maryland, “always going

to tributaries of the bay, specifically the Nanticoke and living near the Wicomico,” he said. “I’ve always gotten to see how life on the bay is.”

He’s also seen the Chesapeake’s condition change.

See OYSTERS Page A5

## Prince George's County Celebrates Being Tops in State for Job Creation for 4th Quarter in a Row

By PRESS OFFICER  
PG County Government

UPPER MARLBORO, MD—Recently released data from the State of Maryland's Department of Labor, Licensing and Regulation (DLLR) shows that Prince George's County added nearly 11,000 jobs from 2nd Quarter 2016 to 2nd Quarter 2017. This is the fourth DLLR quarterly report in a row in which Prince George's County has led the State of Maryland in total new job growth. Additionally, according to the United States Bureau of Labor Statistics for the 2nd Quarter (June 2017) job growth report, Prince George's County, MD has the 21st highest rate of employment growth (3.5%) among the 347 largest counties in the United States. Prince George's County is also the highest ranked jurisdiction in the State of Maryland and in the National Capital Region ahead of the next closest local county, Loudoun County, Virginia which ranked 55th. In comparison, Fairfax County ranked 212, and Montgomery County ranked 200. Prince George's County's job growth rate of 3.5% is more than double the State of Maryland's Bureau of Labor Statistics job growth rate of 1.4% and the national job growth rate of 1.7%.

“For the fourth reporting quarter in a row, we have been

tops in the state in job creation and recently the U.S. Bureau of Labor statistics ranked Prince George's County among the top large jurisdictions in the nation in terms of job growth,” said Prince George's County Executive Rushern L. Baker, III. “I am especially proud that we are first among jurisdictions in the National Capital Region as well as the State of Maryland. The state, region, and nation have taken notice of our job creation, retention, and attraction efforts. Creating jobs is not just good for the County's economy but also for our education system, public safety, health, environment and overall quality of life for our residents. I am very optimistic that with nearly \$9 billion in economic investment in the pipeline, we will continue our progress in job growth and creation.”

A summary of the County's job growth achievements based on DLLR's data is outlined below:

- Prince George's County created over 10,600 jobs from 2nd Quarter 2016 to 2nd Quarter 2017.
- Prince George's County had a 3.4% job growth, compared with 0.9% for Maryland.
- Prince George's County created 44% of all net new jobs in Maryland from 2Q 2016 to 2Q 2017.

See JOBS Page A3

## PG County Executive Baker Dedicated New County Building in Honor of Former County Executive Wayne K. Curry

By PRESS OFFICER  
PG County Government

UPPER MARLBORO, MD—Two weeks ago, Prince George's County Executive Rushern L. Baker, III was joined by current and former elected officials, dignitaries as well as friends and family of the late Wayne K. Curry for a building dedication ceremony naming a new Prince George's County government building in honor of the former trailblazing county executive. The “Wayne K. Curry Administration Building” at 1301 McCormick Drive in Largo, MD, is both centrally located and transit accessible to the residents of Prince George's County. The building's location continues the concept and growth of “Downtown Largo,” following the recent groundbreaking of the new University of Maryland Capital Region Medical Center and future renovation of the Boulevard at Capital Centre retail center.

“The life of the late great Wayne K. Curry is very symbolic and represents the hope

that so many Prince Georgians felt during his lifetime as well as today,” said Prince George's County Executive Rushern L. Baker, III. “It is fitting that we honor a man who dedicated so much of his life to raising the profile of Prince George's County and contributing so much to its modern image. This renovated building, which will open in early 2018, will fulfill his vision to bring government closer to the people so that they have more access to their government. We are so proud to dedicate the ‘Wayne K. Curry Administration Building’ and honor an extraordinary man, his life and his legacy. It is my hope that Wayne's work and memory will continue to inspire people for years to come.”

The Wayne K. Curry Administration Building will house the Prince George's County Office of the County Executive, the Prince George's County Council, Prince George's County Plan-

See CURRY Page A6

## Researchers Win National Challenge to Study Storm Event Impact on Chesapeake Bay

By PRESS OFFICER  
MDDNR

ANNAPOLIS, MD—The University of Maryland Center for Environmental Science (UMCES) and Maryland Department of Natural Resources have been named one of five winners of a \$10,000 Stage 1 Prize in the U.S. Environmental Protection Agency's national Nutrient Sensor Action Challenge.

UMCES and Maryland Department of Natural Resources worked together to detail a plan for using newly developed nutrient sensors to explore questions related to the infilling of Conowingo Dam and how storm events will impact water quality in the Chesapeake Bay.

The project would place two sensors in the upper Chesapeake Bay to provide data on the speed and extent of nutrient pulses into the bay during storm events. This can help validate models for Chesapeake Bay restoration and give insight into the effect these nutrients—nitrogen and phosphorous—will have on algal blooms and dead zones in the estuary.

The Nutrient Sensor Action Challenge is a technology-accelerating water quality challenge from a coalition of federal agencies to demonstrate how nutrient sensors can be used by states and local communities to help manage nutrient pollution. The challenge called for demonstrations showing the effective use of low-cost sensors and innovative partnerships to pilot the sensors and show how collected data and information can be part of state and local decision-making.

Teams nationwide submitted action plans detailing how they intend to deploy and use sensors to meet challenge goals. The five winning Stage 1 teams, including the UMCES-Department of Natural Resources project, will compete in Stage 2 of the challenge for an opportunity to win a share \$100,000 in prizes to fully implement their proposals.

Researchers Lora Harris and Jeremy Testa from the University of Maryland Center for Environmental Science's Chesapeake Biological Laboratory teamed up with Mark Trice and



PHOTO COURTESY MARYLAND DEPARTMENT OF NATURAL RESOURCES

On September 9, 2011, 44 flood gates were opened due to the impact of the remnants of Tropical Storm Lee. The Susquehanna River behind the dam was 32.41 feet (9.88 m), the third-highest in history. The town of Port Deposit, located 5 miles southeast of the dam, was evacuated.

Bruce Michael from the Maryland Department of Natural Resources to develop a plan to monitor the effects of storms and Conowingo Dam inputs on nutrients in the upper Chesapeake Bay.

“This project is an ideal example of how Maryland Department of Natural Resources and the University of Maryland Center for Environmental Sci-

ence work in partnership to seek funding and new tools to address Maryland's biggest challenges facing the restoration of Chesapeake Bay,” said UMCES President Peter Goodwin.

The Conowingo Dam, located on the Susquehanna River where it enters the

See CHESAPEAKE Page A3

### INSIDE

#### Maryland Humanities Awards \$64,398 in Grants to Nonprofits Across Maryland

Maryland Humanities provides grants to nonprofit organizations that use the humanities (literature, philosophy, history, etc.) to inspire Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities.

Community, Page A3

#### Making Room at the Inn

I don't know how Senate and House Republicans decided to turn their backs on millions of poor children and other poor and low and middle-income families in order to give the wealthiest households and powerful corporations instead \$1.5 trillion in tax breaks over the next ten years.

Commentary, Page A4

#### AltaGas Ltd. and WGL Holdings, Inc. Reach Settlement Agreement with PG County as Part of Merger Between the Energy Companies

Under the terms of the settlement agreement, AltaGas and WGL have committed \$103 million to expand natural gas infrastructure in Maryland.

Business, Page A5

#### Movie Review: JIGSAW

As usual, it doesn't matter who these people are or what they've done to earn maybe-Jigsaw's condemnation. Their characters are barely individualized beyond white guy, black guy, blonde, and redhead. The dialogue they speak (shout, mostly) certainly was not anyone's top concern.

Out on the Town, Page A6

#### Earth Talk

Dear EarthTalk:

I've been having trouble sleeping and my doctor suggested that indoor air pollution could be a contributing factor. Do you have any tips for how to improve my home's air quality without breaking the bank?

—Jennifer Abromovitch, Putney, VT

Features, Page A7

# Towns and NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301 735 3451

### On the 100th anniversary of his birth, I remember George Glagola

George Glagola used to live on Suitland Road. And just across the street was George's American Service Center. Not only did George's American offer "complete automotive service" and Top Value Stamps, but also George provided first jobs to a number of Morningside boys.

George was born January 5, 1918, one hundred years ago this week, on a snowy night in Ringwood, N.J. The midwife came on a horse-drawn sled to deliver him.

As a young man he was in the CCC (Civilian Conservation Corps) and, when WWII erupted, he joined the Army—and served as an Army cook. While stationed at the Army War College, he met his future wife, Mae Richards. They were married in June 1944. In September 1948 they moved to 6212 Suitland Road in Morningside where they raised their four daughters. At that time, Suitland Road was not paved. A year later, in 1949, Morningside incorporated as a Town and before long, the road was paved.

In 1961 George took all his savings and bought his first gas station, George's American. Three years later he purchased another American (by then, Amoco) in Forest Heights.

George and Mae were founding and active members of St. Philip's Parish in Camp Springs. And George was active with the Knights of Columbus where you could often find him cooking in the kitchen at Sarto Hall.

Mae died in August 1972. Not only was this a great loss to George and their girls, but to the Morningside community with which she was very involved. Some years later George married again, a widow, Ellen Hinkle of Hillcrest Heights. In 1995 they

moved to Ocean City. Ellen died in December 2001.

Just weeks later, on January 12, 2002, George died at 84. Father Charles McCann was celebrant for the Mass of Christian Burial at St. Philip's. Granddaughter Joan Mitchell eulogized him as "the smartest man I knew." She said that there was almost nothing that "Grandpa and a little duct-tape couldn't do." She also remembered how he liked to dance the polka and to ice-skate on Ammann's Pond.

Wishing you a happy 100th birthday, George! We miss you—and George's American Service Center.

### The Living Nativity

Niya Burwell was Mary and Francisco Santos was Joseph in St. Philip's 13th annual Living Nativity on Christmas Eve. Other cast members were Adynna Bustamante, Kevin Aleman, Alexander Balfour, Michael Perez, Danny Daniels, Steven Nguyen, Kayla Nguyen, Jaime Vargas, Kevin Santo and Logan Beckman. David Perez did the narration and John Whipple directed. Oh, yes, Carmen Dameron-Robles was Baby Jesus.

### Mona Center now open

The Susan Denison Mona Center at 5859 Allentown Way in Temple Hills, is now accepting appointments. Hours are 8:30 a.m. to 5:30 p.m., Monday through Friday. For an appointment, call 301-615-0950.

The Center has a Primary Health Clinic operated by Doctors Community Hospital, a Dental Clinic, and the Health and Wellness Center, operated by the University of Maryland School of Public Health

Legal Services, with volunteer attorneys on a pro bono basis, are offered. In addition to their usual services, they plan to conduct several free community education seminars each year, on topics such as: family law, consumer debt, employ-

ment disputes, wills/probate, and advance directive matters.

Catholic Charities Immigration Legal Services includes a staff attorney who provides direct legal representation to clients on immigration matters, as well as referring to a pro bono attorney.

### May they rest in peace

William Edward McTigue, 90, of Ft. Washington, a member for more than 60 years of Morningside VFW Post 9619 and American Legion Post 248, died Nov. 29. Bill graduated from the University of Massachusetts and was hired as a cartographer by the Navy's Hydrographic Office. While at Hydro, he enrolled in a course in the interpretation of aerial photographs and was recruited by CIA. He met his wife, Bernice while dancing a Paul Jones dance at American Legion Post 248 in Temple Hills. They married in 1961. His wife predeceased him. Survivors include his daughters, Terry and Mickey, and two granddaughters. The Memorial Mass was held at St. Ignatius Church with burial at Cheltenham Veteran's Cemetery.

Kimberly Lazorcak, 57, who was retired from Verizon Communications and had been a member of the American Legion in Clinton, died Sept. 21. She was the wife of David Lazorcak, daughter of Clayton and Vivienne McDowell, sister of Vivienne Wulf and Patrick McDowell. Services were at Kalas with burial at Cheltenham.

### Milestones

Happy birthday to Suitland historian Darlie Norton who turns 80 on Jan. 6; also, Ariel Thomas, Sarah Vilky and Terry Foster, Jan. 6; Eva Hugings and Charles Boxley, Jan. 8.

Happy anniversary to Diane and Steve Zirkle on Jan. 9, and to David and Lori Williams, also Jan. 9.

Happy 40th anniversary to Marlow Shoe Repair.

## Brandywine-Aquasco

by Audrey Johnson 301 888 2153

### NEW YEAR'S EVE WATCH NIGHT

It's Christmas at Westphalia United Methodist Church. A sparkling New Year's Eve Watch Night was held at Westphalia UMC Sunday, December 31, 2017 at 10:00 PM. Count down 2018. The church is located at 9363 D'Arcy Road, Upper Marlboro, Maryland 20774. This event was sponsored by Rev. Dr. Timothy West and Westphalia.

### BOWIE STATE UNIVERSITY WINTER COMMENCEMENT

Winter Commencement was held Friday, December 15, 2017 at the A.C. Jordan Arena, Leonidas S. James Physical Education Complex. Marc H. Morial President and CEO of the National Urban League, the nation's Largest civil rights organization was the Commencement Speaker. Morial was mayor of New Orleans before joining the National Urban League.

As a Louisiana state senator, Morial was named Legislative Rookie of the Year, Education Senator of the Year, and Environmental Senator of the year, while authoring laws on a wide range of important subjects.

President Obama appointed Morial as Chairperson of the

Census Advisory Committee and a member of the President's Advisory Council on Financial Capability and the Department of Education's Equity and Excellence Commission. President Bill Clinton appointed him to the 21st Century Workforce Commission. He was named one of 100 most influential Black Americans by Ebony magazine, one of the Top 50 Nonprofit Times, and one of the Top 100 Black Lawyers in America. These are only a few of his many accomplishments.

Morial holds a law degree from Georgetown University and a bachelor's degree in economics and African studies from the University of Pennsylvania.

Congratulations to all Bowie State University Graduates. This is a milestone in your life that is shared by the university community that has been an integral part of your achievement and growth. Good luck in all your future endeavors.

### BLACK HISTORY MONTH EXHIBITION

January 13–February 25, 2018 there will be a Public Reception, Saturday, February 10, 2018, 1:00–3:00 PM. Montpelier Arts Center will honor black History Month through an exhibi-

tion of contemporary artwork that reflects the lives and perspectives of the African American experience. Artist explore the history and journey of being black through sculpture, painting and mixed media.

Montpelier Arts Center is located at 9652 Muirkirk Road Laurel, Maryland 20708. If addition information is needed visit the website at arts.pg-parks.commontpelier.arts@pg-parks.com. Telephone number is 301-377-7800, 410-792-0664, TTY 301-699-2544.

### SENIOR ARTS SERIES

Come out and see the Rise Band and Show perform covers of Motown, Soul, R&B, and classic oldies from the '60s to the '90s Wednesday, January 17, 2018 at 2:00 PM. The Rise Band brings the type of energy that electrifies a crowd when on stage. Tickets cost \$5.00. The show is for all ages.

The performance is at Arts/Harmony Hall, 10701 Livingston Road, Fort Washington, Maryland 2744. Telephone number is 301-203-6070; TTY 301-699-2544. If you need more information, please visit HarmonyHallArts@pgparks.comarts.pg-parks.com.

## Neighborhoods

### BGE Named 2017 'Customer Champion' Utility by Market Strategies International

BALTIMORE, MD—Baltimore Gas and Electric Company (BGE) was recently announced as one of the nation's highest ranked gas and electric utility companies as rated by residential customers surveyed by Market Strategies International in its annual Utility Trusted Brand & Customer Engagement™ Residential Cogent Report. This is the second recent recognition of BGE's leading customer satisfaction performance.

"BGE is honored to be recognized for the focus we place on our customers' experience," said Calvin G. Butler Jr., chief executive officer of BGE. "Our employees are committed to delivering premier customer service with an emphasis on safety, reliability, efficiency and innovation."

From a benchmark set of 130 electric, natural gas and combination utilities in the study, companies are recognized for building strong customer engagement through superior service, brand trust and product experiences. BGE's performance led to the company's Engaged Customer Relationship score of 746, the top score among combination gas and electric companies in the east region.

BGE also earned an Engaged Customer Relationship score of 790 in Market Strategies International's Utility Trusted Brand & Customer Engagement™ Business Cogent Report, ranking third among east region utilities.

BGE has been investing in new technologies, maintaining financial discipline to keep costs down, and delivering innovative digital tools and energy efficiency programs that allow customers to take more control of their energy usage.

The company has also been continuously improving service reliability over the last several years. As the year ends, expectations are that for 2017, BGE electric customers will have experienced the fewest outages on record and when outages did occur, BGE restored power faster than at most times in the company's 201-year history. While outages are caused by a wide range of factors including weather, BGE is focused on reducing all potential causes through investment in infrastructure upgrades, enhanced maintenance and innovative programs.

BGE is part of the Exelon family of utilities, which include Atlantic City Electric, ComEd, Delmarva Power, PECO and Pepco that share best practices to deliver a premier customer experience.

### BGE Ranks Highest in J.D. Power 2017 Electric Business Customer Satisfaction Study

BALTIMORE, MD—Baltimore Gas and Electric Company (BGE) ranks highest in overall customer satisfaction

among large utilities in the East Region, according to the annual J.D. Power study announced earlier this week.

BGE ranked highest in the survey's Large Utilities in the East group with a score of 790, more than 38 points above the 11-company average of 752 for electric utility business customers. Companies are ranked on a 1,000-point scale.

The award recognizes BGE's strong performance in six measures of customer satisfaction: power quality and reliability, corporate citizenship, price, billing and payment, communications and customer service.

"BGE is experiencing a record year in electric reliability, which we know is important to our customers, particularly our business customers who depend on us to help their companies succeed and grow," said Calvin G. Butler Jr., chief executive officer for BGE. "While we appreciate that our focus on delivering distinctive customer service is being recognized and want to enjoy this moment, we recognize that we must continue to innovate and challenge ourselves to meet our customers' evolving needs."

BGE engages its business customers in many ways. Stakeholder meetings, on-site visits and dedicated communication tools complement programs like BGE's Smart Energy Savers and Smart Energy Economic Development (SEED) initiatives, designed to help businesses of all sizes convert energy savings into business expansion.

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### Bowie Residents Recall District 2 Councilmember Diane Polangin

Bowie, MD—On December 19, District 2 residents voted in a Special Election to recall Councilmember Diane Polangin from office. The results were 69.23% voting "YES" to recall the councilmember and 30.77% voting "NO". There were 1,615 votes cast in the City's first ever Recall Election.

The Special Recall Election was scheduled after a recall petition signed by more than 25% of the registered voters of District 2 was presented to the City in November and cer-

tified by the Board of Elections. The City Charter requires that a vote take place within 30 days of a recall petition being certified.

The ballot contained a single question:

"Do you vote to recall from her City elective office District 2 Councilmember Diane Polangin?"

Since a majority of the voters voted YES, Councilmember Polangin will be recalled from office and another election will be held in 60 to 90 days to fill the vacancy created by the recall.

Only residents of Bowie Council District 2 were eligible to vote in this Special Recall Election. District 2 consists of the following neighborhoods: Belair Town, Bowie Forest, Buckingham, Derbyshire, Fairview, Forest Hills, Foxhill, Glenridge, Grady's Walk, Highbridge Park, Kenilworth, Longridge, Meadowbrook (only the streets south and west of Millstream Drive), Somerset, Stewart's Landing, and Tulip Grove.

Voter turnout for this election was 15.33%.

Councilmember Polangin was first elected to the City Council in 2007 and was returned to office in 2009, 2011, 2013, and 2015. The next General City election for all City offices is slated to take place in November 2019.

### Prince George's County Schools Employees Step Up to Serve Residents in Need

UPPER MARLBORO, MD—In the spirit of the holiday season, Education Support Professionals represented by ACE-AFSCME Local 2250 served a holiday meal to the residents of Prince George House. The meal was prepared by the certified Culinary Arts students of PGCPSS as part of their community service project and made possible by donations from Teddy Bear Farms, Albright Farms, and ACE-AFSCME Local 2250.

"During the holiday season of giving, we wanted to do something special for the less fortunate members of our community," said Kevin Grant, a Bus Driver for PGCPSS and Coordinator of the Holiday Dinner. "We believe in public service as that is what we do every day. Bringing a smile to our neighbors faces any day but especially during the holidays, brings us much joy and makes us smile too."

"The students were very excited to give back to their community and put their culinary skills to good use by preparing this special holiday meal. They see it as being part of the true spirit of the Holiday Season," said Melissa Richardson, Instruction Coordinator at PGCPSS College & Career Readiness Programs.

Mr. Grant said "We'd like to thank all the volunteers, students and partners who helped make this special event a reality. Happy Holidays and New Year to all!"

## The Prince George's Post

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# COMMUNITY

## The American Counseling Association's Counseling Corner

### How About New Year's Resolutions That Work?

New Year's resolutions might not seem like a great idea since few of us manage to keep them. But making a smart resolution can do a number of good things for you.

Making New Year's resolutions that you're sure to break is a bad idea. Broken resolutions can make you feel like a failure, someone who has fallen short of his or her goals. It can seem an example of weakness and can erode self-confidence and self-esteem.

Bad resolutions are resolving to do things that are going to be close to impossible to achieve. You won't lose 30 pounds in one month, or won't suddenly look like an Olympic athlete just because you resolve to start visiting the gym again.

While such resolutions aren't really helpful, and possibly harmful when or if you fail at them, it doesn't mean that sensible resolutions are something to avoid. Resolutions usually mean positive changes. Well-planned resolutions can help improve parts of your life and provide a positive sense of accomplishment.

The key to successful resolutions is to set realistic goals. Usually that means breaking big tasks in to smaller, more manageable units. Take losing weight. Forget the total number of pounds you want to lose, and instead make your goal small changes to a healthier diet that will naturally lead to weight loss. Instead of radical dieting, have a mini-goal of cutting out one high calorie food each week and replacing it with a healthier fruit or vegetable.

If getting back in shape is your goal, start slowly with things you can certainly accomplish and then build on that as time goes by. Maybe it's just getting in a daily 15-minute walk, an easy goal and one that can be increased as your fitness improves.

Similarly, while stopping smoking is a common resolution, trying to do it "cold turkey" is a difficult task. Instead, try an initial mini-goal of cutting by 10% the number of cigarettes you smoke each day. Or maybe your goal is to simply start the process by contacting your doctor or local hospital about smoking cessation programs or stop-smoking aids.

Creating realistic resolutions with attainable mini-goals is a means for developing a plan to reach your final goal. As you accomplish those mini-goals, it provides reinforcement to help motivate you to move on to that next step. And that is what makes for a smart and successful New Year's resolution.

*Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org*

### Chesapeake from A1

Chesapeake Bay above Havre de Grace, Maryland, has long been trapping sediment being washed downstream from the Susquehanna watershed. The state has been reassessing the ability of the dam to keep the sediment—and associated nutrients that could potentially contribute to algae blooms and dead zones—from entering the bay.

"The effect has largely been evaluated using models, so there is a need to have better data to understand how storm events affect the bay," said Jeremy Testa of the University of Maryland Center for Environmental Science. "We'll deploy these where we can measure the impact of a big flow event, using sensors to track how far the nutrient pulse reaches down-bay, and how long it sticks around."

The sensors will be placed at sites in the upper and mid-bay regions—there are already measurements being made at the mouth of the Susquehanna River by the U.S. Geological Survey—to take real-time measurements of levels of nitrate and phosphate during and after storm events.

"There could be a lot of sediment that comes over the dam—as well as dissolved nutrients—and there could be a lot of phosphate and nitrate that eventually regenerate from those particles. Going out in a boat every two weeks to take measurements isn't going to tell us much about the effect a storm has," said UMCES researcher Lora Harris of the traditional way of measuring nu-

trients by collecting samples from boats. "We can now put automatic sensors out to do that in any weather."

Maryland Department of Natural Resources will deploy and maintain the sensors, provide data management and quality assurance, and make the results available to the public through its Eyes on the Bay water quality website. The University of Maryland Center for Environmental Science will analyze and interpret the data to assess the role of storms and seasonal cycles on nutrient availability in the upper Chesapeake Bay, and work with the department to apply the results to management questions and decisions.

"Mitigating the water quality impacts from the lower Susquehanna River is one of Maryland's highest priorities in reaching our bay restoration goals by 2025," said Resource Assessment Service Director Bruce Michael, who reviewed the project for the Maryland Department of Natural Resources. "The additional nutrient sensors strategically placed in the upper Chesapeake Bay will provide scientists and managers with key information documenting the effectiveness of Conowingo mitigation practices."

The Nutrient Sensor Action Challenge is a collaboration between the U.S. Environmental Protection Agency, U.S. Geological Survey, U.S. Department of Agriculture, National Institute of Standards and Technology and National Oceanic and Atmospheric Administration-led U.S. Integrated Ocean Observing System.

## Maryland Humanities Awards \$64,398 in Grants to Nonprofits Across Maryland

By PRESS OFFICER  
Maryland Humanities

BALTIMORE, MD—Maryland Humanities is proud to award grants to twelve organizations across the state for its most recent grant cycle for public humanities programming. The major grant program awards up to \$10,000 and the mini grant program awards up to \$1,200.

Recipients of major grant awards this cycle are Baltimore Center Stage (Center Stage Associates); Clarice Smith Performing Arts Center; Historic Sotterley; James Agee Film Project; Live Garra Theatre; Queen Anne's County Arts Council; University of Maryland, Baltimore County; and Ward Museum of Wildfowl Art. Mini grant recipients are Artpartheid; Catocin Furnace Historical Society; Crisfield Heritage Foundation; and University of Baltimore.

Maryland Humanities provides grants to nonprofit organizations that use the humanities (literature, philosophy, history, etc.) to inspire Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. Grant criteria encourage free, public programming in many forms.

Projects funded in this most recent round of awards include a documentary film exploring identity through Southern food, an exhibit about the watermen on the Chesapeake Bay, a multi-event series on the Catonsville Nine, and a living history portrayal of and author presentation on Harriet Tubman.

To learn more about our Grants Program, eligibility, and deadlines, visit <http://www.md-humanities.org/grants>.

### Fall 2017 Major Awards

**Center Stage Associates  
Baltimore Center Stage  
Mobile Unit  
Baltimore City**

**Award Amount: \$8,900**

The Center Stage Mobile Unit will feature a professional, high-quality, touring production of Shakespeare's Twelfth Night that will travel in spring 2018 to prisons, juvenile detention facilities, homeless shelters, and assisted living facilities free of charge for the partner organizations and their populations. Before each performance, audience members will have access to a dramaturgy packet, which offers background information, context, historical settings and other relevant details to provide a better understanding of the play. Each stop consists of a performance of the play, along with the opportunity for pre- and post-show dialogue with the artists, staff, and audience members about the themes and issues relevant to their lives.

**Clarice Smith Performing Arts Center  
Black Theatre Symposium  
Prince George's County**

**Award Amount: \$2,500**

On April 14, 2018, the University of Maryland School of

Theatre, Dance, and Performance Studies at the Clarice Smith Performing Arts Center will host the third Black Theatre Symposium to include panel discussions, workshops, and performances. Theatre professionals, scholars, and students will convene to discuss and take action around the topics of inclusion and diversity in American theatre, dance, and performance and engage in a spirited dialogue about the past, present, and future of Black theatre.

**Historic Sotterley, Inc.  
Common Ground,  
Connected Heritage  
St. Mary's County**

**Award Amount: \$10,000**

Following the April public commemoration ceremony to dedicate the 1830s Slave Cabin to descendants in 2017, Sotterley initiated a Descendants Project to gather information on the lives of those who lived and worked at Sotterley: black, white, free, or enslaved. In spring of 2018, Sotterley will host a two-day event connecting both existing documented stories and emerging stories with audiences interested in discovering more about the history of Southern Maryland. Programming will include film screenings, interactive educational programs, panel-led discussions, and filming of adults and youth participating in oral history workshops. In the fall of 2018, Sotterley will host Joe McGill of The Slave Dwelling Project for the kickoff of their Speaker Series.

**James Agee Film Project  
At The Common Table:  
People, Place and Food  
in the American South  
Prince George's County**

**Award Amount: \$5,720**

At The Common Table: People, Place, and Food in the American South is a feature-length documentary on the multiethnic roots of Southern food that traces the story of southern foods across the miles and centuries, from the fields of Africa and Europe to the shores of the Chesapeake Bay, and explores the dramatic connections of food, identity, and history in Maryland and the American South. The film will explore the rich agricultural and culinary traditions of Native and African Americans in Maryland.

**Live Garra Theatre, Inc.  
America's Talking:**

**A Community Mosaic  
Montgomery County**

**Award Amount: \$8,500**

Live Garra Theatre will host programming where participants will talk about their experiences and aspirations through poetry and storytelling, bringing residents of diverse ethnic backgrounds together to share personal stories. The interactive discussions are scheduled to run over a two-week period in June 2018, incorporating a montage of cultures representing many ethnic communities, such as those from Ethiopia, Eritrea, Central & West Africa, the Middle East, the

Caribbean, Asia, and South America. A series of workshops will be conducted to develop the context of each story. Live Garra Theatre will partner with the Gandhi Brigade Youth Media organization to film the project; the workshop series and interviews of the participants' backstory (i.e., family life, social activities, etc.).

**Queen Anne's County  
Arts Council  
Dr. Michael Eric Dyson  
Lecture: "Race,  
Racism & Race  
Relations in America"  
Queen Anne's County**

**Award Amount: \$10,000**

On September 12, 2018, Dr. Michael Eric Dyson will present a free lecture at Chesapeake College's Todd Performing Arts Center in Queen Anne's County. Dr. Dyson, a Georgetown University sociology professor, is an American Book Award recipient who has authored or edited eighteen books. He is a two-time NAACP Image Award winner and is one of the nation's most influential and renowned public intellectuals. Dr. Dyson's pioneering scholarship has had a profound effect on discussions of racism, racial injustice, and African American history. The program is anticipated to draw audience members from the five-county region of Queen Anne's, Talbot, Caroline, Kent, and Dorchester counties.

**University of Maryland,  
Baltimore County  
50th Anniversary of  
the Catonsville Nine:  
Commemorating History  
and Inspiring Action  
for Peace**

**Baltimore County  
Award Amount: \$5,000**

This project will include a series of events to be held in the spring of 2018 to commemorate the 50th anniversary of the burning of draft files by nine Catholic activists to protest the Vietnam War. Programming includes a symposium, exhibit, historic marker unveiling, and film screenings and discussions.

**Ward Museum of Wildfowl  
Art, Salisbury University  
The Delmarvalous Festival  
Wicomico County**

**Award Amount: \$9,380**

This project will showcase the heritage of the Eastern Shore of Maryland through the Delmarvalous Festival in June 2018. This day-long program is focused on presenting and interpreting the traditional foodways, crafts, work, and other practices of the people of the Delmarva Peninsula. Tradition bearers and scholars will engage in formal narrative stage presentations and public demonstrations for festival attendees. These same participants will also be engaged, where appropriate, to conduct the demonstrations so that audiences can get up close with the traditions about which they are learning. Topics to be highlighted include basketry, boat building, baking, crabbing, de-

coy carving, and Native American traditions.

### Fall 2017 Mini Grant Awards

**Artpartheid  
Re-Imagining Monuments  
Baltimore City**

**Awarded Amount: \$1,200**

Artpartheid will coordinate a series of programs to discuss the history of monuments and diverse approaches to monument making and monuments of other cultures. There will be a session at the New Arts Foundry, a bronze casting foundry involved in monument making, and a workshop where participants discuss their ideas for monuments and make scale-model monuments.

**Catocin Furnace  
Historical Society  
Leading to Freedom:**

**Harriet Tubman and  
the Underground Railroad  
in Maryland**

**Frederick County**

**Awarded Amount: \$1,200**

Leading to Freedom will be the cornerstone of the Catocin Furnace Historical Society's annual 2018 Spring in the Village festival. The project will feature a living history portrayal of Harriet Tubman, followed by an author presentation and book signing by Dr. Carol Boston Weatherford who will read from and discuss her work, Moses: When Harriet Tubman Led Her People to Freedom.

**Crisfield  
Heritage Foundation  
Watermen's Pavilion Exhibit  
Somerset County**

**Awarded Amount: \$1,000**

The grant will support costs associated with an interpretive exhibit that explores tools, history, and culture of watermen on the Chesapeake Bay and Tangier Sound. It will serve as a companion exhibit to the working crab shanty exhibit. The exhibit space has a view of Somers Cove Marina on the Tangier Sound so visitors are able to observe working boats during their visit.

**University of Baltimore  
Commemorating the  
Poor People's Campaign's  
50th Anniversary  
through Exhibit, Lecture,  
and Reflection**

**Baltimore City**

**Awarded Amount: \$998**

This project will include an exhibit of students' archival research capturing themes of the Poor People's Campaign, a lecture on the subject, and discussion with participants of the Poor People's Campaign, Center for Emerging Media's Marc Steiner and University of Baltimore's Dr. Lenneal Henderson.

Maryland Humanities is a statewide nonprofit organization that creates and supports educational experiences in the humanities that inspire all Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. For more information, visit [www.mdhumanities.org](http://www.mdhumanities.org).

### Jobs from A1

• The hottest job sectors in Prince George's County are Manufacturing, Professional and Business Services, Construction, Trade, Transportation and Utilities, and Hospitality.

Prince George's County also leads all jurisdictions in Maryland in terms of job growth. Shown in the chart to the right are the job numbers and growth rates for the largest jurisdictions in Maryland:

### Maryland Job Growth

Job Numbers and Growth Rates for the largest Jurisdictions in Maryland

JOBS DATA	2Q 2016	2Q 2017	Change	% Change
MARYLAND	2,641,866	2,666,159	24,293	.92%
PRINCE GEORGE'S	311,157	321,800	10,643	3.42%
ANNE ARUNDEL	267,363	266,189	-1,174	-0.44%
BALTIMORE CITY	337,982	339,768	1,786	0.53%
BALTIMORE	376,258	377,250	992	0.26%
HOWARD	168,768	170,679	1,911	1.13%
MONTGOMERY	467,156	473,837	6,681	1.43%

# COMMENTARY

## Benjamin L. Cardin United States Senator for Maryland



### Cardin Opposes Republican Tax Bill, Calls It An Assault on Middle-Income Families

*"This bill is not good for middle-income families and it's not good for our economy."*

WASHINGTON, D.C.—U.S. Senator Ben Cardin (D-Md.), a member of the Senate Finance Committee, took to the floor of the United States Senate Tuesday night prior to the vote on the Republican tax bill to highlight many of the grave issues with the legislation. Video of Senator Cardin's full remarks can be found here: WATCH: <https://youtu.be/MWhGhpLWiwk>; DOWNLOAD: Snapstream

"The American people understand that this tax bill will hurt middle-income families. They know it will add to the deficit. This bill, which has been advertised as a tax cut, is not good for America. It's not good for middle-income families and it's not good for our economy.

"It's an extraordinary thing to get a majority of Americans against a bill that is purported to be a tax cut. It's because they understand that it is not a tax cut for middle-class families. It is a tax cut for mega corporations ... You aren't helping middle-income families when you raise the estate tax limits that affects the 0.2 percent wealthiest in America. And middle-income taxpayers will be asked to foot the \$1.5 trillion bill.

"This bill will not grow the middle class ... this bill will make income and wealth disparities even more extreme. Many of these tax provisions are only temporary, such as the tax relief for individuals ... the business relief is permanent.

"Republicans are not deficit hawks when they deficit finance a tax cut. That's not helping this country.

"This bill also is an attack on our states. It's an attack on Marylanders. It's an attack on the State of Maryland. Marylanders will come out much worse under this bill. There are many reasons for it, but one of the major reasons is that the bill eliminates the deduction for state and local taxes ... It will be more challenging for state and local governments to meet their needs. They have the primary function of educating our children and keeping our communities safe ... Did we consider that when we took up this bill?

"When you look at the ANWR provision which opens up the pristine areas of the Arctic to drilling in Alaska, you know that this bill is tilted towards fossil fuels rather than having a level playing field for America's energy. I worry this is the first step to mid-Atlantic drilling off the Atlantic Coast of Maryland and the impact it could have on the Chesapeake Bay.

"I've been in conversations with some of my colleagues on both sides of the aisle, asking whether we will cooperate on a corrections bill.

See TAX BILL Page A5

## Marc Morial, President and CEO National Urban League



### 'Tis the Season to Remain Woke

*"You see, we may encounter many defeats, but we must not be defeated. It may even be necessary to encounter the defeat, so that we can know who we are."*

—Dr. Maya Angelou,  
American Author and Civil Rights Activist,  
*Psychology Today* Interview, February 17, 2009

Without any fear of exaggeration, it can be said, and has been—repeatedly—that the final result of the 2016 presidential election came as a devastating blow to many Americans. The numbers bear out this truth. Hillary Clinton won the popular vote by nearly 3 million votes, but in the end, failed to secure the win. So as the reality of an American future under Trump began to sink in, many anticipated the worst and lost hope. But as this year comes to a close and many of us are preoccupied with giving or getting gifts, it occurred to me that the election outcome has awakened and energized millions of Americans.

Each unprecedented challenge to everything from immigration policy to the freedom and relevancy of the press, has nurtured a common sense of purpose among Americans from all walks of life. From sea to shining sea, those committed to building and sustaining a better and more equitable America, conclusively demonstrate an often-repeated truth: democracy is no spectator sport.

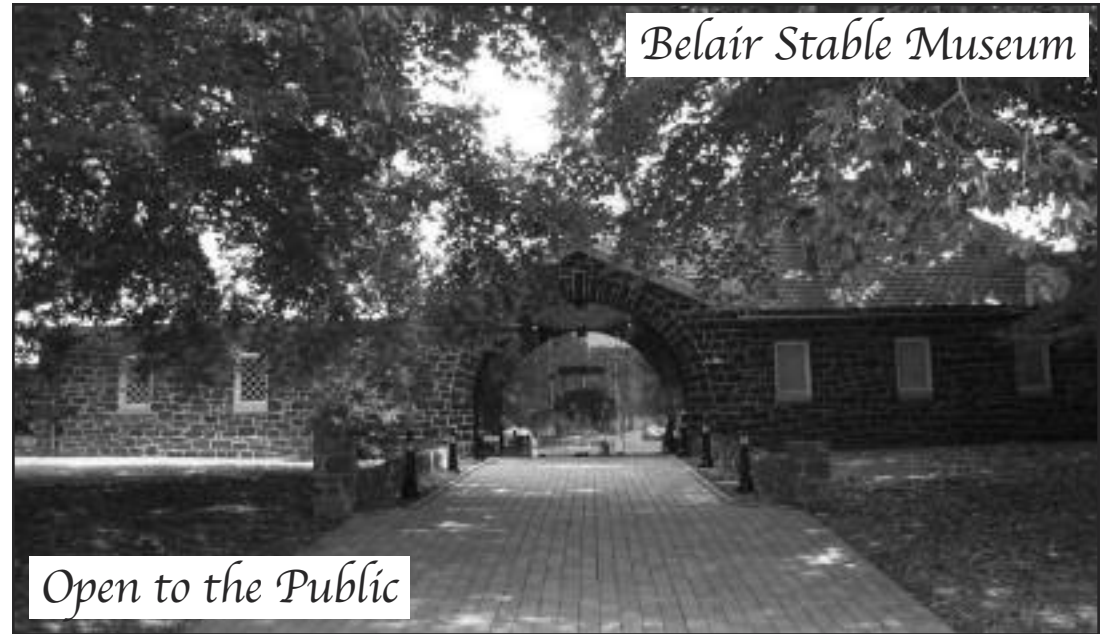
To be clear, there was never—and never will be—a right time to sit and watch from the comfort of the sidelines. A democracy deprived of the active, vocal and voting engagement of its citizens is a democracy in name only. Rather than stand by complacently as the current administration volleys direct assaults on our nation's most vulnerable and attempts to wipe out the incremental civil and economic and social gains we have made with the casual stroke of a heartlessly wielded pen or the decrees of uninstructed policies, we have traded hopelessness for the engagement, despair for activism, and defeat for victory.

The results speak for themselves. Doug Jones's win in deep-red Alabama will send to Congress the state's first senator elected by a

multi-racial coalition. Voters of color also were largely responsible for Ralph Northam victory in the Virginia governor's race, Danica Roem became the first openly transgender person to be elected to the state's legislature, and Justin Fairfax won the lieutenant governor's race, becoming the second African American to win the post. And there are more victories where those came from. Black women—who are substantially showing up and showing out at the polls—are also getting elected into many of these offices. African American women stand at the helm of the cities of Charlotte, Atlanta, New Orleans, and more, as their mayors. And the wins don't stop at the ballot box.

Despite the best and dogged efforts of Congress and president, everyday Americans, enraged that their healthcare would be taken away or used as bargaining chip to make the math work for the GOP's tax reform bill, rallied, flooded phone lines and protested in congressional offices to keep the Trump administration from dismantling the Affordable Care Act. Trump's travel bans consistently met with immediate resistance. Thousands gathered at airports around the country to protest the ban's obvious unfairness, and courts of law continue to legally challenge the ban. Today, the third iteration of the ban has been allowed to go into effect by the Supreme Court, but the legal challenges remain alive and well.

We cannot—and must not—lose our momentum. The National Urban League will remain at the forefront of the battle to protect our hard-fought-for rights and progress. Especially now, when the all-out assault on American ideals and values is the norm, you can become a key part of our mission-driven work by getting involved, volunteering, or supporting our movement. You have a critical role to play in the resistance and should never doubt or become complacent about the power of your call, your vote, your signature, or your voice. Give yourself and our nation the gift that keeps giving pass the next critical election, past the next protest, and past the current administration: your indispensable engagement.



Belair Stable Museum

Open to the Public

**BELAIR STABLE MUSEUM**  
The Stable, built in 1907 by William Woodward, was part of the 20th century's famous "Belair Stud Stable," one of the country's premier stables from the 1920's through the 1950's. Belair was home to Gallant Fox (1930) and Omaha (1935) – the only father/son horses to capture Thoroughbred racing's famous Triple Crown Series. In 1955, Belair's Nashua, an incomparable champion, was Horse of the Year. Other champions, including Johnstown, Fighting Fox, and Vagrancy also called Belair home. Open Tuesday through Sunday 12 noon to 5 p.m. Tours for groups of 10 or more are available by appointment. Admission is free; donations are welcomed. For more information call 301-809-3089.

## Child Watch by Marion Wright Edelman



### Making Room at the Inn

A friend shared a story I love about our mutual friend and mentor Rev. William Sloane Coffin, Jr. some years ago. It was Christmas Eve and the pews at New York City's Riverside Church were packed. The Christmas pageant was underway and had come to the point at which the innkeeper was to turn away Mary and Joseph with the resounding line, "There's no room at the inn!"

Never mind that no figure of the innkeeper actually appears in scripture. We've all imagined him delivering the message of "no room" to the baby Jesus's parents. And it seemed the perfect part for Tim, an earnest youth of the congregation who had Down Syndrome. Only one line to remember: "There's no room at the inn!" He had practiced it again and again with his parents and with the pageant director. He seemed to have mastered it.

So Tim stood at the altar, bathrobe costume firmly belted over his broad stomach, as Mary and Joseph made their way down the center aisle. They approached him, said their lines as rehearsed and waited for his reply. Tim's parents, the pageant director, and the whole congregation almost leaned forward as if willing Tim to remember his line.

"There's no room at the inn!" Tim boomed out, just as rehearsed. But then, as Mary and Joseph turned on cue to travel further, Tim suddenly yelled, "Wait!" They turned back startled, along with the congregation, and looked at Tim in surprise.

"You can stay at my house!" he called.

I am told William Coffin strode to the pulpit, said, "Amen," and sat down. It was the best sermon he never preached.

For Christians, another holy advent season is upon us. People of all faiths are reflecting on things done and left undone during the past year and making resolutions for change in the new one. I hope that we individually and collectively as communities and as a nation resolve to stop saying to our children, "There's no room at the inn." When will we, like Tim,

start saying, "You can stay at my house!" When will we say to poor, hungry and homeless children, "Wait! We'll make a place for you at America's table of plenty!" I hope Congress will reflect on their deeds in voting to give non-needy millionaires and billionaires and wealthy corporations huge tax breaks to be paid for by cutting basic survival needs of poor children—health care, child care, housing, food, and so much more that we who are privileged take for granted—and whether poor children have a place in America's inn. It is their inn too.

I don't know how Senate and House Republicans decided to turn their backs on millions of poor children and other poor and low and middle-income families in order to give the wealthiest households and powerful corporations instead \$1.5 trillion in tax breaks over the next ten years. I don't know what sacred text they read. Their vote is evil any time, but especially at this time of the year recognized by some faith traditions as a holy season. The only table children will be invited to in 2018 will be an unfriendly budget slashing one with Medicaid and SNAP—the Supplemental Nu-

trition Assistance Program (food stamps) laid out for deep cuts. What kind of leaders vote to balance the budget on the backs of babies and children and what will you and I do to hold them accountable?

Fifty years ago, Dr. Martin Luther King, Jr. delivered his last Christmas Eve sermon at Atlanta's Ebenezer Baptist Church—"I Have A Dream" speech on Peace." He reminded us that one of the things "we must be concerned about if we are to have peace on earth and good will toward men is the nonviolent affirmation of the sacredness of all human life. Every man is somebody because he is a child of God...made in His image, and therefore must be respected as such." He also reflected on the "I Have A Dream" speech he had given at the March on Washington four years earlier, and how he already had begun seeing his dream turning into a nightmare as current events were unfolding. But Dr. King refused to give up his conviction that our nation could change: "I still have a dream today that one day justice will

See WATCH, Page A8

## The Prince George's Post

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Contents © 2018, The Prince George's Post

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Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

# BUSINESS

## Social Security Matters

### Ask Rusty—COLA, Medicare Premiums and the Hold Harmless Provision

by Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** My wife and I got the annual notification of our Social Security earnings starting Jan 1, 2018. UNBELIEVABLE! I will get a gross COLA increase of \$31.00 a month, but I will only get \$6.00. The remaining \$25.00 will go into the increase in Medicare. The last 4 years I got nothing in each of the years. It all went into Medicare. My wife in the last 4 years got no increase at all. It all went into Medicare. And guess what? Starting in January, all her COLA increase of \$14.00 will go into Medicare. That makes 5 years in a row that she will get no raise at all! How can that be?

#### Signed: Frustrated

**Dear Frustrated:** I understand your anger and, if it's any consolation, you are only one of millions of Social Security recipients who are caught in this dilemma. Social Security's "hold harmless" provision states that your monthly Social Security benefit cannot go down because of an increase in Medicare's Part B premium. That sounds good, right? And it generally is because few who collect Social Security can afford to have their benefit amount lowered.

When the standard Medicare premium goes up as a result of Medicare's rising costs, the Medicare premium for someone "held harmless" is kept artificially lower than the standard Part B premium. But there's a catch in the provision which says that while your monthly benefit can't go down, any time your Social Security benefit increases for any reason, all or part of that increase can be used to bring your Medicare premium up to, or at least closer to, the base Part B premium for the year. And that is what happened to both you and your wife; since the Medicare premium you were paying was lower than the standard 2018 premium, the 2% COLA (cost of living) increase for 2018 was applied to your Medicare premium to bring it in line with the standard premium amount of \$134. But your monthly Social Security benefit did not go down. Unfortunately that means you won't see most or even all of the COLA increase because it's applied to the Medicare premium you're paying to bring that in line with the standard premium amount.

About 70% of Medicare beneficiaries are protected by the "hold harmless" provision because their Medicare premium is paid from their Social Security benefit. Others, who pay their Medicare premium separately such as those not yet collecting Social Security after age 65, aren't protected and bear the full brunt of any increase to Medicare premiums. Those new to Social Security in 2018 will pay the full \$134 premium (or possibly more if they exceed certain income thresholds). For the record, the 2018 standard Medicare premium is the same as the 2017 premium. And while the standard premium didn't increase, your Medicare premium in 2017 was \$109 and your wife's was \$120 because you were previously "held harmless". But because of the 2% COLA increase this year, \$25 of your \$31 increase and all \$14 of your wife's increase went to Medicare, bringing you both up to the standard Part B premium amount of \$134.

I want to note that it's not only COLA increases that can be applied to Medicare premiums. Social Security recipients whose status changes (e.g., switching from their own benefit to spousal or survivors benefits), may also be affected.

*The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, LLC (NSSA). NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the United States Government, the Social Security Administration, or any other state government. Furthermore, the AMAC Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues. To submit a request, contact the Foundation at [info@amacfoundation.org](mailto:info@amacfoundation.org).*

### Tax Bill from A4

I find that amazing. We haven't passed this bill yet, and we're talking about the process to correct the mistakes that are clearly in this bill. That's not the way we should be legislating.

"The one argument I hear from—all stakeholders is make the tax code predictable so we can plan. Give us the rules. Don't change the law

at the time. Don't put temporary provisions in here because Congress has a habit of missing extender dates ... this bill is anything but simplifying the tax code.

"This bill is an assault on middle-income families, dangerous to our national security by increasing our deficit. It will hurt millions of people who will lose their health coverage and it should be defeated."

## AltaGas Ltd. and WGL Holdings, Inc. Reach Settlement Agreement with PG County as Part of Merger Between the Energy Companies

Agreement Results in Head Office of the AltaGas U.S. Power Business to Be Relocated in Prince George's County and \$13.4 Million for Sustainable Energy Programs

By PRESS OFFICER  
Office of the Lt. Governor

UPPER MARLBORO, MD—On December 4, 2017, AltaGas Ltd. and WGL Holdings, Inc. announced today the signing of a settlement agreement with the Prince George's County government, the Maryland Energy Administration (MEA), Montgomery County government, and the Laborers' International Union of North America, its affiliated District Council, and Local Unions serving or located in Washington D.C. (collectively, LiUNA) on key terms for the merger of AltaGas and WGL currently before the Maryland Public Service Commission (PSC). This agreement resulted in the head office of the AltaGas U.S. power business to be relocated in Prince George's County and \$13.4 million for sustainable energy programs. The settlement is subject to review and approval by the PSC. AltaGas continues to anticipate closing the transaction in the first half of 2018.

"We look forward to welcoming the AltaGas U.S. power business head office to Prince George's County," said Prince George's County Executive Rushern L. Baker, III. "We are pleased that this significant agreement will benefit cus-

tomers, promote clean energy projects in the County, and expand existing sustainable energy efforts planned in our County, such as the Transforming Neighborhoods Initiative (TNI) Clean Energy program and Energy Star Certification & Green Leasing program by an additional \$13.4 million."

Under the terms of the settlement agreement, AltaGas and WGL have committed \$103 million to expand natural gas infrastructure in Maryland. Washington Gas will invest \$70 million of this amount over a 10-year period to further extend natural gas service to unserved and underserved areas by adding to regulated assets within Washington Gas' service territory in Maryland. The remaining \$33 million will be used to establish the Maryland Gas Expansion Fund, which will be administered by the MEA to promote economic development, job creation and the expansion of natural gas infrastructure to underserved parts of Maryland.

"We are pleased to have reached a settlement agreement with the Maryland Energy Administration, Montgomery County, Prince George's County, and LiUNA, in support of government initiatives to boost economic development and job cre-

ation in Maryland. We look forward to building a stronger platform for clean natural gas in Maryland and continued exceptional service at affordable rates by Washington Gas," said David Harris, President and Chief Executive Officer of AltaGas.

"Following the combination, Washington Gas will provide the same great service we've provided for nearly 170 years, and we'll have the added ability to grow, create more local jobs and continue to provide safe, reliable and affordable energy solutions," said Terry D. McCallister, Chairman and CEO of WGL Holdings, Inc. and Washington Gas. "We are proud of our long history of service to the region and believe that our company will be in an even stronger position to deliver more value to our customers as part of the AltaGas family."

In addition to the more than \$100 million for natural gas expansion, AltaGas and WGL have made the following commitments in Maryland:

- Customers will receive a one-time rate credit;
- Low-income customers will receive assistance with energy efficiency initiatives;
- More investment in workforce and educational development;

- Development of renewable energy initiatives to support clean energy goals, including 5 MWs of renewable or other distributed generation, specifically in Prince George's and Montgomery Counties;
- Increased commitment to supplier diversity to support local businesses;
- Increased charitable giving; and
- The head office of the AltaGas U.S. power business will be relocated to Prince George's County.

The PSC held public hearings for the community to comment on the proposed combination in September in Montgomery and Prince George's counties. Evidentiary hearings before the PSC occurred in Baltimore from October 3–16, 2017. Since AltaGas and WGL announced their plans to combine, the companies have worked constructively with community groups, local leaders, and regulators to ensure Maryland customers have a significant voice and input in the process. The settlement agreement reflects that input and is an important milestone for the combination.

To learn more about this merger and settlement, please visit the website at [www.wglde-liveringmore.com](http://www.wglde-liveringmore.com).

### Oysters from A1

"We've also had moments where we can't necessarily go swimming in some of those tributaries because of bacteria and other things," he said. "Loving to fish and crab and even eat some of the seafood that we get from it has opened my eyes to the plight of the bay and how, consequently, there are efforts out there to bring it back."

While Witzke picks up, transports and unloads shell, he keeps the bigger picture in mind.

"Sure I'm just dumping the shells," he said, "but each one will become a home for 10 baby oysters."

He added: "It comes down to believing in the mission."

Some of the shells are used for the Marylanders Grow Oysters program, which equips willing waterfront households with cages of oysters to hang from their docks.

The effort protects baby oysters in their most vulnerable stages. After a year, the homeowners return the oysters and the bivalves are planted in oyster sanctuaries to improve water quality, among other benefits.

The recycled shell is also used to bolster state and federally sponsored oyster restoration in Chesapeake Bay tributaries on the Eastern Shore of Maryland—the largest oyster restoration project in the country.

The shell Witzke and his colleagues recycle is delivered to the University of Maryland Center for Environmental Science Horn Point Oyster Hatchery in Cambridge, Maryland.

It is aged for a year "to get rid of any organic material," washed with high-pressure hoses, and placed in metal cages containers, Hatchery Manager Stephanie Alexander told the University of Maryland's Capital News Service.

The containers of shell are then added to outdoor setting tanks. The larvae are introduced to the tank and regulated closely

by hatchery staff, who take samples to measure how many attached to shells, Alexander said.

"If the numbers look good," she said, "we'll go ahead and turn the water on" and then schedule planting. The tanks are connected by an elaborate network of pipes, which pump phytoplankton-rich river water through the cages, providing a food source for the young bivalves.

Ready for deployment, the spat—baby oysters once they've attached to shell—are loaded onto a vessel and dumped onto oyster beds in the country's largest oyster restoration project in and around the Choptank River.

Oyster planting can't happen without hatchery-grown larvae. And hatchery-grown larvae need shells to survive, which highlights the importance of Witzke and his colleagues' work.

Shell recycled by the alliance accounts for about a third of hatchery operations' total demand of approximately 100,000 bushels per year, according to Tom Price, Shell Recycling Alliance operations manager.

The shell recycling program began in 2010 with 22 restaurants. Today, the alliance boasts over 336 members regionwide and counting, Price said.

This year, Price said, the shell alliance is on track to collect 34,000 bushels, with its grand total set to eclipse 140,000 bushels since the program's inception in 2010.

On Nov. 9—as he does almost every Thursday—Witzke set off to pick up shell from restaurants on the alliance's Annapolis route. He's refined his collection practice down to labeling certain cans with zip ties and has developed a walking route among the downtown restaurants. Each time he picks up a restaurant's container of shell, he replaces it with a fresh can.

The aroma of a full can of old shucked oyster shells is nauseating. The containers stored inside are bad, the ones stored out-

side—open to the elements and subject to filling with water—are noxious.

Witzke's used to it, though, and didn't skip a beat.

Cans with zip-ties have holes in them to let water drain as they sit outside of restaurants. Witzke knows he can't use those cans for restaurants that store shell indoors, because the rancid liquid inside would drip out.

As he approached the first, and newest, stop—Azure at the Park Place Plaza—Witzke squeezed the truck beside two moving vans, grabbed a rope he uses to drag full cans and took off into a dark loading dock.

"Let's see if we can find this can," he said.

The three-year shell recycling veteran has also noticed trends. Some restaurants, the "dink and dunks" as Witzke calls them, produce little shell, while others, the "heavy hitters", consistently have multiple cans to recycle.

His downtown Annapolis route, which he does on foot, pulling cans on a dolly, began at the Market House by Ego Alley on the town's renowned waterfront. He picked up at popular restaurants like Middleton Tavern and McGarvey's Saloon & Oyster Bar, and then headed toward the State House and Galway Bay Irish Restaurant and Pub on Maryland Avenue.

To get to Galway Bay's cooler, Witzke had to maneuver through an elaborate and narrow alley system. On this particular Thursday, the Irish pub, which prides itself on reducing waste, produced little more than a bucket of shell.

"It's our mission to be good stewards of our planet," said Gary Brown, assistant general manager at Galway Bay. Brown found out about the recycling alliance at a festival. The Recovery Partnership attends many festivals to spread the word about the program.

"I spoke with one of the ladies from the recovery partnership and decided to say, 'Hey

we're going through all these oysters and there's no way to recycle them,'" Brown said.

"It's been a bit of a learning curve," Brown said, "because they smell."

If they leave the oysters outside, Brown added, they'll attract flies, maggots and rodents, "which obviously as a restaurant we don't want."

So Galway Bay settled on buckets with a screw-on lid to negate the smell.

It's not only about environmental stewardship for restaurants. The initiative provides free waste removal—the recycling alliance picks up their shell for free—and a tax break.

Each time they pick up shell from a restaurant, Witzke and the alliance record the amounts. At the end of the year, the alliance totals the amount of bushels each restaurant collected, creates a certificate and delivers it to the restaurant. For up to 150 bushels, the restaurant can earn \$5 per bushel against its state income tax.

After loading the shell from the Irish pub onto his dolly, Witzke wheeled the oysters back to the truck.

On to the heavy hitters in the Eastport neighborhood. Boatyard Bar & Grill recycled the most shell Nov. 9, with over six cans.

"We sell a huge amount of oysters," said Dick Franyo, the owner of Boatyard, who outlined his restaurant's "Buck to Shuck" promotion, which offers \$1 oysters at happy hour and on Sundays.

Franyo, a self-proclaimed "bay rat," said he grew up fishing and sailing around the bay. As such, he's grown to understand the importance of cleaning it—and the oysters' impact on the estuary.

"If you're in the Chesapeake Bay region, your business is driven by the health of the bay,"



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# OUT ON THE TOWN

ERIC D. SNIDER'S  
IN THE DARK  
Movie Review

## Jigsaw

Jigsaw  
Grade: B-  
Rated R, a lot of harsh  
profanity, a lot of strong  
violence and gore  
1 hr., 31 min

We doubted that *Saw 3D*, the seventh and “final” chapter in the gruesome franchise, would be the last one (that it was the seventh we did not dispute), and our cynicism has paid off (again). Part eight, *Jigsaw*—now it’s named after the villain instead of his favorite weapon—isn’t what you’d call “necessary,” but it’s made with enthusiasm and ingenuity by twin directors Michael and Peter Spierig (*Predestination*), and it doesn’t reek of cash-grab sequel-itis. I suppose it helps that they waited seven years to make it.

We begin with hapless lowlife Edgar Munsen (Josiah Black) already having been forced to play one of Jigsaw’s fiendish “games,” the result of which is that Munsen is shot by police and five strangers wake up in a locked room, their own game evidently started by a remote control Munsen held. The five (soon four) have buckets over their heads and chains around their necks; the chains drag them toward buzzing circular saws embedded in the door; a voice that sounds very much like Jigsaw’s tells them he wants a “sacrifice of blood”; and so forth.

As usual, it doesn’t matter who these people are or what they’ve done to earn maybe—Jigsaw’s condemnation. Their characters are barely individualized beyond white guy (Paul Braunstein), black guy (Mandela Van Peebles), blonde (Brittany Allen), and redhead (Laura Vandervoort). The dialogue



ROTTENTOMATOES

Thirteen years ago on Halloween weekend—*SAW* and the character of *JIGSAW* introduced the world to a new face of horror. For seven straight years “If it’s Halloween it must be *SAW*” was a holiday tradition. This October 27, Lionsgate and Twisted Pictures proudly present *JIGSAW*! After a series of murders bearing all the markings of the Jigsaw killer, law enforcement find themselves chasing the ghost of a man dead for over a decade and embroiled in a new game that’s only just begun. Is John Kramer back from the dead to remind the world to be grateful for the gift of life? Or is this a trap set by a killer with designs of their own?

they speak (shout, mostly) certainly was not anyone’s top concern. Nonetheless, the personalized traps and games devised for them are clever enough to sustain the premise, and there’s something new at every turn as each small victory gets them out of one elaborate predicament and into the next. Writers Josh Stolberg and Pete Goldfinger (*Piranha*) understand the simple formula that drives these films and make no effort to improve upon it.

Meanwhile, pervy cop Det. Halloran (Callum Keith Rennie) and normal cop Det. Hunt (Clé Bennett) are trying to figure out who put the now-comatose Munsen up to this, and what it means. When bodies start showing up bearing the marks of Jigsaw, aka John Kramer (Tobin Bell), the cops figure it must be a copycat.

Jigsaw? Why, he’s been dead 10 years now. OR HAS HE?? Studly coroner Logan Nelson (Matt Passmore) and his assistant, Eleanor (Hannah Emily Anderson), who’s fascinated with Jigsaw, join the investigation, which leads to the cops and doctors all suspecting one another of hiding something. But they aren’t. OR ARE THEY?

The writers and directors keep things peppy with short scenes hopping between the action in the escape room, the cops, and the medical examiners, each thread having its own twists and surprises. (Significant chunks of the film are like an especially gory *C.S.I.* episode.) The constant motion prevents boredom from settling in while also discouraging the viewer from thinking too hard about the plot, which pulls some narrative

tricks that will be familiar to fans of the series. The Spierigs and their crew also deliver graphic, impressively detailed carnage—a cross-section of someone’s skull, somebody’s acid-melted face, etc.—without overdoing the torture angle.

That’s always been the fine line for me with these movies. The traps and games are morbidly entertaining, but it’s a turnoff when the films dwell on the physical pain and suffering. That’s where, for me, it stops being fun. *Jigsaw* uses its blood and guts prudently and doesn’t attempt any social commentary. Honestly, it’s oddly comforting to see a story where victims are selected based on their actions, not slaughtered randomly by a maniac. The less our horror movies remind us of the real world right now, the better.

### Curry from A1

ning Board, The Maryland-National Capital Park and Planning Commission (M-NCPPC), the Prince George’s County Offices of Management and Budget, Finance, and Law. The building is expected to be open and occupied by the first half of 2018.

Council Chair Dannielle Glaros and the entire County Council were present for the dedication. Council Member Derrick L. Davis, representing District 6, proudly welcomed the Wayne K. Curry Administration Building to Largo.

“I am incredibly proud that this structure, located in the ‘Heart of Prince George’s County,’ will be known as the Wayne K. Curry Administration Building,” said Council Member Derrick L. Davis (D-District 6). “This is an honor befitting a man whose love for Prince George’s County remains unmatched, and whose contributions to our quality of life will be felt for generations to come. The Wayne K. Curry Administration Building will stand as a testament to his exceeding and abundant legacy of service.”

The current Prince George’s County Administration Building (CAB) in Upper Marlboro will continue to house the Prince George’s County 3-1-1 call center; the Sheriff’s Office, State’s Attorney’s Office, and the Prince

George’s County courts will be moving into the vacated office spaces that are moving to Largo. The official County seat of Prince George’s County will remain in Upper Marlboro, MD.

“The dedication of this new County government building to trailblazing leader, beloved Prince Georgian and dear friend, the late Wayne K. Curry, is especially poignant and wonderfully fitting. M-NCPPC’s Prince George’s County Planning Board and Planning Department proudly look forward to providing top-notch customer service to our residents at the new Wayne K. Curry Administration Building as we re-locate our offices there in the near future,” said Elizabeth M. Hewlett, Prince George’s County Planning Board Chairman.

The Wayne K. Curry Administration Building is named for the late Wayne K. Curry, Prince George’s County’s first African-American County Executive who served from 1996-2002.

#### Biography of Prince George’s County Executive Wayne K. Curry:

County Executive Curry grew up in Cheverly, Maryland. His family was among the first non-white families to integrate into this community in the 1950s. He and his older brother, Daryl Curry, were the first black students to attend Cheverly-Tuxedo Elementary School in 1959 and

he graduated Bladensburg High School in 1968 and Western Maryland College in 1972.

From 1975 until 1978, Curry worked in the administration of Prince George’s County Executive Winfield Kelly. Kelly was the executive for Prince George’s County from 1974 until 1978. Curry’s career began as a staffer responsible for writing constituent reply mail. He later went on to serve as community affairs assistant, administrative assistant to the county’s Chief Administrative Officer and senior assistant to the executive. While working for Kelly, he also attended law school at night, earning his law degree from the University of Maryland School of Law in 1980, graduating with honors.

From 1980 until 1983, Curry worked as a real estate and development lawyer for The Michael Companies. Curry started his own law practice in 1984 and became a well-known, successful corporate attorney. From 1984 to 1992, Curry was General Counsel for the Dimensions Health Corporation. Mr. Curry also served as Chairman of the United Way Campaign of Prince George’s County, President of the Prince George’s County Chamber of Commerce, Chairman of the “School Superintendent’s Advisory Committee on Black Male Achievement”, Chairman of the “Prince

George’s County Substance Abuse Advisory Board”, a member of the Board of Directors of the Prince George’s County “Christmas in April”, “United Communities Against Poverty”, and “The Bonnie Johns Children’s Fund.”

In 1994, made history when he became the first African American to serve in the County’s highest elected office as County Executive. He served two consecutive terms from December 1994 to December 2, 2002. As Prince George’s County Executive, Wayne Curry’s legacy is of a tireless champion and fighter for the residents of Prince George’s County. County Executive Curry also presided over a period of unprecedented population increase, development, and modernization of the County. As County Executive, Wayne Curry was focused and dedicated on building news school and improving the infrastructure of the County as it grew in density and became one of Maryland’s and the Capital Region’s largest and most influential jurisdictions as well as the wealthiest majority African American jurisdictions in the nation.

County Executive Wayne K. Curry died on July 2, 2014, at the age of 63. He is survived by his wife Sheila Curry and his son, Julian Curry, and daughter, Taylor Curry.

## A Little This, A Little that

### Top 4 Nutrition Predictions in the New Year

(BPT)—Several food and nutrition trends were in the spotlight this year, including the continued rise of plant-based diets, non-dairy ice creams and superfoods that are blasts from the past - legumes, apples and cabbage. It can be easy to experience nutrition whiplash in the New Year, but don’t be a victim. Get a jump-start on understanding the top nutrition trends that will impact quality of life and make it easier to add important vitamins and nutrients to the body.

“The start of a fresh year always ushers in new opportunities to make one’s health better,” said Elizabeth Somer, MA, RD and author of “Eat Your Way to Sexy.” “Study after study consistently finds that most Americans don’t meet even minimum standards of a balanced diet, so it’s important to be aware of advances in nutrition, so you can optimize your health all year long.”

There are four key nutrition predictions that will top 2018.

#### No. 1—Personalized nutrition

A one-size-fits-all approach that can be applied to vitamins, minerals, omega-3s and other essential nutrients doesn’t align with what research reveals about individual nutrient needs. Many factors tweak the basic recommendations, including age, gender, health status, medication use, stress level, sleep habits, exercise routines and more.

For example, when the body is exposed to ultra violet (UV) light, it manufactures vitamin D; however, as we age, the body becomes less and less efficient at making vitamin D. This is when dietary and supplement sources become increasingly more important while the needs for the vitamin increase.

It is no wonder there will be a growing trend and demand for personalized nutrition recommendations in 2018. Nutrition innovators - like [www.vitaminpacks.com](http://www.vitaminpacks.com) - are already responding by developing comprehensive nutritional assessments to curate unique combinations of vitamins and nutrients designed specifically to the individual consumer.

#### No. 2—Awareness of drug nutrient interactions

According to a recent paper published in the European Journal of Nutrition, vitamins and other nutrients play a crucial role in metabolism - the process in the body that supports overall health. How vitamins and phytonutrients interact with prescription medications can impact metabolism.

In one example, antacid medications can interfere with vitamin B12 and calcium absorption, so requirements for these and other nutrients may increase, yet people don’t make the adjustment in their supplement plans. Therefore, it is important to consult a health care practitioner before adding a dietary supplement, so prescription medications and vitamin supplements can live in harmony.

#### No. 3—Go with your gut

Probiotics are live bacteria that are good for health, especially the digestive system. It may be easy to think of bacteria as something that causes diseases, but the body is full of bacteria, both good and bad. Probiotics are the “good” or “helpful” bacteria because they have been known for years to help keep the gut healthy. What’s more, research has shown that the benefits of probiotics may span more than the gut, including the circulatory, hormonal and nervous systems. Probiotics are naturally found in the body to varying degrees, and there are high levels of probiotics in some foods and supplements.

Encouraging the growth of probiotic bacteria is important in maintaining an effective intestinal barrier, enhancing nutrient absorption and blocking toxins and pathogens. A focus on gut health and spotlighting food and dietary supplements that support a healthy belly will top 2018 nutrition trends.

#### No. 4—Vitamin K2

Don’t confuse this K2 with the mountain in the Himalayas. Vitamin K2 is an overlooked vitamin that helps control calcium movement in the body and supports healthy arteries and bone health. It is found at sub-optimal levels in the traditional diet, but can be found at high levels in fermented foods, like sauerkraut and the Korean dish kimchi. Vitamin K2 will no longer be overlooked in 2018. Ask a health care practitioner about adding this important vitamin to the diet, especially if fermented foods aren’t served regularly for dinner.

It doesn’t take a crystal ball to predict what will be the hottest nutrition trends in 2018; it only requires a look at the latest nutrition research and connecting with a health care provider or registered dietitian.



PHOTO COURTESY BRANDPOINT

# Calendar of Events

January 4—January 10, 2018

## Out with the old, in with the new!

Date and time: Through January 18, 2018,  
Monday thru Friday 8:30 PM–5:00 PM  
Description: MCVRC has partnered with Value Village and will be hosting a clothing and household items FUNDRIVE in the New Year. MCVRC will receive payment by the pound for your donations. Your items are tax-deductible and receipts of your donations will be provided at the time of your drop off.  
Drop-Off Site: 1001 Prince George's Blvd,  
Suite #750 Upper Marlboro, Maryland 20774  
Contact: 301-952-0063

## Pickleball!

Date and time: Thursday, January 4, 2018, 10:00 AM–12:00 PM  
Description: Great exercise, camaraderie, and fun!! Join us for an easy to learn game of Pickleball, the latest in rage in racquet sports. Pickleball combines the elements of badminton, tennis and table tennis. It is played on a badminton-sized court, a tennis-sized net with whiffle balls, and large Ping Pong paddles.  
Come ready to have fun, dress comfortably, and don't forget your hand towels and water!  
No registration is required.  
Cost: FREE! with valid M-NCPPC ID  
Ages: 60 and better  
Location: Glenarden Community Center  
8615 McLain Avenue, Glenarden, MD  
Contact: 301-772-3151; TTY 301-699-2544

## 3-on-3 Basketball Tournament

Date and time: Friday, January 5, 2018, 7:00 PM–9:00 PM  
Description: Barbeque Chicken!! Come out and compete in our 3-on-3 basketball tournament to prove once and for all who is the best.  
Sign up your team today!  
Snacks and refreshment will be served.  
Cost: FREE!! with center I.D.  
Ages: 13–17  
Location: North Forestville Community Center  
2311 Ritchie Road, Forestville, MD  
Contact: 301-350-8660; TTY 301-699-2544

## Family Boot Camp: New Year, New You!

Date and time: Saturday, January 6, 2018, 9:00 AM–10:00 AM  
Description: Kick off the New Year with a healthy and fun family boot camp program! We invite you and your family to take part in a healthy start to 2018 with a series of FREE fitness sessions that will leave you feeling motivated and confident! Call us at 301-446-6842 for more information.  
\*Scheduled to take place outdoors; weather permitting. In the event of inclement weather, classes will be held in the gymnasium.  
Cost: FREE  
Ages: 13 and older  
Location: Southern Regional Technology & Recreation Complex  
7007 Bock Road, Fort Washington, MD  
Contact: 301-749-4160; TTY 301-699-2544

## JAPA Presents: "Ace It!" Singing Audition Workshop

Date and time: Saturday, January 6, 2018, 9:00 AM–1:00 PM  
Saturday, January 13, 2018:  
Acting Audition Workshop  
Description: Want to audition for musicals and plays in your school and community? Don't fear your next audition—Ace it! Join us for two audition-intensive workshops to learn and discover the skills needed to stand out at your next casting call. No prior experience necessary.  
Cost: FREE  
Ages: 8–15  
Location: The Prince George's County Room at the Clarice Smith Performing Arts Center  
8270 Alumni Drive, College Park, MD  
Contact: 301-446-3259; TTY 301-699-2544

## Three Kings Day Celebration

Date and time: Saturday, January 6, 2018, 10: AM–1:00 PM  
Description: Kickoff your new year with the Department of Parks and Recreation and more than 350 Prince George's County families as they observe the tradition of Three Kings Day!  
This holiday celebrates the three wise men who brought gifts to the baby Jesus. This highly-symbolic holiday, also known as "El Dia de Los Tres Reyes Magos" or the "Epiphany," will be celebrated with music by Latin Grammy award-winner Andres 1-2-3, plus face painting, refreshments, and surprises!  
Our "Three Kings", Senator Victor Ramirez, State Delegate Carlo Sanchez and TV/Radio Host Pedro Biaggi from Univision "DC Contigo Show," will also distribute up to 250 gifts to children, ages 1 to 10, in attendance.  
Cost: FREE  
Ages: All ages are welcome  
Location: College Park Community Center & Youth Soccer Complex  
5051 Pierce Avenue, College Park, MD  
Contact: 301-441-2647; TTY 301-699-2544

## Chicago Style Steppin'

Date and time: Wednesday, January 10, 2018, 7:00 PM–9:00 PM  
Description: This drop-in activity is a fun way to have you steppin' into an active healthy lifestyle! Chicago Steppin' is a specific form of swing dance. Learn to dance with a partner with stylish and soulful steppin'! Synchronize your movements to the rhythm and beat of the music.  
This class is taught using the eight-count method.  
Have fun, meet new people and make sure you make it to the next drop-in session!  
Cost: Resident: \$8; Non-resident: \$11  
Ages: 16 and older  
Location: Glenarden Community Center  
8615 McLain Avenue, Glenarden, MD  
Contact: 301-772-3151; TTY 301-699-2544

# EARTH TALK ... Cleaner Indoor Air Quality Can Help You Sleep Better

Dear EarthTalk:

*I've been having trouble sleeping and my doctor suggested that indoor air pollution could be a contributing factor. Do you have any tips for how to improve my home's air quality without breaking the bank?*

—Jennifer Abromovitch,  
Putney, VT

The key to a healthy indoor environment is clean air, but many of the finishes and furniture in a typical home or office off-gas pollutants that can compromise air quality. While opening a window might help, it also could make matters worse by introducing auto exhaust and other noxious emissions in. So, what's a clean air lover to do about keeping the indoor environment safe?

For starters, it can't hurt to change the filters on your furnace and air conditioner(s) on a regular, scheduled basis. Manufacturers recommend changing out furnace filters every three months, but mileage may vary depending on square footage and other factors. (When you install a new filter, write the date on it when it should be changed to keep yourself honest.) Also, getting your HVAC air ducts cleaned once every few years—or more frequently if you have pets or lots of people using the space in question.

Another way to help filter your indoor air is the all-natural

way: with house plants. While humans have always had a special relationship with the plants around them, it wasn't until NASA published research in the 1980s that we knew just what an important role house plants could play in ridding indoor environments of noxious chemical pollutants. Plants scrub particulates from the air while taking in carbon dioxide and processing it into oxygen, thereby creating more clean air for us to breathe. Garden mums, spider plants, dracaenas, ficus, peace lilies, Boston ferns, snake plants and bamboo palms are great choices given their especially powerful air purifying abilities.

Yet another relatively easy fix would be to purchase an air purifier that plugs into the wall and uses carbon filtration or other methods for filtering contaminants out of the indoor environment. The Coway Mighty and Winix 5500-2 share top rankings from leading consumer review service, Wirecutter, while the Dyson Pure Hot+Cool Link gets kudos for great air cleaning with style.

If you really want to go all out, think about repainting interior walls with paint formulations that use little or no volatile organic chemicals (VOCs) that have been linked to respiratory problems, headaches, nausea, dizziness and fatigue, among other health worries. AFM Safecoat is the industry leader in low- and no-VOC paints and finishes, but the big players like



CREDIT: CREDIT: STEPHANIE VACHER, FLICKRCC

**Getting a few houseplants is one way to start cleaning up the air quality inside your home.**

Sherwin-Williams and Benjamin Moore now also have healthier formulations for a quickly increasing number of eco-conscious home improvement customers.

Another easy albeit more costly way to green up your indoor environment would be to get rid of those old couches, mattresses and other furniture which

we knew how harmful they could be to our indoor environment and health. Now that California has mandated that new furniture products cannot contain these noxious chemicals, more and more manufacturers (including Ikea and Pottery Barn) are starting to phase them out, so it's a great time to replace that old mattress with a new one that

CONTACTS: Coway, [coway.com/Product/Detail?prod\\_disp\\_no=47](http://coway.com/Product/Detail?prod_disp_no=47); Winix, [winixamerica.com/product/5500-2](http://winixamerica.com/product/5500-2); Dyson, <http://www.dyson.com/air-treatment/purifiers/dyson-pure-hot-cool-link-evo/overview.aspx>; NASA's "Indoor Landscape Plants for Indoor Air Pollution Abatement," <https://goo.gl/j7WzPU>; AFM Safecoat, [www.afmsafecoat.com](http://www.afmsafecoat.com).

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were required by law to contain flame retardant chemicals before won't off-gas carcinogens every time you plopp down onto it.

## Oyster from AS

he said. "People come here to eat local" oysters, crabs and rockfish (striped bass).

He added: "So goes the health of the bay, so goes our business."

To get to the back of Boatyard, Witzke had to reverse the bulky truck down a narrow alley.

"All the other trucks scrape the walls," Franyo said.

Witzke then retrieved the cans from an outdoor closet attached to the restaurant. The room was packed with full cans stacked on top of each other. He had to heft the heavy cans onto the ground before dragging them to the back of the truck. At the truck, Witzke heaved four cans onto a hydraulic lift, repeating until he'd collected all of them.

By about 1 p.m., Witzke had collected all of his shell. He got back on the road and headed for the Bay Bridge.

"This is the part of the job that drives me nuts," he said, pointing to the pickup truck in front of him on Eastbound Route 50, "sit-

ting in traffic behind someone that's just moseying along."

"I just want to dump or pick up my shell."

Upon arrival at the Grasonville Solid Waste Transfer Station in Queen Anne's County, Maryland, Witzke steered the truck to the back corner of the facility. He turned and reversed toward the alliance's mountainous shell piles.

As Witzke exited the truck, the rancid smell of rotting seafood was startling.

Witzke stacked each of the empty cans left at the transfer station from the previous trip. He maintains a rotation, giving the cans a few days to air out before exchanging them for full containers at restaurants.

Witzke swung open the Ford's rear corral gates and slid containers to the edge of the truck bed before tipping them over, one at a time, pouring the contents onto the shell pile.

It had rained overnight and many of the cans had filled with water. Each time he turned over



CAPITAL NEWS SERVICE PHOTO BY ALEX MANN

**Shell Recycling Alliance driver Wayne Witzke wheels an empty garbage can toward the State House Nov. 9, 2017, en route to picking up oyster shell from participating restaurants in Annapolis, Md. Witzke and his colleagues recycle shell to bolster state and federally sponsored, large-scale oyster restoration in Chesapeake Bay tributaries.**

a container of shells, water splashed up.

And each time the pungent smell of rotten seafood slush pierced the air.

After about an hour, Witzke had cleared the truck bed and switched out the cans. Time to

head back to the Annapolis office, a long day of smelly work on the books.

He climbed into the truck, leaving the putrid smell behind, and turned the ignition.

"Does the AC smell weird to you?"

# RECYCLE your CHRISTMAS TREE

The Prince George's County Department of the Environment is making it easy for residents to recycle cut Christmas trees (no artificial trees) by offering convenient drop-off locations and curbside pick up.

**Due to the Christmas and New Year's Day holidays, yard trim and Christmas Tree collection will start on January 8, 2018. Residents with Yard Waste Collection may place their undecorated, unbagged, live Christmas trees at the curb by 6 a.m. on their regularly scheduled yard waste collection day.**

Residents may also bring undecorated trees, free of charge, to the following locations for recycling:

<p><b>BROWN STATION ROAD PUBLIC CONTAINER PAD &amp; RECYCLING CENTER</b> 3501 Brown Station Road Upper Marlboro, Maryland 20772 Mon. – Sat.: 7 a.m. – 6 p.m. Sun.: CLOSED</p>	<p><b>MISSOURI AVE SOLID WASTE ACCEPTANCE &amp; RECYCLING CENTER</b> 12701 Missouri Avenue Brandywine, Maryland 20613 Mon., Wed., Fri.: 6:30 a.m. – 3 p.m. Tue., Thu.: 10 a.m. – 6:30 p.m. Sat.: 7:30 a.m. – 4 p.m. Sun.: CLOSED</p>
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For more information, please call [CountyClick.org](http://www.CountyClick.org)

**SOURCE REDUCTION TIP:** Save boxes, paper and boxes for future gift wrap.

\*Please remove all plastic bags, straw and decorations. No artificial trees.