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PHOTOGRAPH CREDIT CHILDREN'S NATIONAL HEALTH SYSTEM
Byron Dixon pushes his sister, Anniyah, across the finish line at the Race for Every Child alongside their mother, Darcel.

Beating the Odds and Giving Back

Family to Participate in the Race for Every Child on Saturday, October 20—Registration closes on October 14

By MORGAN McKEAN
Children's National Foundation

Like any expecting parents, Temple Hills residents Darcel and Marc Dixon had high hopes and dreams for their child. But those dreams quickly changed: Anniyah was born in heart failure, and her odds for survival were low. She had three congenital heart defects and two rare chromosome abnormalities disrupting nearly all of her body systems.

The first step in saving Anniyah's life was transferring her to Children's National Health System just three hours after she was born. A team of Children's National specialists assembled to treat Anniyah's health complications—her heart defects, only one working kidney, epilepsy, an inability to swallow, hearing loss, vision impairment, and hand and feet deformations. Doctors told Darcel that she would be lucky to have Anniyah for one year.

"We initially felt grief; our dreams were shattered," said Darcel. "You don't expect to have an infant and learn that she's not going to survive."

But Darcel got glimpses of hope that demonstrated Anniyah's perseverance. "When I saw her move and smile—it was something that showed that she's here, she's a person, she's a fighter."

Anniyah kept fighting, and today she is 12 years old. Her Children's National team

of 23 specialty clinicians have helped keep her alive well beyond what statistics said was possible.

"Our goal is to make every possible day for her the best we can," says Darcel. "We want her to experience life as much as she can, even if we can't go far. We want her life to be active and fun and to integrate her into our life and community as much as we can."

That's one of the reasons why Darcel and her family participates in the Race for Every Child on Team Anniyah. Family members and friends look forward to the race each year—this year held Saturday, October 20 at Freedom Plaza in Washington, D.C. Anniyah's brother, Byron, will push her in her wheelchair along the Race for Every Child's 5K course to help her cross the finish line. One of her biggest advocates, Byron is committed to helping his team raise \$1,000 to give back to the hospital that saved his sister's life.

The race is also an opportunity for the Dixon family to thank the doctors and nurses who went above and beyond to care for Anniyah. Darcel remembers being particularly impacted by Dr. Shannon Kelly, Anniyah's orthopedic surgeon. Dr. Kelly informed the family that Anniyah needed foot surgery and they may need to amputate her toes. It was low on the totem pole in relation to Anniyah's other life-threatening surgeries and complications, but it hit Darcel hard. "I cried," she says.

"I had dreamed of painting toes with my daughter, and her wearing cute sandals."

Dr. Kelly saw how important that was to Darcel and agreed to do everything possible to avoid the amputation. She ended up saving Anniyah's toe, and—more importantly—her toe nail. "To this day, I love painting her toe nails," says Darcel. "Dr. Kelly didn't have to go the extra step, but she did because it meant so much to me."

Because of Anniyah, Darcel decided to change career paths and become a Children's National employee. She started as a parent navigator in 2012, providing peer-to-peer support for families like her own. "The parent navigator program had started a few years earlier and someone suggested the job to me," says Darcel. "That's what my passion is now. I can help other parents. I feel like that's why Anniyah was given to me."

"Despite what the books say should have happened, she's thriving in the best way she possibly could be," says Darcel. "Children's National is the only place I feel like we can go where they will take care of her, and that's why I choose to give back in any way that I can."

Children's National is among the Nation's top 5 pediatric hospitals and, for a second straight year, is No. 1 for babies. The nonprofit

See BEATING THE ODDS Page A8

Governor Larry Hogan Announces 'Safe Schools Maryland' School Safety Initiative

Launches New School Safety Tip Line and Mobile App for Reporting Threats

By PRESS OFFICE
Office of the Governor

ANNAPOLIS, MD (October 3, 2018)—Governor Larry Hogan today announced the launch of "Safe Schools Maryland," a tip line and mobile app designed to streamline reporting of possible threats to students school facilities. The governor made the announcement at the Maryland Emergency Management Agency (MEMA) with student leaders, education officials, law enforcement leaders and others in attendance.

"Incidents of targeted violence at our schools are rarely sudden impulsive acts; instead, in the majority of these incidents, another person was aware of what the student was thinking or planning to do," said Governor Hogan. "We must remain ever vigilant when it comes to protecting our kids, and we are counting on our local school communities, our students, teachers, and parents to work together with us in these important efforts."

Students, family members, parents, teachers, administrators, and other community members can anonymously report information to Safe Schools Maryland via a mobile app available for download through the Apple App Store or Google Play, online at www.SafeSchoolsMD.org, or by calling 1-833-MD-B-SAFE (1-833-632-7233). Trained technicians will respond to reports 24 hours a day, seven days a week, 365 days a year.

The tip line staff will share incoming information with appropriate school system officials and staff; law enforcement personnel;

fire, emergency, behavioral health, and medical staff; and other partners to help prevent violent or dangerous incidents at schools around the state and provide assistance to students in crisis. Students, parents, teachers, administrative staff, and others should be vigilant and report any activity that makes them feel uncomfortable, nervous, or frightened about the safety of their school, themselves, or others.

In many recent school violence incidents or threats, assailants have exhibited behavior that signaled a potential for violent activity or discussed such activity on social media. Some potential incidents around the country have been thwarted because alert students, parents, school staff, or others reported suspicious behaviors to appropriate authorities.

"Sadly, all too often students choose to remain silent because they are afraid of retaliation, rejection, or stigmatization by their peers. The troubling result is a 'code of silence' in which students suffer harm that could have been prevented if another person had chosen to speak out. We need to empower our students to break that 'code of silence,'" said Governor Hogan. "If they see unsafe situations or behavior, including threats made in person or on social media, bullying, or a friend who expresses the desire to hurt themselves or others, we need young Marylanders to say something and to do something without fear of retribution for coming forward."

Governor Hogan has asked MEMA to coordinate the school safety tip line and mobile app in

partnership with the Maryland Center for School Safety. MEMA has trained existing staff and is hiring new staff to ensure that tip line calls and reports are answered 24/7.

"We are honored that Governor Hogan has asked MEMA to coordinate the new safety initiative," said MEMA Executive Director Russ Strickland. "This is aligned with MEMA's mission to coordinate resources from multiple agencies and to be the authoritative source of 24-hour information gathering and dissemination. We are excited to take the lead to help our state, local, and non-government partners make Maryland schools safer as the field of emergency management broadens."

As part of the announcement, education and public safety officials met with student leaders to discuss the tip line and other possible steps to reduce the likelihood of school violence. The students also had a chance to tour the MEMA facility and learn about MEMA, the State Emergency Operations Center, and The Maryland Joint Operations Center activities as well as actionable steps they can take to be well prepared in the event of an emergency. During their visit to MEMA, students received promotional posters that are also being distributed to schools electronically and will be available on the website, www.SafeSchoolsMD.org. Digital billboards throughout the state will begin displaying Safe Schools Maryland information starting today as part of the campaign launch.

See SAFE SCHOOLS Page A4



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS DANIEL WILLOUGHBY (RELEASED)

Silver Spring Sailor Participates in Change of Command Ceremony Aboard USS Emory S. Land

PEARL HARBOR (Sept. 21, 2018)—Boatswain's Mate 3rd Class Edith Lemus, from Silver Spring, Maryland, and assigned to the submarine tender USS Emory S. Land (AS 39), sings the national anthem during a change of command ceremony, in which Capt. Michael Luckett relieved Capt. Douglas A. Bradley as commanding officer, in Pearl Harbor, Sept. 21. Land is currently deployed as an expeditionary submarine tender on an extended deployment conducting coordinated tended moorings and afloat maintenance in the U.S. 5th and 7th Fleet areas of operations. Land and USS Frank Cable (AS 40), the U.S. Navy's only two submarine tenders, both homeported in Apra Harbor, Guam, provide maintenance, hotel services and logistical support to submarines and surface ships in the U.S. 5th and 7th Fleet areas of operation.

The 2018 Champions of Maryland Manufacturing

By PETER GOURLAY
Regional Manufacturing
Institute of Maryland

SPARKS, MD (Oct 5, 2018)—RMI's Nominations Review Committee fielded 280 nominations from every Maryland county and the City of Baltimore. After a very thorough process, they have announced

the top Champions of Manufacturing. Champions from Prince George's County:

Emerging Leaders
April N. Richardson, Food Opportunity
Energy and Sustainability
Williams & Heintz Map Corporation
Growth and Productivity
Eight O' Clock Coffee

STEM Student Advocates
Tracye Johnson, Local Motors

On November 29, RMI's gala dinner tribute in partnership with the Maryland Department of Commerce will honor the 2018 Champions of Maryland Manufacturing at Martin's West in Baltimore. Visit <https://rmiomaryland.com>.

INSIDE

Laurel Branch Library Wins Public Building of the Year 2018 AIA Maryland Excellence in Design Award
Prince George's County Memorial Library System's Laurel Branch, designed by Grimm + Parker Architects, wins AIA Maryland's highest award: Public Building of the Year.

Community, Page A3

Cardin, Van Hollen Say FAA Reauthorization Will Boost Maryland Airports and Protect Passengers
"We've made a long-term commitment to ensuring Maryland's local airports are safe and able to meet demand that is critical to keeping our economy moving," said Senator Cardin.

Commentary, Page A4

Coleman Shares Good News as Prince George's County Association of Realtors Installs New Leadership
"You all are on the front line of making dreams come true for the County's residential and commercial communities," said Coleman.

Business and Finance, Page A5

Movie Review: Christopher Robin
This Disney version pretends we don't know anything about the real Christopher Robin and tells a fictional story about the fictional boy in the books who played with Pooh, Tigger, and the rest as a child, then grew up and forgot about them ...

Out on the Town, Page A6

Earth Talk Dear EarthTalk:
What are we doing about getting rid of all the plastic floating in the ocean and forming giant gyres far from land?
—Jake Johnson, Merrimack, NH

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Darnall's Chance invites you to The Great Jack O'Lantern Campfire, Oct. 20

A mad scientist has taken over The Great Jack O'Lantern Campfire! The scientist hates all things Halloween and is threatening to cancel the holiday using his cunning intellect. Can you help save Halloween? If you think you can, then put on your lab coat and goggles, and join the spooky fun!

Come to Darnall's Chance Museum on Saturday, Oct. 20, at 6 p.m. Listen to haunted Halloween tales, bask in the campfire and enjoy popcorn and hot cider. There will be a spooky science show, a pumpkin hunt, and the roasting of marshmallows. A participant in the program is Mad Science of Washington, D.C.

The Museum is at 13800 Governor Oden Bowie Drive in Upper Marlboro, on a hill overlooking Schoolhouse Pond. Recommended for ages 6 & up. The fee is \$5 (cash only) per person. Rain date, Oct. 21. For information, call 301-952-8010.

People

Michelle Anderson, a 1966 Suitland High graduate, died June 18 in Goldsboro, N.C. Her classmate Julie Koch-Michael sent word. Michelle and Julie both worked at the Maritime Administration in the late 1960s. Julie says, "She was a good student, smart lady and involved in lots of clubs in high school."

Audrey Pridgen-MacLean has moved after living almost all her life in Skyline, on Goodfellow Dr. and then down the hill from me, on Skyline Drive. She retired from Surratts-Clinton Branch Library and is now living in Burke, Va.

Deacon Lawrence Miles was honored by Mount Calvary Church with Mass and a dinner reception on Sept. 29, to celebrate his 25th anniversary as a deacon. He has spent the past 15 years at Mount Calvary in Forestville.

Mount Calvary's Youth Choir was selected to participate in the Washington Youth Rally at St. Thomas More Church in D.C. on Sept. 29.

My September vacation

My wonderful two weeks in Sep-

tember began when daughter Therese flew in from Texas and drove me to Ohio to pick up my daughter Kathleen. From there to Lansing, Mich., to visit my late sister Johanna's family, and to Saginaw to see my brother Tom and sisters Rosie and Stella. Those sisters joined us on a trek to a very rustic cabin in the woods, on a hill overlooking a trout stream in northern Michigan. Then, to historic Mackinac Island where, among other delights, we toured in a horse-drawn carriage. Thence north to Paradise in the U.P. (Upper Peninsula). We visited the Shipwreck Museum and viewed the beautiful Tahquamenon Falls before beginning our long drive home.

A delightful time in my beautiful home state and with my family.

Halloween is coming

The National Zoo in Washington invites you to Boo at the Zoo, Oct. 19, 20 and 21. It's sponsored by Mars Wrigley Confectionery and offers more than 40 treat stations, animal demonstrations, jugglers and magicians, for a frightfully fun evening. It also helps support the Zoo. Tickets on sale now at fonz.org/boo, \$20 for FONZ members/ \$30 for non-members.

Changing landscape

Marie's Diner, a popular La Plata eatery, is under restoration only days after an SUV plowed into the front injuring two diners, one worker and the driver. They were hospitalized; one in serious condition, and the accident is under investigation. I hope all recover, including Marie's, a favorite of mine.

I returned from my Sept. trip to streets beautifully paved and lined (even a bike lane) at the corner of Suitland and Allentown roads. I'm excited! But work continues at the exit from the Beltway and the two new Beltway bridges over Suitland Road. That may take another year.

Coming up

The Morningside Town Meeting will be Tuesday, Oct. 16, 7 p.m. at the Town Hall.

Rosecroft Raceway is offering live

racing Sunday and Wednesday evenings through Dec. 16.

Morningside Memories: Halloween 1978

Mayor Jerry Glaubitz emceed Morningside's annual Parade and Costume Judging. Judges included Frances Boswell, Marty Barlow, Charles Roberts and Bonnie Kamenicky. The Wedding-party-of-Dracula, featuring the Jackson Family of Clayton Lane, was one of the adult winners. Others were Cindy Modin, Alice Link and David Hanson.

Teen winners: Todd Ellis, Pam Tice, Bob Jumalon, Mark Talbott and Steve Witherow.

Younger winners: Jeff Vance, Sheila Hodges, Keith and Russell Braden, Tim Lawson and John Gardner. Also, Tricia Pitts, Christine Haslup, Jennifer Jackson, Jennifer Kordek, Leann Nelson, Adam Bedard, Lori Callahan, Stevie McNair, Nikki Bedard, Kevin Kline, Nea Harte, Timmy Murdin and Theresa Hodges.

May they rest in peace

Condolences to Rita Beall, of Morningside, on the deaths of her sister Raquel Ramirez on Sept. 26, her brother-in-law Archie Armstrong on Sept. 27, and her nephew Alex Alvarado on Sept. 28.

Joyce Arthur "Jay" Padgett Jr., 72, President of Geo Services in Forestville, died Sept. 18. He was a Life Member of the American Society of Civil Engineers. His parents, Joyce and Elsie (Fleek) and brother Russell predeceased him. The Post obit states, "He has touched many lives."

Milestones

Happy birthday to Tj Foster, Oct. 12; Mildred Peaire and Carolyn Williams, Oct. 16; Frank McCrone, Oct. 17; Andrew Nicholas Smith, former Morningside Councilwoman Carol (Kline) DeGraba and VFW 9619's Nola Cook, Oct. 18.

Happy 65th anniversary to Daisy and Ralph Young on Oct. 15; and happy 38th to Michael and Anita (Fulton) Freeman on Oct. 18.

Happy birthday to WSSC, founded 100 years ago on May 1, 1918.

Around the County

Lansana Sesay Named CIAA Receiver of the Week for the Third Time

By GREGORY C. GOINGS
Bowie State Sports Information

CHARLOTTE, N.C.—The Central Intercollegiate Athletic Association (CIAA) along with the conference head football coaches and Sports Information Directors released its Week #5 Honor Roll and senior Lansana Sesay was selected Receiver of the Week for the third time this season.

Sesay led all receivers with nine catches, 107 reception yards and the game winning catch in Bowie State's thrilling 20-17 home debut victory against the Rams of Winston-Salem State.



PHOTO COURTESY OF BOWIE STATE SPORTS INFORMATION

Lansana Sesay

PGCPS Teams Up With Redskins, Kaiser Permanente and Pepco on School Attendance Initiative

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, MD (Sept. 28, 2018)—Approximately 100 students from Prince George's County Public Schools (PGCPS) will receive free tickets to a Washington Redskins game through the generosity of Kaiser Permanente and Pepco.

Kenmoor Elementary School students who had perfect attendance for the 2017-18 academic year will attend the Oct. 14 game against the Carolina Panthers, sponsored by Kaiser Permanente, which will also host health and wellness activities at Kenmoor.

"Every day counts when it comes to regular school attendance," said Dr. Monica Goldson, Interim Chief Executive Officer. "We are grateful to Kaiser Permanente and Pepco for their partnership in emphasizing the importance of being in class and ready to learn."

Pepco will sponsor another group of students from schools near FedEx Field in Landover.

The Redskins have designated Oct. 14 as "Prince George's County Public Schools Day." Staff, students and families can purchase discounted tickets and pose for a post-game photo on the field.

September [was] Attendance Awareness Month.

Foundation of Renowned Best-selling Author Nora Roberts Donates \$250,000 to Women's Health Leader Holy Cross Health

By PRESS OFFICE
Holy Cross Health

SILVER SPRING, Md. (October 3, 2018)—The Nora Roberts Foundation has donated \$250,000 to Holy Cross Health to support the renovation and expansion of maternity and perinatal health services at Holy Cross Hospital, the largest birthing hospital in the state of Maryland and the District of Columbia. Nora Roberts, #1 *New York Times* bestselling author from Silver Spring, Md., created the Nora Roberts Foundation in 2001 to promote and encourage literacy, children and the arts.

"As a leader in maternal and children's health in the region, Holy Cross Health helps newborns have the best chance at a healthy start in life so that they may reach their full potential, and we are honored to make this donation in support of their work," said Jason Aufdem-Brinke, executive director and treasurer of The Nora Roberts Foundation and one of Roberts' sons.

Holy Cross Hospital and Holy Cross Germantown Hospital delivered and cared for more than 10,700 newborns last fiscal year, the most of any health system in the state of Maryland. Additionally, Holy Cross Health provides obstetrical services to almost 1,100 low-income women each year who would otherwise lack access to high-quality pre- and post-natal care.

The gift from The Nora Roberts Foundation was its second major commitment to Holy Cross Health over the past several years. An initial commitment of \$250,000 supported

the building of Holy Cross Germantown Hospital in 2014 and the Holy Cross Hospital South Building in 2015. The Nora Roberts Foundation's latest commitment will support renovation projects to expand Holy Cross Hospital's maternity triage area for women in labor, update cesarean section operating rooms and invest in technology for the Perinatal Diagnostic Center, supporting Holy Cross' continued innovation in care.

"As a forward-thinking health system, Holy Cross Health is committed to anticipating the needs of women



PHOTO COURTESY OF HOLY CROSS HEALTH

Sharon Kiernan, MD, neonatology, medical director, Neonatal Intensive Care Unit, Holy Cross Hospital, speaks with Jason Aufdem-Brinke, executive director and treasurer of The Nora Roberts Foundation prior to the formal announcement of the foundation's gift to Holy Cross Health.

and children and ensuring their evolving needs will continue to be met in the future, so that each woman and baby can achieve their best possible health and life," said Ann Burke, MD, obstetrics and gynecology, vice president, Medical Affairs, Holy Cross Hospital.

The gift was announced at the Holy Cross Health Foundation's Women's Health Ball on Saturday, September 29.

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

BOWIE STATE UNIVERSITY PRESIDENT

Congratulations to Bowie State University President Dr. Aminta H. Breaux. She has been appointed to the President's Board of Advisors on HBCUs.

BOWIE STATE UNIVERSITY

Bowie State University has made history with a record overall body of 6,320 this academic year, reflecting an increase in the recognition of the university's educational value and quality. Bowie State University continues to rank among the nation's best comprehensive universities.

"Bowie State University (BSU) is an important higher education access portal for qualified persons from diverse academic and socioeconomic backgrounds, seeking a high-quality and affordable public comprehensive university. The university places special emphasis on the science, technology, cybersecurity, criminal justice, teacher education, business, and nursing disciplines with the context of liberal arts education. Visit www.bowiestate.edu for more information about BSU."

OUTREACH SUNDAY

Christ United Methodist Church New Hope Fellowship (Parish) Outreach Ministry cordially invite you to come out to celebrate and praise God October 14, 2018 at their 9:00 a.m. service. Theme: When I help others, I am faithful doing God's Work. Scripture: Matthew 25:40. Guest Speaker: Rev. Barbara Etheridge, Purpose Vision Family Ministries, Waldorf, Maryland. Rev. Constance C. Smith, Pastor and Phyllis Slater, Chairperson. The church address is 22919 Christ Church Road, Aquasco, Maryland 20608.

REPLACEMENT BRIDGE

Mr. Mitchell at the Brandywine-North Keys Civic Association meeting held September 19, 2018 "stated that he had been informed by the Project Manager, Maryland Department of Public Works and Transportation. The construction of the Replacement Bridge over MD 381, Brandywine Road is scheduled to be completed in October 2018. Subsequently, the temporary traffic lights installed on Missouri Avenue at MD 301, southbound and northbound will be removed."

BRANDYWINE-NORTH KEYS CIVIC ASSOCIATION

The next meeting will be held on October 17, 2018, in the Media Center at Brandywine Elementary School. The meeting begins at 7:00 p.m. September began a new year. Therefore, dues (\$30 per household) are due and payable at the meetings. You may also pay by mail. The address is Brandywine-North Keys Civic Association, P.O. Box 321, Brandywine, Maryland, 20613.

SOUTHERN AREA AQUATIC & RECREATIONAL COMPLEX (SAARC)

Mr. Don Herring is the Park Planner for the southern area of Prince George's County. He provided an update on the SAARC project at the June 13, 2018 Brandywine-North Keys Civic Association meeting. He stated that "the facility located on Missouri Avenue is about 74,000 square feet and is strategically located between Gwynn Park M.S. and Brandywine Elementary School."

"The facility will have three swimming pools, locker rooms, a couple of multi-purpose rooms to be used for meetings and flexible programming. There will be administrative offices, group exercise rooms etc., senior activities on the 1st level."

"The second level will contain a fitness center and an elevated jogging trail. There will be an elevator in the facility". "Mr. Herring stated that the complex will be substantially completed by December 2018. However, it will take approximately another 60 days to finish some minor work. During late spring of 2019, the center is expected to be open to the public."

ANNUAL BLOOD DRIVE

Mental Health Committee at Clinton United Methodist Church will sponsor a Blood Drive on Saturday, October 13th, from 9:00 a.m. to 3:00 p.m. The church is located at 10700 Brandywine Road, Clinton, Maryland 20735. Pastor is Rev. Dorothea J. Belt Stroman. Church office number is 301-868-1281.

COMMUNITY

The American Counseling Association's Counseling Corner

Understanding and Overcoming Road Rage

Today's streets and highways are more crowded than ever. If you're driving almost anywhere these days you're often encountering bad drivers, traffic jams and road construction.

The stress and anger that go along with driving frustrations is a fairly common occurrence, but when they build to the point that you become an aggressive driver yourself, it's a real problem.

"Road rage" is generally described as uncontrolled anger at the actions of another driver. In extreme cases it's more than simply being angry and upset. It can lead to aggressive and violent behavior behind the wheel, including intentionally hitting the car of the driver who has upset you, or getting out of your car to engage in a physical confrontation. In some cases the angry driver will have a weapon and will threaten or harm the other driver.

Clearly any such out of control actions are illegal, dangerous and likely to cause harm to you and those around you. If you have experienced a form of out of control road rage, it is vital that you seek professional assistance. This is a condition that needs anger management help. A professional counselor has a variety of techniques to help someone understand and control such reactions.

For most of us, however, the anger we feel behind the wheel doesn't result in violent behavior but can lead to dangerous driving. You might find yourself cutting off others, tailgating, speeding, flashing your lights or honking your horn. All are signs of aggressive driving and dangerous as they are likely to provoke the other driver. And remember, none of those actions are going to change anything about how that other person drives.

Instead, it's important for you to control your anger. Take a second to remind yourself that what is happening isn't your fault and that it's outside your control. Next, take action to relax yourself. Tune in to something soothing and enjoyable on the radio. Take the time to slowly count to 10. Try concentrating on individual parts of your body and consciously think about relaxing your muscles.

When your anger controls you, then you become less alert in relation to your driving and traffic situations that might occur suddenly. And if anger while driving happens frequently, even if not escalating to road rage, and you can't control it, consider learning about relaxation training or an anger management course.

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.

Free October Health Resources Provided by Doctors Community Health System

By COMMUNICATIONS OFFICER
Doctors Community Hospital

LANHAM, MD (October 1, 2018)—Throughout the year, Doctors Community Health System offers numerous screenings and support groups. Some of the upcoming events include:

Free Bariatric Surgery and Weight Loss Seminar

October 26, November 30, 8:30–9:30 a.m.
Doctors Community Hospital
8116 Good Luck Rd., Professional Office Bldg., Suite 210
Lanham, MD
240-965-4405 | DCHweightloss.org

Attend this free lecture presented by Dr. Hitesh Amin, medical director, Bariatric and Weight Loss Center. If you are at least 30 pounds overweight, learn whether weight loss surgery is right for you. Registration required.

Free Colorectal Cancer Screening Program

Doctors Community Hospital
8100 Good Luck Road, North Building, 4th Floor
Lanham, MD 20706
301-552-7705 | DCHweb.org/prevention
Colon or colorectal cancer is often preventable and curable. If you're a Prince George's County resident you may qualify for a no cost colonoscopy if you are ages 50 or older, ages 50 or younger with a family history of colorectal cancer, or uninsured or underinsured. Appointment required.

Free Screenings on Mobile Health Clinic

Visit the Wellness on Wheels (WOW) mobile health clinic to receive free screenings (diabetes, cholesterol and blood pressure) as well as medication reviews and education. For updated care locations, call 301-324-4968 or visit DCHweb.org/WOW. (Most times are 10 a.m.–4 p.m.)

October 11—Hope Connections Health Fair MetroPlex I, 8401 Corporate Drive, Suite 100, Landover, MD (10 a.m.–2 p.m.)

October 15—Shoppes at New Carrollton, 7898 Riverdale Road, New Carrollton, MD

October 16—John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights, MD (9 a.m.–1 p.m.)

October 17—Powder Mill Village Apartments, 3625 Powder Mill Road, Beltsville, MD

October 18—Laurel Town Center, 13320 Laurel Bowie Road, Laurel, MD

October 22—St. Margaret's Catholic Church, (10 a.m.–2 p.m.)

October 23—City of Glenarden Nutrition Center James R. Cousins, Jr. Municipal Center, 8600 Glenarden Parkway, Glenarden, MD

For more information, visit DCHweb.org or call 301-DCH-4YOU (301-324-4968).

Laurel Branch Library Wins Public Building of the Year 2018 AIA Maryland Excellence in Design Award

By PRESS OFFICER
P.G. County Memorial Library System

LAUREL, MD (October 2, 2018)—Prince George's County Memorial Library System's Laurel Branch, designed by Grimm + Parker Architects, wins AIA Maryland's highest award: Public Building of the Year. The Maryland Chapter of the American Institute of Architects (AIA) held its 2018 Excellence in Design Awards celebration at the U.S. Naval Academy Stadium in Annapolis, MD on September 27, 2018. "We are so proud of Grimm + Parker for winning yet another award for our spectacular library building. It is now the most heavily used branch in our County Library System, and the design has certainly contributed to its popularity," said Michael B. Gannon, the Library's Interim Co-Chief Executive Officer. Visit <https://vimeo.com/281853825> to enjoy a video about the Laurel Branch Library with Melanie Hennigan, President Grimm + Parker Architects and Interim Co-CEO Michael Gannon.

Imaginative uses of the Laurel Branch Library building's 32-thousand square feet of interior space include a replica paleontological dig site in the floor of the children's area, dinosaur seating, public art pieces by

local artists, a café with vending machines and study, meeting and conference rooms. The library's self-explanatory layout and logical flow patterns, reduces the need for signage.

Capturing the history of this Laurel community with deep African American roots, the textured stone, dynamic lines and bold forms were incorporated into the design. The landscape of the library's grounds showcases cherry trees, oak trees and drought-resistant plants. The Laurel Branch Library's green features include: roof mounted solar panels, electric car charging stations, stormwater management, filtered water fountains, energy efficient lighting and a living plant wall.

The Prince George's County Memorial Library System (PGCMLS), consisting of 19 branches, offers strategies for lifelong learning. Learn more about what your Library has to offer at www.pgcmls.info.

At Grimm + Parker our mission statement is creating together: meaningful architecture +



PHOTO COURTESY OF PGCMLS

Laurel Branch Library

client success. We're a diverse group of architects and designers who aspire to make our communities wonderful places to live, learn and play. As community architects, we seek to give meaning to the buildings and spaces that shape our lives. Our purpose is to serve our clients and their neighborhoods through the design of schools, libraries, mixed-use developments, multi-family residential spaces, and a wide array of cultural and civic buildings. The buildings we create serve a meaningful purpose and give back to their communities for years to come.

PG Valor Is Junior Season Ready!

From a strenuous training camp to preseason game VICTORY, the only professional sports team of Prince George's County—PG Valor Basketball team is proving to be ready, willing and able to compete in their third season

By COMMUNICATIONS OFFICER
PG Valor Basketball

PRINCE GEORGE'S COUNTY, MD (October 1, 2018)—This year PG Valor is getting ready for their third season in the American Basketball Association. After an amazing preseason win against the Lords of War, the attendance for their Pro Basketball training camp was a tremendous success. The team looks very promising to be the ABA Chesapeake Division Champions.

"Training camps aren't meant to be easy. It is the time that we weed out the players who are going to be able to actually make the team and those who may not. During the time of training camp we conduct evaluations while observing player attitudes and interactions with one another. It is also a time where we learn and grow—improve and progress with one another," states LaDonna M. Smith, Team Owner. "We are looking for players who want to develop both on and off the court. PG Valor is about more than just playing basketball—anyone can learn the game on the court—it's the game of like which also matters."

On Thursday September 27, PG Valor conducted its annual training camp tryouts at 5601 Old Branch Avenue in Temple Hills. Promoted via social media many young men were interested in making the team but only the best would make the cut. With a successful turnout for the training camp, Coach Chuck started molding the young men of PG Valor to be champions. That evening each player left fatigued, motivated, and soaked in sweat. All of their skills were left dripping on the court.

The weekend before, on September 23, 2018, PG Valor won their preseason opener against the Baltimore Lords of War (of the APBL) with the final score of 102-88. The Lords were ready to make war as PG Valor made a lot of three pointers and a few turnovers. Unfortunately Baltimore couldn't keep up with our fast paced energy and skilled footwork on the court and were ultimately defeated.

The countdown has begun for preseason game number 2 against the Beltway Bombers at 4:30 p.m. on October 20, 2018. The game will be held at the College of

Southern MD, 8730 Mitchell Road in La Plata, MD.

For more information and/or tickets, contact the team: pgvalorbasketball@gmail.com or 240-918-7500 or www.pgvalor.com. Also visit us on social media at [pgvalorbb](https://www.facebook.com/pgvalorbb).

The PG Valor team will compete in the American Basketball Association (ABA) from November through March against other teams in the ABA, as well as Charity Games against other professional and local teams. In the 2016–17 season the team earned a spot in the Division playoffs; and during the 2017–18 season the PG Valor Basketball team won the Division Championship on March 11, 2018. PG Valor—in less than three years, three players in the ABA Gold elite league; one player in the ABA All Star Game and seven players with overseas contracts (with another pending as of October 1, to make eight).

In 2019 the PG Courage women's pro team under the Women's American Basketball Association (WABA) will begin.

Maryland's Move Over Law Expands to Safeguard Lives and Limbs of Workers On Waste and Recycling Collection Trucks and Other Service Vehicles

By PRESS OFFICER
AAA Mid-Atlantic

WASHINGTON, D. C. (October 1, 2018)—Beginning October 1, Maryland's Move Over law expands to include transportation, service and utility vehicles, as well as waste and recycling trucks, with yellow or amber flashing lights or signal devices. These vehicles join the list of protected vehicles under the state's current Move Over law, which includes emergency response, law enforcement vehicles and tow trucks. Since 2010, nearly 20,000 motorists have been ticketed for violating the state's Move Over law, and over 64,000 motorists were issued warning citations for failing to move over or slow down for emergency vehicles.

The changes to the move over law will protect the lives and limbs of sanitation workers, refuse collectors, along with helpers on recycling trucks. Similarly, to safeguard workers collecting trash or recycling, Virginia lawmakers passed a "Slow-Down-to-Get-Around Law" in 2015, which governs the procedure for passing and overtaking stationary refuse-collection vehicles, notes AAA Mid-Atlantic. "Being struck by a vehicle remains one of the leading causes of fatalities in the industry," ac-

ording to the American Disposal Services and the American Recycling Center. "Distracted or careless drivers zooming around a truck to get to their destination quickly, or simply not paying attention and hitting a worker loading materials into the back of a truck, are incidents all too common in the industry."

During their runs, some service workers hold onto the side of the truck, which can put them in harm's way in stop and go traffic. Then at each stop along the assigned route, the workers exit the vehicle and grab the bin and empty it into the bed of the truck. Nationwide during 2015, 33 employees who dealt with trash and recyclable materials were killed, compared to 27 workers in 2014, according to the statistics from the U.S. Bureau of Labor Statistics. "Of the 33 deaths, 24 were from the private sector, and nine were from the public sector." As of [October 1], drivers in Maryland are now required to change lanes or slow down when sanitation trucks are near. Maryland joins 19 other states, including Virginia, in enacting some type of law to help protect solid waste workers on the job. A violation of the Move Over law is a misdemeanor.

The fine is \$110 and the Motor Vehicle Administration (MVA) must assess one point against

the driver's license.

- If the violation contributes to a crash, the fine is \$150 and three points against the driver's license.
- If the violation results in death or serious bodily injury, the fine is \$750.

"Refuse and recyclable material collection is the fifth most dangerous job in the country, and transportation incidents are the cause of 40 percent of the injuries and fatalities in the industry," said John B. Townsend II, Manager of Public and Government Affairs at AAA Mid-Atlantic. "Now these workers are also protected by the move over law. That is of paramount importance, since they, along with other service truck drivers, face the same dangers as first responders and tow truck operators rescuing others on the side of the road."

Maryland's Move Over law requires drivers approaching (from the rear) one of these vehicles with red, yellow or amber flashing lights that is stopped, standing or parked along the highway to, when possible, move over a lane. This movement should only be done if another lane in the same direction is available and the move can be made safely and without impeding other traffic. If the driver is unable to make a lane change, the law requires drivers

to slow to a reasonable and prudent speed that is safe for existing conditions while passing the emergency or service vehicles. The Maryland State Highway Administration has lost members of its work family to drivers who steered into work areas.

"MDOT SHA is pleased that the Move over Law now protects MDOT service vehicles and other service and utility vehicles with amber lights," said MDOT SHA Administrator Gregory Slater. "Safety is our number one priority. Our employees work alongside active roadways, daily and with every glance away from the road, each time a driver reads a text message, answers a phone call, or fails to move over their safety is jeopardized. Please move over to help ensure a safer work environment for our employees."

Despite having the laws, unfortunately, law enforcement officers, tow truck operators and others continue to be killed as they conduct business on the roadways. Motor vehicle-related incidents are consistently the leading cause of work-related fatalities in the United States. According to the Bureau of Labor Statistics, transportation-related incidents remained the most common fatal

COMMENTARY

Benjamin L. Cardin

United States Senator for Maryland



Cardin, Van Hollen Say FAA Reauthorization Will Boost Maryland Airports and Protect Passengers

WASHINGTON (October 3, 2018)—U.S. Senators Ben Cardin and Chris Van Hollen (Both D-Md.) today lauded Senate passage of a bipartisan, five-year reauthorization of the Federal Aviation Administration (FAA) that will now go to the president for his signature. In addition to stabilizing grant funding for airport improvements and passenger safety and right-to-know measures, the legislation includes provisions put forward by both Cardin and Van Hollen to mitigate the noise levels from incoming and outgoing flights at both Thurgood Marshall Baltimore-Washington Airport (BWI) and Washington National Airport (DCA). The senators have been working for years with local Maryland communities, facilitating meetings and discussions between the FAA and local residents to bring some relief to those most harshly affected by recent changes in flight paths.

"Finally, we will have hard data to back up what many Marylanders already know: the recently altered flight paths are wreaking havoc on the peo-

ple below. The FAA has to take notice and work with local communities to alleviate the most serious of problems," said Senator Cardin. "I appreciate the bipartisan support that helped move these provisions forward."

"The FAA owes it to our communities to do their due diligence when selecting flight paths," said Senator Van Hollen. "This legislation will help ensure that our communities' needs are better addressed, and I'm pleased that this directs the FAA to give fair consideration to public concerns, improve development of flight procedures, and reduce noise through various techniques."

Reauthorized in this FAA funding package is the Airport Improvement Program (AIP) that has brought more than \$140 million in federal investment over the last five years along to Maryland airports for critical safety improvements. From BWI to Hagerstown (HGR), Salisbury-Ocean City Wicomico (SBY) to Montgomery County (GAI), and beyond, federal funds have been used to rehabilitate and extend runways,

clear hazards and make Maryland's airports large and small safer and more efficient. Maryland has received over \$30 million in AIP funding in Fiscal Year 2018 alone.

"We've made a long-term commitment to ensuring Maryland's local airports are safe and able to meet demand that is critical to keeping our economy moving," said Senator Cardin. "AIP funds are a direct federal investment in the businesses and residents who depend on our regional airports for trade, tourism and transportation. I will continue working hard to ensure all our regional airports have the resources they need."

"Maryland's local airports serve as an important resource to the communities in our state and are vital to maintaining a strong economy," said Senator Van Hollen. "This funding will support major improvements like runway upgrades, and help keep all of our airports—both large and small—safe and accessible to our residents. I will continue fighting to secure vital federal investments in Maryland's transportation and infrastructure."

Cardin and Van Hollen also praised the final, five-year FAA reauthorization for updating passenger rights when it comes to travel disruptions and flight schedule changes, including the addition of Senator Van Hollen's "Customers not Cargo" provision that prevents passengers from being forcibly removed from planes. The bill also makes improvements for passengers with disabilities. It expands the availability of lactation rooms for new mothers and protects pets by barring them from overhead storage compartments. The bill also cuts down on in-flight distractions by expanding the cellphone ban and creates a much-needed grant program to support education of future pilots and aviation maintenance technical workers.

Cardin-Van Hollen Noise-Related Measures

Clarifying when airports must submit updated noise exposure maps to the Secretary and requiring the FAA to consider noise concerns from affected communities when proposing new area navigation departure procedures or amending an existing procedure below 6,000 feet over noise sensitive areas.

Directing the Administrator to conduct a review of the FAA's community involvement in NextGen projects and requires the FAA to submit a report to Congress on how they can improve community involvement.

Directing the Administrator to review and evaluate existing studies of the relationship between aircraft approach and takeoff speeds and corresponding noise impacts on communities surrounding airports.

Directing a review of the impacts of a phase out of stage 3 aircraft.

Directing the Administrator to conduct a review of the relationship between aircraft noise and its effect on communities surrounding airports, requiring recommendations for revising land use compatibility guidelines.

Directing the FAA to partner with an eligible university to study health impacts of noise from aircraft flights on residents exposed to a range of noise levels focusing on a major metropolitan area including Boston, Chicago, New York, the Northern California Metroplex, Phoenix, the Southern California Metroplex, and Washington, DC region.

Directing the FAA to carry out a pilot program to mitigate the impacts of aircraft noise, airport emissions, and water quality at airports.

Creation of a program to research noise, emission, and fuel burn reduction options.

Marc Morial

President and CEO, National Urban League



To Be Equal:

Constitutional Right to Counsel is Meaningless Under Dismal Current Public Defender System

"Reason and reflection require us to recognize that in our adversary system of criminal justice, any person hauled into court, who is too poor to hire a lawyer, cannot be assured a fair trial unless counsel is provided for him. This seems to us to be an obvious truth ... From the very beginning, our state and national constitutions and laws have laid great emphasis on procedural and substantive safeguards designed to assure fair trials before impartial tribunals in which every defendant stands equal before the law. This noble ideal cannot be realized if the poor man charged with crime has to face his accusers without a lawyer to assist him."

—U.S. Supreme Court Justice Hugo Black

It's familiar to anyone who's ever watched a cops-and-robbers drama on television or in the movies: You have the right to an attorney. If you cannot afford an attorney, one will be provided for you at public expense.

It's enshrined in the Sixth Amendment to the U.S. Constitution: "In all criminal prosecutions, the accused shall enjoy the right to ... have the Assistance of Counsel for his defence."

Despite this constitutional mandate, poor defendants who could not afford lawyers to represent them were not guaranteed representation at public expense until

1963, thanks to a defendant named Clarence Earl Gideon. Convicted of burglary after having been forced to act as his own lawyer, Gideon studied the law in prison and appealed to the Supreme Court. The landmark decision resulting from his case, *Gideon v. Wainwright*, required states to provide an attorney to defendants in criminal cases who are unable to afford their own attorneys.

In the 230 years since the ratification of the constitution, and more than a half-century since *Gideon v. Wainwright*, the United States has failed miserably in its duty to guarantee equal justice to rich and poor alike. The public defender system is broken, leaving thousands of poor detainees stranded in local jails—unable to raise enough money under discriminatory cash bail policies—waiting months or even years for a desperately overworked lawyer to be assigned to his or her case. The system forces innocent men and women to plead guilty, just to get out of jail and return to their families and their jobs.

In Missouri, which ranks near the bottom for public spending on defending the poor, the desperate head of the state public defender office appointed Governor Jay Nixon to represent an indigent defendant. Nixon had vetoed legislation to cap caseloads for Missouri's public defenders, who average 240 cases each per year.

Nixon fought the assignment and won but the point had been made. According to the National Association for Public Defense, public defenders are handling three to five times as many cases as they can reasonably handle competently. The American Bar Association has been referring to public defender workloads as a crisis for more than 30 years.

New York State has taken steps to reform its public defender system. A new law authorizes the state's Office of Indigent Legal Services to establish and uphold standards that address the presence of counsel at a criminal defendant's first court appearance; reasonable limits on the defenders' caseloads; proper training, supervision, and support staff for attorneys; and access to resources needed to mount an effective defense. While the legislation leaves counties responsible for funding public defenders, the state will reimburse cities and counties for the cost of complying with the new standards.

Funding to defend the poor is an easy target for cash-strapped local governments, but in the process of budget-cutting, we diminish our integrity as a nation committed to justice. Constitutional guarantees are meaningless if we are unwilling to base our public policy on our highest ideals.

ship between MSDE, local school systems, MEMA and local emergency managers. In addition, a three-year, \$1 million grant from the U.S. Department of Justice will allow MSDE to implement a new violence prevention model in schools across the state.

"Learning simply cannot take place in a school where students and teachers don't feel safe," Dr. Karen Salmon, State Superintendent of Schools said. "These funds will help Maryland update and modernize emergency oper-

ations plans in schools throughout the state, and utilize state-of-the-art techniques to better identify potential threats to student safety."

Earlier this year, Governor Hogan proposed and enacted landmark school safety legislation, expanding the work of the Maryland Center for School Safety, creating statewide school safety standards and requiring each school system in Maryland to develop mental health assessment teams.

Safe Schools from A1

The governor also announced that the Maryland State Department of Education (MSDE) was just awarded \$3.6 million in federal school safety grants, which will supplement over \$40 million in state funding provided in the Fiscal Year 2019 budget. A five-year, \$2.6 million grant from the U.S. Department of Education will allow Maryland to implement the Maryland School Emergency Preparedness Program, a partner-

Marion Wright Edelman

President, Children's Defense Fund



ChildWatch:

Setting the Example in This Moment

As parents and grandparents once again struggle to determine how to explain to their children current headlines of moral indecency at the highest levels, adults everywhere are reminded that we must all continue to strive to be the examples we want our children to emulate. We cannot depend on anyone else.

I believe the Old Testament prophets, the Gospels, the Koran—indeed all great faiths—history, moral decency and common sense beckon us anew to examine as individuals and as a people what we are to live by and teach our children by precept and example. I urge adults in America of all races, faiths and political persuasions to make a difference by teaching our children to love themselves and others as God loves us. We must teach our children at every age how we expect them to treat themselves and others respectfully and fairly and then struggle to model that behavior daily no matter what people in power, public figures or role models are doing or how often we fail to meet our own standards, get up and try again.

To our children, I hope they will make a difference as they grow by being courageous, aiming high, and holding on to ideals of mutual respect; by caring and serving; by being honest and telling the truth; by persevering and not giving up no matter how difficult the challenge; by being determined and resourceful; by being grateful for the gift and wonders of life; by working together with others; by being compassionate and kind; by being nonviolent and working for justice and peace in their communities, nation, and world; and by being faithful and struggling for what they believe.

It is so important for adults not to let ourselves off the hook or to become apathetic or cynical by telling ourselves that nothing we do can make a difference. Every day, light your small candle. It just might be the one that sparks the movement to save our children's and our nation's future.

Lord, You told us, "Blessed are the poor in spirit."
The world says, "Blessed are those high on spirits."

You said, "Blessed are those who mourn."
The world says, "Blessed are those who maim and torture."

You said, "Blessed are the meek."
The world says, "Blessed are the arrogant and the strong."

You said, "Blessed are those who hunger and thirst for righteousness."
The world says, "Blessed are those who hunger and thirst for fleeting power and fame."

You said, "Blessed are the merciful."
The world says, "Blessed are the mercenary and punitive."

You said, "Blessed are the pure in heart."
The world says, "Blessed are the hard of heart."

You said, "Blessed are the peacemakers."
The world says, "Blessed are the weaponmakers."

You said, "Blessed are those who are persecuted for righteousness' sake."
The world says, "Blessed are those who persecute for the sake of riches and race."

You said, "Blessed are you when people revile you and persecute you and utter all kinds of evil about you falsely on my account."
The world says, "Blessed are you when people applaud and praise you for your own sake."

Help us, Lord, to find our way to You.

And help our Congress, citizens and all our leaders across every political ideology heed Your call for a more decent and just America for our precious girls and women as well as our boys and men who are all sacred in Your sight.

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Explaining WEP and GPO

By RUSSELL GLOOR,
AMAC Certified Social Security Advisor
Association of Mature American Citizens

Dear Rusty:

My wife is a retired Missouri teacher and now on Medicare. Unfortunately, due to the windfall elimination provision for teachers in our state, she cannot get Social Security. So, she must pay for her Medicare. I've never quite understood this and why some states have it, and some don't. I'm also confused as to why she can't get my SS if something were to happen to me. Our SS office can't explain this to us. Can you enlighten us? **Signed: Perplexed**

Dear Perplexed: Social Security's Windfall Elimination Provision (WEP), and a sister provision known as the Government Pension Offset (GPO) are probably the most misunderstood (and equally reviled) regulations of the Social Security Act. Your wife, as a retired Missouri teacher, is apparently being affected by WEP and by GPO if she is receiving spousal benefits from your work record; GPO will also affect her survivor benefit if you should predecease her. WEP affects one's Social Security retirement benefit and GPO affects survivor benefits and spousal benefits. Missouri is one of 27 States where either all, or some, of their employees do not participate in and do not contribute to the Social Security system and are, thus, subject to WEP and GPO.

WEP applies if your wife had other employment outside of her teaching career where FICA taxes were withheld from her wages for enough years to entitle her to Social Security benefits. In that case, when she applied for her benefits, the WEP formula was applied and her benefit was reduced. The reduction is determined by using a different formula to compute benefits for a WEP-affected beneficiary, up to a maximum reduction for the year your wife became eligible for Social Security. The reduction is less if you have more than 20 years of "substantial earnings" in SS-covered employment, and WEP doesn't apply at all if you have 30 or more years of "substantial earnings" in SS-covered employment. In any case, the WEP reduction to your wife's Social Security benefit is limited to 1/2 of her teacher's pension; however, because of the formula used and the maximum allowable reductions, WEP should not eliminate your wife's own Social Security retirement benefit. The Government Pension Offset (GPO) applies to the benefit your wife is entitled to as your spouse and will also apply to her survivor's benefit if you should predecease her.

The GPO reduction works differently from the WEP reduction in that GPO reduces your wife's Social Security spousal or survivor benefit by 2/3rds of the amount of her teacher's pension amount, which can eliminate any spousal or survivor's benefit your wife might be otherwise entitled to. Since you said that "she cannot get Social Security," I suspect that a combination of WEP (affecting her own SS benefit) and GPO (affecting her spousal benefit) have reduced her Social Security benefit amount to something less than her premium for Medicare Part B (\$134/month for 2018). If that is the case, your wife would have to pay her Medicare premium separately (it's typically deducted from Social Security benefits). Both WEP and GPO have been controversial since enacted in 1983. The rationale for these rules was that Social Security benefits are intentionally weighted toward lower-earning recipients, and that giving full benefits to those who aren't truly lower earning (because they have a pension from another source which did not contribute to Social Security) isn't right.

Thus, WEP and GPO were enacted to equalize Social Security benefits across all beneficiaries. Nevertheless, due to the unpopularity of these provisions, bills have been submitted in Congress—most recently H.R. 1205, "The Social Security Fairness Act," which propose to eliminate both WEP and GPO. Although H.R. 1205 has more than 180 co-sponsors we have seen little progress, which would suggest the bill will not be passed any time soon. While I can't offer you any way to ease the impact of WEP and GPO to your wife's Social Security benefits, I hope this at least explains these two provisions more clearly than your Social Security office was able to.

The Association of Mature American Citizens (A.M.A.C.), <https://www.amac.us>, is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at <https://amac.us/join-amac>.

The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the A.M.A.C. 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 A.M.A.C. 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 A.M.A.C. 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 ssadvisor@amacfoundation.org, or visit the Foundation's website at www.amacfoundation.org.

Coleman Shares Good News as Prince George's County Association of Realtors Installs New Leadership

By R. JOSHUA REYNOLDS
PGC Economic Development Corporation

UPPER MARLBORO, MD (October 1, 2018)—On September 29, the Prince George's County Association of REALTORS (PGCAR) hosted its 2018 Installation of Officers and Directors. The event, hosted at Camelot by Martin's, drew a crowd of over 250 realtors and real estate professionals who were there to celebrate the successes of the past year and to install PGCAR's new President, Veera Phillips, and her leadership team. In addition to members of PGCAR, community and business leaders were also in attendance including Prince George's County Economic Development Corporation (EDC) President and CEO Jim Coleman, who delivered the night's keynote address.

"You all are on the front line of making dreams come true for the County's residential and commercial communities," said Coleman. "It's important for the economic development

and real estate communities to connect to make Prince George's County the place to be. As new hospitals, town centers and transit oriented developments are on the rise, more and more people are looking to call Prince George's County home. By keeping you abreast of new developments and opportunities in the County, everybody wins."

Mr. Coleman shared exciting news about why Prince George's County is the place to be, and the excitement regarding all the jobs that are coming to the County. Top job creators include the MGM Casino & Resort, Kaiser Permanente, UMD Capital Region Medical Center, Dept. of Citizenship and Immigration Services at Camp Springs, the Purple Line Project, and the 15 Federal Government Agencies in the County. The massive influx in jobs also means that people will need a place to live. Coleman went on to discuss how ongoing development projects in New Carrollton, Largo Town Center, Westphalia in Upper Marlboro and others will provide much needed housing for those new residents.

Members of PGCAR were happy to learn about the prospect of more business opportunities, both commercial and residential.

PGCAR currently represents over 3000 realtors and real estate professionals in Prince George's County and the Greater Washington metro area. The organization works with policymakers to help promote homeownership in the County. It also provides continuing education courses so that members can maintain their licenses and remain up to date on forms, regulations, and trends. Last night's dinner served as an opportunity to celebrate members who have achieved significant accomplishments over the last year and their careers as well as officially swear in newly elected officers and a board of directors. The evening's official business was capped off with a night of dancing and networking.

To learn more about the real estate market in Prince George's County, please contact the EDC at www.pgcedc.com or call 301-583-4650.



PHOTO COURTESY PGCEDC

EDC President and CEO Jim Coleman gives keynote address at County Realtors installation dinner.

Maryland Judiciary Offers New Self-Help Video Series on Child Custody, Child Welfare, and Expungement

By PUBLIC INFORMATION OFFICER
Division of Government Relations and Public Affairs

ANNAPOLIS, Md. (October 1, 2018)—The Maryland Judiciary is releasing 13 online videos that are available now to the public. The videos comprise three new series on child custody, child welfare, and expungement. The videos, which range from three to seven minutes in length, inform viewers about court processes and explain complex legal principles and procedures in plain, direct language.

The expungement series includes a six-part video tutorial on how to remove information from court and law enforcement records. New expungement laws [went] into effect Oct. 1. The videos explain which cases may be eligible for expungement, as well as when and how to file a petition for expungement with the court.

Other videos in the new child custody and child welfare series explain how court processes in family law cases work:

A four-part series on child custody informs individuals about important terms, the steps in filing a custody case, legal proceedings, and contested trials.

A three-part series on child welfare is intended for parents of children who have been removed from the family home. The videos review the court's role in child welfare cases and introduce parents to the hearings and the people involved in those cases.

"The Judiciary is committed to providing equal access to justice for all Marylanders," said Mary Ellen Barbera, Chief Judge of the Maryland Court of Appeals. "Although, ideally, all litigants would have access to legal representation, we know this is, unfortunately, not the case for many who come before Maryland's courts. Our goal is to provide individuals representing themselves in court with useful legal information that will help them prepare for their court proceeding."

The new self-help videos are part of the Judiciary's online video library called My Laws, My Courts, My Maryland. Each video is closed-captioned in English and Spanish and has a tip sheet summarizing the video's content. To find more links to resources, court forms, and services from the My Laws, My Courts, My Maryland video library, go to www.mdcourts.gov/videos.

County Council Chair Glaros Celebrates New Carrollton Branch Library Grand Reopening

Council Chair Dannielle M. Glaros joined County Executive Rushern L. Baker, III, City of New Carrollton Mayor Duane Rosenberg, PGCMLS Interim Executive Directors Michael Gannon and Michelle Hamiel, and community stakeholders to celebrate the grand reopening of the New Carrollton Library. The state-of-the-art facility now boasts 66 computers for public use, 3D printer, interactive children's room featuring a 270-gallon salt water aquarium, meeting space, study rooms, and many more welcoming features.

PHOTO COURTESY OF PRINCE GEORGE'S COUNTY COUNCIL



Hoyer Visits TeamBuilders Academy at Prince George's Community College

By PRESS OFFICE
U.S. Congressman
Steny H. Hoyer (MD-05)

UPPER MARLBORO, MD (October 5, 2018)—This afternoon, Congressman Steny H. Hoyer (MD-05) visited Prince George's Community College and toured TeamBuilders Academy, a workforce development program

within the College. During his visit, he discussed how the updated Make It In America agenda, which Congressman Hoyer unveiled in July and focuses on education, entrepreneurship, and infrastructure, seeks to promote pathways to career opportunities and make training and education more accessible and affordable for students.

"I thoroughly enjoyed visiting TeamBuilders Academy and meeting with students and instructors today," said Congressman Hoyer. "This unique program matches students with local employers and ensures students have the technical and job readiness skills they need to get ahead and succeed in their careers. TeamBuilders Academy is an excellent example of a program that helps prepare students for in-demand jobs. I join in congratulating Prince George's

Community College on this impressive program."

TeamBuilders Academy offers accelerated adult career training to prepare students for careers with local employers within five training tracks: administrative services, automotive, construction, developmental disability administration, and information technology. Prince George's Community College serves nearly 40,000 students and offers over 200 courses of study.

INNOVATE Bowie! Celebrating the Bowie BIC Ecosystem

The Bowie Business Innovation Center will be celebrating Bowie's growing entrepreneurial community on
October 16, 2018 • 5-7:00 p.m.

Bowie City Hall

15901 Excalibur Road, Bowie, MD 20716

Come and enjoy investor pitches videotaped on the Maryland Startup bus, an angel investor workshop, an elevator pitch competition, plus remarks from business leaders and innovators, during an evening of networking and recognition of Bowie's entrepreneurs and the vibrant community driving their growth. Event is free. Register at www.eventbrite.com

OUT on the TOWN

HISPANIC HERITAGE MONTH

GALita presents ENTRE LA TIERRA Y EL CIELO

Between Earth and Sky—An Amazon Adventure by Cecilia Cackley

Commissioned by GALA Hispanic Theatre

WASHINGTON D.C. [Capital-WirePR] (September 27, 2018) —GALita, a program of GALA for the entire family, is proud to present the world premiere of Between Earth and Sky/Entre la tierra y el cielo by Cecilia Cackley. Commissioned by GALA Hispanic Theatre and directed by Elena Velasco, this bilingual production will be presented at GALA Theatre, 3333 14th Street NW, Washington, DC 20010 from October 13 through October 27, 2018. The theater is located one block north of the Columbia Heights Metro station on the Green and Yellow lines. Parking is available at the Giant Food garage on Park Road NW.

Dolores, a young girl living on a small Texas ranch during the Great Depression, yearns to become an astronomer. When her aunt Ynés Mexia, the pioneer Mexican-American botanist, comes for a visit and talks about her trek through the lush Amazon region of South America in search of new plant specimens, she inspires the inquisitive Dolores to break with family and societal expectations and follow her dreams.

"Between Earth and Sky", states playwright Cecilia Cackley, "was inspired primarily by Ynés Mexia, a Mexican-American woman who lived an extraordinary life and contributed

greatly to scientific knowledge in this country. She does not appear in most science or history books and this play is my attempt to introduce her and her work to a wider audience. I want young audiences to know that there have always been women, especially Latina women, who have followed their dreams and accomplished great things, even if the wider world hasn't acknowledged them."

The play was workshopped and presented as a rehearsed reading in April 2018 at the John F. Kennedy Center for the Performing Arts as part of New Voices/New Voices 2018.

About Playwright, Director and Production

Cecilia Cackley is a Mexican-American playwright and puppeteer based in Washington DC. She is the artistic director of Wit's End Puppets and co-creator of their shows Cabinets of Kismet, Saudade and Malevolent Creatures. Her bilingual children's plays, Fábulas Mayas and Blancaflor—The Girl Wizard, have been presented by GALA and toured to DC schools. Cecilia is an affiliated teaching artist with Imagination Stage, Capitol Hill Arts Workshop and Ford's Theater. Internationally, she has performed or taught workshops in France,

Canada, Armenia, Guatemala and El Salvador. She is also a company member of GALA Hispanic Theatre and Young Playwright's Theater.

Elena Velasco (Director) is the Artistic Director of Convergence Theatre, a DC-based multidisciplinary performance collective whose work focuses on issues of social justice. She is an associate professor of theatre at Bowie State University where she teaches directing, physical theatre and theatre for social justice. www.elenavelasco.net

Featured in the cast are Delbis Cardona, Karen Romero, Karen Morales, and Camillo Linares, who all appeared in GALita's VolcanO last season. Appearing for the first time with GALita is Adriana Oliver Garcia.

Scenic Design is by Mariana Fernández, who designed Como agua para chocolate at GALA. Lighting Design is by Alberto Segarra, who designed Yo también hablo de la rosa at GALA, and Costume Design and Properties are by Alicia Tessari, who designed VolcanO and Blancaflor for GALita. Sound Design is by Koki Lorthipanidze, who is working on his first GALita production. Catherine Nunez is Stage Manager and Devin Mahoney is Technical Director.

Since 1980, GALita has produced children's theater by Hispanic playwrights in both Spanish and English that inspire a sense of joy, discovery, pride and identity in our community's children. GALita also has commissioned new works and adaptations based on classic Hispanic literature.

Between Earth and Sky Student matinees

week days October 15–19 and October 22–26, 2018 at 10:30 a.m.

General Public Performances

Saturdays, October 13; October 20; and October 27 at 3 p.m.

The duration of this show is approximately 45 minutes and is appropriate for the entire family.

Ticket Information

Tickets are \$10 each (children), Adults \$12 (general public performances). For more information call 202-234-7174 or visit www.galatheatre.org.

This production is supported by Target, the DC Commission on the Arts and Humanities, and the Mayor's Office on Latino Affairs.

True Crime and CSI History At Your Library

By PRESS OFFICER

P.G. County Memorial Library System

LARGO, MD (September 27, 2018)—Once unsolvable crime cases have been closed! Great advances in police science allow detectives to crack complex cases. Drawing on notorious crimes and real mysteries from yesteryear, local historian Mike Dixon discusses the evolution of police practices at these library events:

Spauldings Branch | October 13, 11 a.m.

Oxon Hill Branch | October 13, 1 p.m.

Accokeek Branch | October 13, 3 p.m.

Laurel Branch | October 16, 5:30 p.m.

Bowie Branch | October 16, 7:30 p.m.

Programs such as Law and Order and CSI (Crime Scene Investigation) have acquainted most people with the modern techniques for solving crimes. But for most of our past, sleuths did as much as they could to investigate crimes, but they lacked the most basic of tools. The sheriff, part-time constable, justice of the peace and coroner had to rely on obvious physical evidence and witnesses. Dixon's presentation shows how science, technology, and professional police practices helped detectives catch and convict criminals and close once unsolvable cases. These programs are a part of the Maryland Humanities' statewide One Maryland One Book 2018 initiative. This year's community read is: *Bloodsworth: The True Story of the First Death Row Inmate Exonerated by DNA Evidence* by Tim Junkin.

ERIC D. SNIDER'S IN THE DARK

... Movie Review ...

Christopher Robin

Christopher Robin

Grade: C

Rated PG for some action
1 hr., 43 min.

Disney's Christopher Robin is not a biography of Christopher Robin Milne, the boy featured in his father A.A.'s Winnie-the-Pooh books. There was a movie last year, Goodbye, Christopher Robin, that told that story (more or less). This Disney version pretends we don't know anything about the real Christopher Robin and tells a fictional story about the fictional boy in the books, who played with Pooh, Tigger, and the rest as a child, then grew up and forgot about them because he's Too Busy Working and needs to be reminded of What's Really Important.

Savvy readers may recognize this as the Hook formula, rendered in basic, gentle tones, deprived of any personality except in the form of Winnie-the-Pooh, a CGI creation voiced by Jim Cummings (who does an excellent imitation of Sterling Holloway's classic Disney version). Our grown-up Christopher,

played by Ewan McGregor, is a busy manager at a luggage manufacturer in postwar London who's called to work one weekend—the very weekend he's supposed to accompany his wife (Hayley Atwell) and young daughter (Bronte Carmichael) to the family's country cottage! This means Christopher is a workaholic who does this all the time, so he will need a visit from his childhood friends to slap some sense into him.

Now, you know that the real Christopher Robin Milne grew up famous as the boy in the books, and that he had complicated feelings about his notoriety. The present Christopher, whose surname is Robin, didn't have an author for a father, and the Winnie-the-Pooh books don't exist in this world. Again, it is assumed that the audience is unaware of any "real" Christopher Robin, and every detail of his biography is changed.

Anyway, Pooh appears in London and takes Christopher back to the Hundred-Acre Wood, which is in Sussex (that's about the only true detail left in-



ROTTENTOMATOES.COM

In the heartwarming live action adventure "Disney's Christopher Robin," the young boy who loved embarking on adventures in the Hundred Acre Wood with a band of spirited and loveable stuffed animals, has grown up and lost his way. Now it is up to his childhood friends to venture into our world and help Christopher Robin remember the loving and playful boy who is still inside.

tact). Christopher is surprised that Pooh can teleport but not that he can talk: He always knew his stuffed animals were alive, though he's also aware that this will seem crazy to other people and asks Pooh to "play naptime" when they're bustling through London to the train station. (Why isn't this funnier?) He reunites with the rest of the gang in the woods and regains their trust by defeating a Hefalump (i.e., by using his imagination), though not before getting angry with Pooh for being Pooh and yelling about how his life will be ruined if he loses "even one sheet" of the Important Papers in his briefcase.

There's a lot of simple, on-the-nose dialogue like that, summarizing things in black-and-

white terms so even the youngest viewers will know the stakes. The screenplay, full of empty platitudes, consistently takes the easiest route. At first I thought nobody had put any effort into writing it, but soon I realized it was the opposite problem. There are three credited writers (who all worked separately from each other), plus two more people credited with the story—this thing was created by committee, no doubt watered down and over-fussed-with by image-conscious Disney execs. Then it's sleepily directed by Marc Forster (who has done this before: Finding Neverland), yielding a quasi-heartwarming family-friendly fantasy with only the bear minimum of whimsy.

Calendar Spotlight

3rd Festival del Rio Anacostia / Anacostia River Festival

Date and Time: Saturday, October 13, 2018, 11 a.m.–4 p.m.
Description: The Festival del Rio is a family-oriented event committed to connecting Latino residents with the Anacostia River and the many organizations that promote environmental education and outreach in the watershed and beyond! Enjoy ethnic foods, live performances, activities and workshops.

Cost: FREE

Ages: All ages are welcome

Location: Bladensburg Waterfront Park, 4601 Annapolis Rd., Bladensburg, MD 20710

Contact: anacostiariverfest@gmail.com

Celebrate Africa

Date and Time: Sunday, October 14, 2018, 12 p.m.–5:30 p.m.
Description: The inaugural Celebrate Africa festival. Come dressed in your favorite African clothing and take part in the fashion procession! Bladensburg Waterfront Park transforms into an African marketplace, with musicians, artists and cuisine from Senegal to Somalia. Treat your family to traditional and modern dancers, musicians, artisans and storytellers.

Cost: FREE

Ages: All ages are welcome

Location: Bladensburg Waterfront Park, 4601 Annapolis Rd., Bladensburg, MD 20710

Contact: jolene.ivey@pgparks.com

OPEN TO THE PUBLIC



PHOTO BY BEN JACOBSON (KRANAR DROGIN) FROM WIKIMEDIA COMMONS

Come enjoy **Bladensburg Waterfront Park**, located on the scenic Anacostia River, one of the most historic waterways in America! Explore the river by boat or the hiker/biker trails linking to the Anacostia Tributary Trail System and the new Anacostia River Trail to Washington, D.C. Enjoy fishing, canoe/kayak rentals, picnic areas, playground, walking paths and more. Park is open sunrise to sunset daily, front gate locks at posted closing time.

Bladensburg Waterfront Park: 4601 Annapolis Road,
Bladensburg, MD 20710 • 301-779-0371

• <http://www.mncppc.org/3256/Bladensburg-Waterfront-Park>

Joe's Movement Emporium Received National Endowment for the Arts Grant for Resilient Cultures Season

After a sold-out national tour, *What's Going On* lands at Joe's Movement Emporium to premier in Prince George's County early November

By COMMUNICATIONS OFFICE

Joe's Movement Emporium

MT. RAINIER, MD (October 2, 2018)—The National Endowment for the Arts is awarding Joe's Movement Emporium a \$10,000 grant to support the Resilient Cultures season. Through Resilient Cultures, Joe's aims to cultivate an understanding that greater civility will be built from a multi-cultural foundation. The full season of performances includes a partnership with University of Maryland and funded programs from Maryland State Arts Council.

"The National Endowment for the Arts is committed to ensuring all Americans have access to the arts, whether they are in a small or large, rural or urban area," said NEA Acting Chairman Mary Anne Carter. "We are proud to support organizations such as Joe's Movement Emporium that are providing opportunities for more people to experience and engage in the arts in their communities."

"Resilient Cultures is a season of social innovation and awareness connected through dance, music and theatre," says Brooke Kidd, Joe's Movement Emporium Founder and Executive Director. "Joe's focus this season is presenting works that investigate the role of the arts within the cultural, creative and political transformation of our community and at large. By presenting local artists who focus on issues surrounding the community, the work this season shares the microphone for the macro conversation within the re-visioning of America."

The entire Resilient Cultures season can be viewed online at www.joesmovement.org/resilient-cultures.

Established in 1995, Joe's Movement Emporium is a cultural arts hub that acts as a catalyst for creativity and economic opportunity. Based in Mount Rainier in the Gateway Arts District, Joe's serves more than 70,000 visitors annually. Joe's has five arts-based youth programs that bridge the creative divide between under-resourced families and those with means. Through programs and productions in education, performing arts, and work readiness, Joe's integrates progressive education, creativity, and youth development. In 2016, Joe's achieved the Standards of Excellence through the Maryland Association of Nonprofits, which validates and promotes our exemplary work in youth arts education programming. Additionally, Joe's earned the highest possible rating through Maryland EXCELS (level 1) based upon nationally recognized quality standards and best practices.

Calendar of Events

October 11–October 17, 2018

3rd Annual 100Way Golf Event

Date and Time: October 13, 2018, 8:30 a.m.–1:30 p.m.
Description: 100 Black Men of Prince George's County provides exposure, instills life lessons, increases confidence, and promotes fitness for our mentees and mentors while being introduced positively to the sport of golf. We've expanded our 2018 program with hiring and integration of PGA-certified professional golf instructors.
Cost: \$100.00
Ages: All ages. Aged 12 and under must be accompanied by an adult.
Location: Marlton Golf Club, 9413 Midland Turn, Upper Marlboro, MD 20772
Contact: 301-349-1009 x106

Public Opening: National Law Enforcement Museum

Date and Time: October 13, 2018, 10 a.m.–5 p.m.
Description: Grand Opening Community Day celebration as we proudly open our Museum doors to the public. Festivities include our 5K, entertainment, demonstrations, forensic activity, fingerprinting, caricature artists, face painting and more. **Admission is required to enter Museum; get timed-entry ticket at lawenforcementmuseum.org.**
Cost: Community day celebration is FREE
Ages: All ages are welcome
Location: Judiciary Square, 444 E Street, NW, Washington, DC 20001
Contact: 202-737-3400

Family, Friends & Fun Day

Date and Time: Saturday, October 13, 2018, 10 a.m.–4 p.m.
Description: Inaugural event to promote unity in the community! Community-wide event with a variety of activities for all ages, including games, contests, demonstrations, exhibits, vendors, health screenings and more. There will also be food, music, and arts.
Cost: FREE
Ages: All ages welcome
Location: Walker Mill Community Development Corporation, 6801 Walker Mill Rd, Capitol Heights, MD 20743
Contact: 301-808-4992

Pepco's World of Wheels for CASA Prince George's County Touch-a-Truck Family Festival

Date and Time: October 13, 2018, 10 a.m.–2 p.m.
Description: Our 7th Annual Pepco World of Wheels for CASA will be a great event for families. Come out and explore a variety of vehicles and have fun while supporting Court Appointed Special Advocate (CASA)/Prince George's County and helping to bring a voice to more children in foster care! Thank you to Council Member Deni Taveras for sponsoring admission.
Cost: FREE
Ages: All ages welcome
Location: DeMatha High School, 4318 Madison St., Hyattsville, MD 20781
Contact: 301-209-0491, www.pgcasa.org

Rabies Vaccine and Microchip Clinic

Date and Time: Saturday, October 13, 10 a.m.–2 p.m.
Description: A low cost rabies vaccine and microchip clinic sponsored by Bowie Animal Control and Prince George's County Health Department. Dr. James Peterson from Highway Veterinary Hospital will be doing microchipping.
Cost: Vaccines and microchips are \$10 each. Cash only.
Location: Bowie City Hall, 15901 Excalibur Rd, Bowie, MD 20716
Contact: Bowie Animal Control at 301-809-3002

Ranger Talk: "Chemistry of Autumn"

Date and Time: Saturday, October 13, 11 a.m.–12 Noon
Description: As the leaves change with the fall season, learn about the natural chemistry that causes the colors of autumn in Greenbelt's forest and along the scenic B-W Parkway. Look at magnified leaf tissue under a microscope to see chlorophyll in chloroplasts, that make summer leaves green. Meet at Ranger Station.
Cost: FREE
Ages: Ages 8+
Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, MD 20770
Contact: 301-344-3944, http://www.nps.gov/gree

Halloween Legends, Tales & Movie Night

Date and Time: Saturday, October 13, 6–9 p.m.
Description: Please join us, if you dare, for a frightful discussion of tales & legends of the Halloween season! Not for the faint of heart! Enjoy refreshments and a Halloween cauldron punch. A vintage Hollywood "scarefest" movie will conclude the evening. Costumes welcome. **Reservations required. Call 301-464-5291.**
Cost: \$10/person
Ages: Ages 12 & up
Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769
Contact: 301-262-0532

Harvest Festival

Date and Time: Sunday, October 14, noon–3:30 p.m.
Description: Enjoy some fall family fun: pick a pumpkin to decorate, get your face painted, help the cooks in the kitchen, and more. Activities while supplies last.
Cost: \$4 (includes tour of historic house)
Ages: All ages are welcome
Location: Riversdale House Museum, 4811 Riverdale Rd, Riverdale Park, MD 20737
Contact: 301-864-0420

"On the Road" Diabetes Class

Date and Time: Thursday, October 18, 2018, 6–8 p.m. (arrive between 5:30 p.m. and 6 p.m. to complete free lab screening.)
Description: In-person diabetes learning session. Manage diabetes, FREE A1C lab screening, nutrition and fitness.
Cost: FREE
Ages: Adults 18+ diagnosed with diabetes. Family members, friends, and caregivers are welcome.
Location: Suitland Community Center, 5600 Regency Lane, Forestville, MD 20747
Contact: 301-856-9643, health.mypgc.us/diabetes

UPCOMING EVENTS

Help M-NCPPC Shatter the Silence: Domestic Violence Awareness Month

By PRESS OFFICE
Prince George's County Department of Parks and Recreation

RIVERDALE, MD (September 24, 2018)—This October, Maryland-National Capital Park Police goes 'purple' for Domestic Violence Awareness Month (DVAM). In the past two years, the Department of Parks and Recreation Park Police have raised and donated thousands of dollars to the Prince George's County Domestic Violence and Sexual Assault Center (DVSAC).

This year, M-NC Park Police, Prince George's County Division, is recognizing DVAM with two "Shatter the Silence" events. A banquet and silent auction at the Prince George's Ballroom on October 19 with live music and dinner by Kreative Kreations Catering. All donations and funds raised will go to DVSAC at the end of October. The 5K Walk/Run, co-hosted with the University of Maryland Capital Regional Health, is on Saturday, October 27 at Watkins Regional Park. To partici-

Orioles Slugger Chris Davis to Attend the 2nd Annual Beltway Boards + Brews

Davis to join more than 30 other celebrities for cornhole-themed event to raise funds to help support PPF services

By FRANCES REIMERS
Players Philanthropy Fund (PPF)

TOWSON, MD (Sept 25, 2018)—Baltimore Orioles veteran and Roberto Clemente Award winner Chris Davis will exchange his bat and glove for a beanbag at the Players Philanthropy Fund's (PPF) 2nd Annual fundraiser, Beltway Boards + Brews Celebrity Cornhole Tournament. Proceeds from the Monday, October 22 event at The Baltimore Museum of Industry will benefit PPF's mission-driven services.

"Jill and I look forward to joining PPF for this great event to help support a variety of causes, including Casey Cares," said Davis. "Casey Cares helps so many children and families in Baltimore and across the country, and we've loved working with them over the years. I'm also looking forward to supporting Wright State of Mind, an organization championed by my teammate, Mike Wright, to raise awareness and funds for dementia in adults. We have a wonderful opportunity as professional athletes to put the spotlight on organizations and causes that need our help through this partnership with PPF."

Beltway Boards + Brews will bring together VIPs from the world of sports and entertainment for a night of friendly competition in a "Pro-Am" style cornhole tournament, offering the opportunity for generous donor or patron or sponsor-attendees to compete with celebrity participants in an elimination bracket.

pate or volunteer, contact Lieutenant Vereen Barton, 240-417-8149.

WHAT: "Shatter the Silence" Banquet and Silent Auction
WHEN: Friday, October 19, 2018, from 7–11 p.m.
WHERE: Prince George's Ballroom, 2411 Pinebrook Avenue, Landover, MD 20785
COST: Tickets are \$60 per person; <https://www.eventbrite.com>.

WHAT: "Shatter the Silence" on Domestic Violence 5K
WHEN: Saturday, October 27, 2018, from 7:30–10:30 a.m.
WHERE: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20774
COST: FREE, registration required; <https://www.eventbrite.com>.

In addition to the sponsored events, "Shatter the Silence" promotional items are available for purchase. If you are interested in purchasing a t-shirt or making a donation, contact Lieutenant Vereen Barton, (240) 417-8149.

The Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. Visit www.pgpc.com.

In addition to the competition, throughout the night attendees can enjoy the area's finest BBQ, craft brews, and live entertainment, while bidding in a live auction.

Additional celebrity cornhole participants slated to attend include (more to be announced):

- **Current Baltimore Ravens Players:** Quincy Adebayo, Bam Bradley, Morgan Cox, Jermaine Eluemunor, Jaylen Hill, Matt Judon, Jordan Lasley, Michael Pierce, Matt Skura, and Brent Urban
- **Current Baltimore Orioles Player:** Mike Wright
- **Current Washington Mystics Player:** Natasha Cloud
- **Current New York Lizards Player:** Paul Rabil
- **Paralympic Champion:** Jessica Long
- **Former Baltimore Ravens Players:** Spencer Folau, Brad Jackson, Arthur Jones, Le'Ron McClain, Trevor Pryce, Matt Stover, and Kyle Richardson
- **Former Washington Redskins Players:** Ken Harvey, Fred Smoot

Tickets and sponsorship information can be found at www.ppf.org/bbb2.

About the Players Philanthropy Fund (PPF): PPF, a Maryland charitable trust qualified under Section 501(c)(3), is a philanthropic management platform that is unique within the sports and entertainment industries. Founded by former Baltimore Ravens Kicker Matt Stover, Seth McDonnell, and Emil Kallina, PPF enables the pursuit of philanthropic goals in a simple, responsible, and cost-effective manner, while safeguarding against unnecessary risk to personal financial assets and individual reputation. PPF currently supports more than 65 charitable foundation clients, that promote causes like mental health, education, pediatric cancer, military and first responder assistance, and homelessness and hunger; just to name a few. For more information about PPF, please visit www.ppf.org.

Earth TALK™

Plastic in the Ocean: Too Late To Fix?

Dear EarthTalk:

What are we doing about getting rid of all the plastic floating in the ocean and forming giant gyres far from land?
—Jake Johnson, Merrimack, NH

Plastic in the ocean is a big problem that first came to widespread public attention in the late 1980s when mariners began sharing reports of what turned out to be a 1.6 million square kilometer garbage patch (that's about three times the size of France) floating in the middle of the North Pacific about halfway between Hawaii and California.

When this news broke, researchers started looking deeper into the problem, and

found that perhaps even more troubling than plastic chunks and pieces floating on the surface that you could see with the naked eye was the fact that even more plastic had broken down into tiny particles that would sink in the water column and get eaten by marine wildlife, in turn getting passed up the food chain, in some cases right onto our own dinner plates.

While reducing the amount of plastic that ends up in the ocean is more up to the individual than most environmental challenges—we can just stop buying and using plastic—it may be easier said than done. Plastic is a miraculous material that has made many consumer and industrial products easier to fabricate and afford. The result has been a huge quality of life improvement for billions of us on the planet.

Governmental efforts to ban disposable plastic bags in grocery stores—such as in Kenya, Chile, China, Australia and the UK, as well as in several U.S. cities including Washington D.C., San Francisco, Seattle and Boston—are no doubt a step in the right direction. And while these bans have proven highly successful in keeping plastic litter



IMAGE CREDIT: THE OCEAN CLEANUP.

Dutch inventor Boyan Slat hopes that the marine cleanup boom he dreamed up back in 2013 can be deployed soon to take a bite out of the ever increasing amount of plastic debris floating on or near the ocean's surface.

out of waterways, they represent merely a drop in the bucket of what we could do societally to ditch plastic.

As for cleaning up the so-called Great Pacific Garbage Patch, technology could come to the rescue. Dutch inventor Boyan Slat had a vision as an 18-year-old back in 2013 that a passive drifting system could autonomously collect plastic and other types of marine debris so we could get it out of our oceans, and today his vision has become a reality. Along with a team of 60 engineers, Slat has created a 2,000-foot-long U-shaped floating plastic tube (with a 10-foot curtain dragging underneath) that can float through the water pushed by the wind and currents, entrapping plastic and other fragments along the way.

Periodically, manned boats can catch up with the device and skim the debris for recycling or disposal in landfills back on shore. Slat and crew, incorporated as the non-profit The Ocean Cleanup and funded in large part by Salesforce founder and high-tech billionaire Mark Benioff, believe they can shrink the Great Pacific Garbage Patch by half within five years of deploying their new low-tech plastic scooper.

If Slat's "passive collector" does as well in open ocean trials as its inventors hope, it could be deployed for real next year. This inexpensive low-tech approach is a model for how we can solve other big environmental problems if we put our minds to it.

CONTACTS: The Ocean Cleanup, www.theoceancleanup.com.

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EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of **E - The Environmental Magazine** (www.emagazine.com). **Send questions to:** question@earthtalk.org.

Judiciary Contest Promotes Peacemaking Through Student Artwork

Help promote peacemaking with artwork for the 13th Annual Conflict Resolution Day Student Bookmark Art Contest.
Entries are due by Thursday, Oct. 18, national Conflict Resolution Day.
Visit <https://www.courts.state.md.us/macro/eventsconflictrresolutionday2018>

The contest is open to Maryland students in kindergarten through eighth grade. Students are asked to create bookmarks with the theme of resolving or preventing conflict. Topics include peer mediation, apologizing, respecting differences, starting a conversation, solving problems together, listening, tolerance, building peace, and alternatives to violence.

Submissions will be judged on creativity and message. Prizes will be awarded for first, second, and third place in three age groups: grades K-2, 3-5, and 6-8. For each age group, the prize awards will be \$75 for first place, \$50 for second place, and \$25 for third place. A se-

lection of winning bookmark entries will be printed and distributed throughout Maryland to promote conflict resolution. The best 1,000 entries will be displayed in the Judicial College Education and Conference Center in Annapolis in December.

Winners and their families will be invited to a ceremony and reception in Annapolis on Tuesday, Dec. 11. Mary Ellen Barbera, Chief Judge of the Maryland Court of Appeals will meet the winners and present the awards.

The contest is sponsored by the Maryland Judiciary's Mediation and Conflict Resolution Office (MACRO).

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Wednesday Prayer Service 8p.m.

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Beating the Odds from A1

hospital relies on funds raised through the Race for Every Child to help provide world-class care for every child in need, regardless of ability to pay. The hospital's largest community fundraiser, the Race for Every Child unites the entire community around a common vision: to help children like Annyah grow up stronger.

The Race for Every Child will be Saturday, Oct. 20 at Freedom Plaza in Washington, D.C. and includes a 5K run/walk, 100-yard Kids Dash, and many family fun activities. Register today at www.raceforeverychild.org. Registration closes on October 14.

The Race for Every Child is a run/walk with a purpose: to save and improve children's lives, regardless of a family's ability to pay. On Saturday, October 20 at Freedom Plaza in Washington, DC, Children's National—the region's only health system focused solely on children—will host the annual Race for Every Child 5K run/walk and Kids Dash. Join us for a Saturday like no other; where families, serious runners, weekend joggers, and all members of the community unite around a common vision: to help children grow up stronger.

Children's National Health System, based in Washington, D.C., has served the nation's children since 1870. Children's National is among the nation's Top 5 pediatric hospitals and, for a second straight year, is No. 1 for babies, as well as ranked in every specialty evaluated by U.S. News & World Report. It has been designated two times as a Magnet® hospital, a designation given to hospitals that demonstrate the highest standards of nursing and patient care delivery. This pediatric academic health system offers expert care through a convenient, community-based primary care network and specialty outpatient centers in the D.C. Metropolitan area, including the Maryland suburbs and Northern Virginia. Home to the Children's Research Institute and the Sheikh Zayed Institute for Pediatric Surgical Innovation, Children's National is the seventh-highest NIH-funded pediatric institution in the nation. Children's National is recognized for its expertise and innovation in pediatric care and as a strong voice for children through advocacy at the local, regional and national levels.

Move Over from A3

occupational event in 2016, accounting for 40 percent (2,083). "The slow down and move over movement is personal to the people of Laurel. In January of 2017, we lost a member of our Department of Public Works family, when Marcus Colbert was struck by a motorist who hit a parked car and then swerved into him behind the trash truck he was working on," said Laurel Mayor Craig A. Moe. "This legislation raises public awareness and provides a consistent message to motorists to pay attention to their surroundings to MOVE OVER and SLOW DOWN to allow workers on our roadways to successfully complete their assignments and to return to their families at the end of the work day."

"Being struck by a motorist is a leading cause of death for waste and recycling collection employees," cautions AAA Mid-Atlantic. Yet 71 percent of Americans have not heard of move over laws, according to a national poll by Mason Dixon Polling & Research. As of September 10, 2018, the total number of citations issued to violators of the move over law since its inception on October 1, 2010 were 19,620 (warnings issued 64,345). This year alone 1,269 citations have been written and 5,273 warnings issued.

"The intent of the move over law is to provide an extra barrier of safety for police officers, fire fighters, emergency rescue personnel, tow service operators and all of our public safety personnel working along Maryland roads," said Captain Dan Pickett, Commander of the Washington Metro Troop for the Maryland State Police. "It is imperative that drivers stay alert for these types of situations and move over, if possible, or slow down as they pass by the traffic stop or incident scene."

The new law means AAA battery truck drivers will also be afforded protections, as they assist motorists with disabled vehicles. From the onset, AAA Mid-Atlantic was a proud advocate of this law.

AAA provides automotive, travel, and insurance services to 59 million members nationwide and nearly 79,000 members in the District of Columbia. AAA advocates for the safety and mobility of its members and has been committed to outstanding road service for more than 100 years. Visit www.AAA.com.

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