

The Prince George's Post



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Four D.C.-Area Students Among Outstanding Group of 100 Teens Selected from Thousands to Take Part in 2019 Disney Dreamers Academy

High school students will receive all-expenses-paid trip to Disney to participate in coveted mentoring event in March with Steve Harvey and ESSENCE Magazine

By PRESS OFFICER
TJM Communications, Inc.

LAKE BUENA VISTA, Fla. (Jan. 14, 2019)—Today, Walt Disney World Resort revealed the 100 extraordinary youths from across the nation who will participate in the 2019 Disney Dreamers Academy with Steve Harvey and ESSENCE Magazine. Each student receives an all-expenses-paid trip to Walt Disney World to participate in an immersive, transformational four-day experience that will take place March 21–24.

Among the selected students, four are from the Washington D.C. area. They are:

Name	City	State
Lauren Taylor	Washington	DC
Ilyna Fontaine	Waldorf	MD
Lauryn Howell	Upper Marlboro	MD
Gabrielle Williams	Accokeek	MD

The program, now in its 12th year, is an important part of Disney's commitment to helping the next generation of young people by inspiring them at a critical time in their development. The Disney Dreamers Academy theme is "Be100," encouraging teens to be positive, to be "all in" and to carry what they learn back with them, so they can relentlessly pursue their dreams and make a difference in the lives of others.

"These students are in for a life-changing experience," said Tracey D. Powell, Walt Disney World Resort vice president and Disney Dreamers Academy executive champion. "Our goal is to help them see the unlimited possibilities and to inspire them to achieve their full purpose—to become the heroes of their own stories."

Participating students, known as "Disney Dreamers," embark on a journey that takes them throughout the Disney theme parks and behind the scenes of this 40-square-mile vacation destination. Walt Disney World becomes a vibrant classroom where students discover new career opportunities, pursue their dreams and interact with Harvey and other celebrities and motivational speakers. Celebrities who have participated in the past include singers Patti LaBelle and Ne-Yo, NBA legend and business mogul Magic Johnson, gospel music star Yolanda Adams, actor Jussie Smollett, plus



PHOTOS COURTESY WALT DISNEY WORLD

Pictured above are (L) Lauryn Howell of Upper Marlboro and (R) Gabrielle Williams of Accokeek.

TV personalities such as celebrity chef Carla Hall and "Good Morning America" co-anchor Michael Strahan.

Additionally, students participate in immersive career-oriented workshops that range from animation to zoology. Each student is also given important life tools such as effective communication techniques, leadership skills and networking strategies.

"Having a dream is one of the most important things in life. My success is a direct result of dreaming big," said Harvey. "It is my passion to help others dream bigger and to give them the tools to achieve those dreams. That is why I enjoy partnering with Disney on this program every year."

Since 2008, Walt Disney World Resort has provided all-expenses-paid trips to more than 1,100 students, plus a parent or guardian, to participate in the annual Disney Dreamers Academy. Students are selected from thousands of applicants who answered a series of essay questions about their personal stories and dreams for the future.

"We have a remarkable group of students attending this year," said Michelle Ebanks, Chief Executive Officer of Essence Communications Inc. "At ESSENCE, we embrace the mission of inspiring the next generation of leaders, and we're looking forward to partnering with Disney once again to cultivate greatness in the 2019 class."

For more information, visit DisneyDreamersAcademy.com. Regular updates about Disney Dreamers Academy are also available on social media at [Facebook.com/DisneyDreamersAcademy](https://www.facebook.com/DisneyDreamersAcademy), [Twitter.com/DreamersAcademy](https://twitter.com/DreamersAcademy) and [Instagram.com/disneydreamersacademy](https://www.instagram.com/disneydreamersacademy).

Academy Award-nominated costume designer Ruth E. Carter, who recently worked on Black Panther, shares inspiring stories with high school students Saturday, March 10, 2018, during a panel discussion of Disney Dreamers Academy with Steve Harvey and ESSENCE at Epcot in Lake Buena Vista, Fla. The 12th annual Disney Dreamers Academy, taking place March 21–24, 2019 is a career-inspiration program for distinguished high school students from across the U.S.

PHOTOGRAPH CREDIT: TODD ANDERSON



Bill Would Mandate School Time For Student Physical Activity

By DAVID JAHNG
Capital News Service

ANNAPOLIS, Md. (January 31, 2019)—Legislation that would require 150 minutes of physical activity, including 90 minutes of physical education, a week for elementary school students in Maryland was heard by the House Ways and Means committee on Thursday.

The Student Health and Fitness Act requires schools to create a physical leadership activity team to fill the remaining 60 minutes with "moderate to vigorous" activity.

Allegany, Anne Arundel, Cecil, Montgomery, Queen Anne's and Somerset counties would need to hire more teachers to account for the new physical education—or P.E.—requirements.

An increase of \$19.9 million or significantly more would be needed in the 2020 fiscal year to fund these counties that have maximums of 45 or 60 minutes per week in P.E., according to the Maryland Department of Education.

Delegate Jay Walker, D-Prince George's, sponsored the bill—which failed last legislative session—and said it was not helpful that his daughters were only receiving one day of P.E. a week.

"I realized that children in my county, throughout the state, we have a problem with childhood obesity," Walker told Capital News Service.

The Anne Arundel County Board of Education is opposing the bill because of the fiscal consequences, and argued allotting P.E. time should be up to local jurisdictions.

Anne Arundel currently has 60 minutes of P.E. required a week, and officials estimated it would cost the county \$3.5 million to rollout changes in fiscal year 2020.

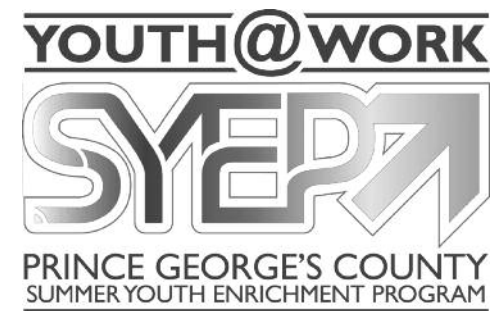
"It is critical for a local board of education to retain the authority to address curricular issues for its schools," the board said in written testimony.

Matt Slatkin, a physical education teacher in Montgomery County, told lawmakers the time set aside for physical education is a proactive and cost-effective strategy for boosting students' well-being.

"This falls under the moral obligation of 'see something, say something' for me," Slatkin said.

Delegate Eric Luedtke, D-Montgomery, said physical education has been proven to help health disparities, but said there was an argument on how much the legislature should get involved.

See PHYSICAL ACTIVITY Page A8



The Prince George's County Summer Youth Jobs Program

The Prince George's County Government's Youth@Work/Summer Youth Enrichment Program (SYEP) (aka Summer Youth Jobs Program) is a six-week, paid entry-level introduction to work in public and non-profit agencies for the youth of Prince George's County. This countywide initiative offers youth enriching and constructive summer work experiences in various assignments throughout the County. Youth who successfully complete the Job Readiness Training will have priority placement, but must apply for employment.

Requirements for Summer Youth Jobs Program Eligibility:

- Youth must be a resident of Prince George's County
- Between the ages of 14–22 years old by July 1, 2019
- In order to provide employment opportunities to as many youth as possible, youth will only be able to work a maximum of 2 years in the Youth@Work/SYEP

Summer Youth Jobs Readiness Training

Job Readiness Training is FREE to County residents ages

15–19. The training mimics the workplace and is a safe environment where young people can demonstrate their proficiency and readiness for work. The curriculum supports the development of skills such as communication, customer service, and teamwork. Youth who successfully complete the program will receive placement preference in the Prince George's County Summer Youth Jobs Program (Youth@Work/SYEP).

Whether or not they do the job readiness training, county youth ages of 14–22 years old are encouraged to apply for public and private positions for summer youth employment through several resources. Youth are encouraged to apply for all opportunities. Apply beginning on February 1. Application period closes on February 28. Summer employment last for 6 weeks and is an exciting opportunity for our young people to gain work experience and great life skills.

Visit www.princegeorgescountymd.gov

—Prince George's County Department of Human Resources Management

Council Announces Expansion of Special Partnership Grant with Venture Philanthropy Partners

Strategic Initiative Enhances Capacity of Youth-Serving Nonprofits in the County

By ANGELA J. ROUSON
Prince George's County Council

UPPER MARLBORO, Md. (Jan 24, 2019)—The Prince George's County Council and Venture Philanthropy Partners (VPP) announced the expansion of its Ready for Work Nonprofit Capacity Building Initiative to strengthen nonprofits to better serve youth across the county.

Ready for Work is a six-year \$15 million investment by VPP to help young people in Prince George's County successfully transition to college and career ready adults. The Nonprofit Capacity Building initiative launched as a special partnership grant from the County Council in FY2018 as part of Ready for Work. With a goal of building networks of community-based organizations that can provide integrated supports for students, the Nonprofit Capacity Building Initiative was developed to strengthen the capacity of nonprofits to provide more students in the County with high-quality services.

Following a competitive process, four additional nonprofits in the County were identified as organizations specifically focused on providing high school students with academic achievement, high school completion, post-secondary preparation, career readiness and healthy behaviors. The Training Source, College and Career Pathways, Inc., Liberty's Promise and Community Youth Advance will join FY 2018 recipients First Generation College Bound, Foundation for the Advancement of Music and Education, Inc. (FAME), Joe's Movement Emporium and End Time Harvest Ministries as a part of the Ready for Work Nonprofit Capacity Building Initiative for FY 2019.

Council Chair Todd M. Turner (D)—District 4, says the expansion of Ready for Work is an important continued investment in our County's young people, and reaffirms the Council's commitment to supporting local nonprofits.

"The Council appropriated funding in FY 2018 and FY 2019 to

See PARTNERSHIP GRANT Page A8

INSIDE

Bethesda Songwriting Contest Finalists Perform Live Concert

Roquois Clarke of Upper Marlboro, MD is one of the five songwriters who will perform their original songs at the concert on Friday, March 8.

Community, Page A3

To Be Equal: Raise the Wage Act Is a Long-Overdue Dose of Economic Reality

Raising the minimum wage to \$15 by 2024 would lift wages for 41 million American workers, including 40 percent of all African-American workers. The average age of workers who will benefit from the bill is 36.

Commentary, Page A4

Quality Healthtech Solutions, Trammell Crow Co. and Meadow Partners Debut The Medical Pavilion at National Harbor

The Medical Pavilion at National Harbor is a 95,000-square-foot, Class A medical office building. The pavilion's completion was commemorated with an open house and ribbon cutting ceremony on January 16th.

Business and Finance, Page A5

Out on the Town:

Check out all the happenings this week including the Frederick Douglass Bicentennial Celebration at the Banneker-Douglass Museum in Annapolis, performances and paintings at the Publick Playhouse in Cheverly, and events all around the county!

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What is the so-called Green New Deal proposed by Alexandria Ocasio-Cortez, and is Congress likely to go for it?

—Mark Talarico, Brooklyn, NY

Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Responded 100%, 24/7, 365, Morningside VFD honored by County Fire Dept.

The Morningside Volunteer Fire Department responded to every call during 2018 and was honored by County Fire Chief Benjamin Barksdale with the presentation of a plaque on Jan. 30. At the top of the plaque, in big numbers: 100% 24/7 365.

On the plaque: "In recognition of your station's ability to provide staffing and response to all dispatched incidents in 2018.

"This action demonstrates an exemplary commitment to service which reflects favorably on the Morningside Volunteer Fire Department and on the Volunteer Fire/EMS Service as a whole."

Morningside Fire Chief Michael Poetker, on their website, added, "It is important to note that Morningside logged the most number of participation hours ever in 2018 at 95,200 man hours. This is a truly remarkable accomplishment and I am honored to have witnessed this marvelous achievement."

Lucas Oblaender had the most runs with 8246 (!). The next nine in number of runs are: Timothy Duffy, Daniel Rae, Joe Griffin, Tim Meyer, Thomas Fejes, Bria Elder, Craig Olander, Brody Longo and Daniel DiMarcello.

I am so proud of our all-volunteer fire department!

Julius Campbell, featured in "Titans," dies at 65

Karen Rooker called me with the sad news that Julius Campbell, portrayed by actor Wood Harris in *Remember the Titans*, died Jan. 25. He lived on Pickett Drive in Morningside. I'll pay tribute to him in my next column.

Changing landscape

In October Governor Larry Hogan announced a new initiative, The Maryland Crab and Oyster Trail, in honor of National Seafood Month. The trail highlights more than 100 seafood restaurants in the state, as well as seafood festivals held throughout October.

Kachis Chicken held its Grand Opening Feb. 2, in Andrews Manor Shopping Center. They invite you to come and enjoy their Peruvian pollo a la brasa. Hours are 10:30 a.m. to 9:30 p.m. Info: 240-532-7750.

According to *The Washington Post*, robot assistants will soon roam the aisles of all Giant grocery stores. If you meet them in your Giant, let me know.

Neighbors and other good people

In the Morningside Newsletter, Mayor Benn Cann, extended special thanks to Lori Williams "who has faithfully spearheaded assisting the Town in getting the newsletter out to all of our residents for several years without compensation and many times on a tight deadline."

And speaking of the Town, Morningside has elections coming up May 6. Residents will be electing the Mayor and two Council Members. Candidates must file with the Board of Elections Supervisors a petition signed by at least ten registered voters by the first Monday in March.

Applause

The Quiz Bowl Team at St. Philip's School, Camp Springs, recently competed in the DeMatha Catholic HS Academic Challenge and won 1st place. This middle school challenge covers a wide range of topics: spelling, math, science, geography, history, religion and pop culture. This is the first time St. Philip's has won.

The Knights of Columbus in Forestville recently named their Knights of the Month: Robert LaChance for November and Andre Smith, December. Families of the Month: Robert Weiler Family, November, and Lester Dockery Family, December.

Coming up

Chinese New Year's Parade, Feb. 10, beginning at 2 p.m. in Washington, at 6th & I NW. Happy Year of the Pig!

Senior Bingo and Luncheon, Friday, Feb. 15, 11 a.m. at the Morningside Municipal Center.

Morningside Town Meeting, Tuesday, Feb. 19, 7 p.m. at the Municipal Center.

Skyline Citizens Association quarterly meeting, Wednesday, Feb. 20, 7 p.m. at the Firehouse.

Free Pet Parenting Classes every month

Learn what it takes to be a responsible pet owner and a great family host

to a four-legged friend for its lifetime. Time, cost, food, toys, medical, safety and social—all these topics will be covered during this free one-hour presentation with Q & A to follow.

Classes meet the third Saturday of each month at 12 noon. The next class is scheduled for Feb. 16 at the Animal Services Facility, 3750 Brown Station Road in Upper Marlboro. Call 301-780-7220 to register. Free.

Morningside Memories: 48 years ago

On Jan. 31, 1971, at Benjamin J. Foulois Junior HS, Father Francis Dolan collapsed and died while playing basketball with local teens. He was only 42 and was the much-beloved associate pastor at St. Philip's Church. One of the teens was my Skyline Drive neighbor Bucky Tretler.

Nip Watson, active with the Marlboro Moose

Bernard A. "Nip" Watson, Jr., 80, retiree of the Dalecarlia Water Treatment Plant in Washington, died Jan. 4. He was born in Anacostia, attended St. Teresa of Avila School, Archbishop Carroll HS and enlisted in the Air Force. His brother Wayne and wife Carole survive him. Interment is at Cheltenham Veterans Cemetery.

Nip was active in American Legion Post 125, Marlboro Moose and the Elks. He loved to watch Notre Dame football, the Redskins and NASCAR.

Joann Farmer, worked at Hot Shoppes, Pizza Hut

Joann Farmer, 76, of Capitol Heights, a cook and chef at restaurants throughout the Washington area from the late 1950s until 1998 when she retired from Elliott's Home Style Cooking, died Oct. 27 in Washington.

She was a member of First Baptist Church of Suitland.

Milestones

My great-granddaughter Molly McHale and Jesse Ritter, Feb. 8; Connie Waby and Mary (Stakem) Crane, Feb. 9; Alma Richardson, Feb. 10; Ginny Call, Dawn Witherow and David Chambers, Feb. 11; Angie Miller, Katelyn Dudding and Pat Miller, Feb. 13; Mary Reilly (94!), Joan Rose and Scott Jenkins, Feb. 14.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

CELEBRATION OF LIFE

Almighty God, in his wise and divine providence, saw fit to call from labor to reward our beloved Ruth E. Turner, who departed this life on Tuesday, January 8, 2019 at Angel Assisted Living, LLC in Waldorf, Maryland. Ruth Estelle Harper was born February 2, 1924 to the late Albert and Ruth Brown Harper of Seat Pleasant, Maryland.

Ruth matriculated through the Prince George's County Public Schools and was a graduate of Douglass High School in Croom, Maryland. Upon her high school graduation, she was instrumental in opening the PX Exchange at Andrews Air Force Base, in Camp Springs, Maryland, and served as its first manager. In 1964, she received a Licensed Practical Nursing Degree from Prince George's Community Hospital School of Nursing in Cheverly, Maryland where she served in the surgical wing as the post operating Charge Nurse. Because of her academic achievement, she was awarded the highest-grade point average in Theory and Practice for Obstetrical Nursing.

After a successful tenure at Prince George's Community Hospital, Ruth went on to work at Clinton Community Hospital in Clinton, Maryland. Possessing solid nursing skills, Ruth entered the Prince George's County Public School System to serve as a school nurse at Bethune and Gwynn Park Middle Schools until her retirement in 1988.

One of the greatest moments in her life was being joined in Holy Matrimony to her beloved, James Garnell Turner in 1941. For many years, they shared the bonds of love, commitment and dedication. From this union, they were blessed with six children: Audrey, James Jr., Patricia, Brenda, Joyce, and Cleo.

She confessed her love for Jesus Christ at an early age and was a faithful member of Christ United Methodist Church, formerly John Wesley Methodist Episcopal Church in Aquasco, Maryland. For most of her adult life, she faithfully provided leadership and rendered service to her community and church.

Within her church, she served on the Board of Trustees as a member and secretary, on the Usher Board for 21 years with 20 years as President; on the Communications Ministry as a member and chairperson; on the Health and Welfare Ministry as a member who offered blood pressure screenings

as well as taught CPR, and as a member of the United Methodist Women.

During her years as a United Methodist Woman, Ruth was President of the Washington East District Auxiliary and Volunteer Service of the N.M. Carroll Home in Baltimore, Maryland. A highlight of her church life was serving as a Certified Lay Speaker who used her gifts to share God's Word in sermons and acts of ministry.

A core belief in Ruth's life was giving back to her community. Her commitment to volunteer and community work was acknowledged by her receiving numerous certificates and awards. Among those recognitions were: Service Ministry Award in Christian Education, Certificate of Merit from Regency Nursing and Rehabilitation Treatment Center, and a Certificate of Appreciation for the Food Distribution Program for Prince George's County, Maryland. Ruth was awarded the State of Maryland Governor's Volunteer Service Certificate from Governor Parris Glendening in 1999. This recognition was fondly cherished by her.

Ruth and Garnell traveled extensively throughout the United States. Traveling and vacationing with family and friends brought them great joy. Ruth was an excellent cook who was known for her homemade pound cakes, birthday cakes, and potato rolls that family and friends loved. An artist in her own right, she enjoyed creating ceramics for her own home and as gifts for others to cherish. Another pursuit of Ruth was being a columnist for the *Prince George's Post*, covering the Aquasco-Brandywine areas for many years.

Ruth was preceded in death by her husband, James Garnell; her son, James Jr.; her daughter Brenda Johnson and her grandson, Robert Owen Johnson III.

Ruth leaves to cherish her memory, four beloved daughters: Audrey Johnson, Patricia Mitchell, Joyce Sampson, and Cleo Mitchell; one loving sister Berline Brooks, 9 adoring grandchildren; 17 cherished great grandchildren; and five devoted sons-in-law, Owen, Larry, Ernest, Gordon and Robert. She is also survived by a host of sisters-in-law, brothers-in-law, cousins, nieces, nephews, great-nieces, great nephews, other relatives, and friends.

Homegoing service was held at Westphalia United Methodist Church January 24, 2019 with burial at Maryland Veteran's Cemetery in Cheltenham, Maryland.

Around the County

Local Nonprofit and Community Groups to Host Pet Food Pantry for the Furloughed

WASHINGTON DC area (Jan 24, 2019)—Community Forklift is hosting a Pop-Up Pet Pantry for furloughed workers.

Community Forklift has joined forces with Hyattsville's Residents United for Furry Friends (RUFF) and University Park Mutt Strut to distribute donated pet food and litter to community members who are impacted by the federal shutdown. They will hand out approximately one week of supplies per person, dependent upon available donations.

The Pop-Up Pet Pantry will be open at Community Forklift from 12-4 p.m. on February 9. More shopping dates may be added soon, as volunteers sign up to assist.

Individuals wishing to donate supplies can do so from now until February 6 at Community Forklift. They are accepting donations of cat food and litter, dog food, and treats, as well as airtight tubs for food storage. All donated pet items must be unopened and within expiration. Volunteers are also needed to assist in running the pantry; individuals can contact MarySue Twohy to sign up: mstwoby@gmail.com

Community Forklift is also offering a 10% discount on all in-store purchases to government employees and contractors (with federal ID) for the duration of the shutdown.

For more information go to: <https://CommunityForklift.org/2019/01/22/pop-up-pet-pantry-for-furloughed-workers>

Community Forklift turns the waste stream into a resource stream for local communities. The nonprofit organization picks up donations of unwanted and salvaged building materials, working appliances, and vintage furniture throughout the DC region. These items are offered to the public at their large warehouse, sold online, and provided free to community groups and neighbors in need. Since 2005, Community Forklift has created 40 green jobs, and made it possible for thousands of local homeowners, nonprofits, and small businesses to make repairs and improve neighborhoods. Their 40,000 square-foot warehouse is located at 4671 Tanglewood Drive, Edmonston, MD 20781 (in the Port Towns neighborhood, near the Hyattsville Arts District, just outside NE DC).

—CommunityForklift.org / 301-985-5180

Local Students Honored

Mercer University Announces Fall 2018 President's, Dean's Lists

MACON, Ga. (January 28, 2019)—Mercer University recently announced the President's List and Dean's List for the fall 2018 semester. Inclusion on these lists requires students to meet rigorous grade-point-average standards specific to the college or school within the University.

The following area students earned a place on the lists:

Bowie, Maryland
Nicole Esuola, third-year, School of Law, Dean's List

Founded in 1833, Mercer University is a dynamic and comprehensive center of undergraduate, graduate and professional education. The University enrolls more than 8,700 students in 12 schools and colleges—liberal arts, law, pharmacy, medicine, business, engineering, education, theology, music, nursing, health professions, and Penfield College of Mercer University—on campuses in Macon, Atlanta and Savannah—and two regional academic centers in the Atlanta metro area.

—Kyle Sears, Mercer University

Area Residents Named To Dean's List for the Fall 2018 Semester at Quinnipiac University

HAMDEN, Conn. (January 28, 2019)—The following area students were named to the dean's list for the Fall 2018 semester at Quinnipiac University:

Lydia Jones, Glenn Dale, MD
To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

Quinnipiac is a private, coeducational, nonsectarian institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 7,000 full-time undergraduate and 3,000 graduate and part-time students in 110 degree programs through its Schools of Business, Communications, Education, Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences. Quinnipiac consistently ranks

among the top regional universities in the North in U.S. News & World Report's "Best Colleges" issue. Quinnipiac also is recognized in Princeton Review's "The Best 381 Colleges." The Chronicle of Higher Education has named Quinnipiac among the Great Colleges to Work For(r). For more information, please visit qu.edu. Connect with Quinnipiac on Facebook at facebook.com/quinnipiacunews and follow Quinnipiac on Twitter @QuinnipiacU.

—John W. Morgan, Quinnipiac University

Sam Houston State University Announces Fall 2018 Dean's List

HUNTSVILLE, Texas (January 28, 2019)—The students listed on the Dean's List of Academic Honors at Sam Houston State University in Huntsville, Texas, are undergraduates who have achieved a grade point average of at least 3.5 out of a perfect 4.0 in all work attempted while enrolled in not less than 12 semester hours. The university would like to recognize the following students for earning the honor for the Fall 2018 semester.

Staci Wilburn, Clinton, MD
—Emily Schulze Binetti, Sam Houston State University

UW-Madison Announces Fall Dean's List

MADISON, Wis. (January 29, 2019)—The University of Wisconsin-Madison has recognized students named to the Dean's List for the fall semester of the 2018–2019 academic year.

Brandywine, MD
Kevin Crosby, Col of Agricultural & Life Sci, Dean's List

Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the Dean's List, students must complete a minimum of 12 graded degree credits in that semester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction.

To view an online listing, visit http://registrar.wisc.edu/deans_list.htm. For questions or concerns about eligibility, please contact deanslist-registrar@em.wisc.edu

—Mike Klein, The University of Wisconsin-Madison

COMMUNITY

The American Counseling Association's Counseling Corner

Are You Ready To Help A Friend?

Humans beings are just naturally social creatures, some of us more so than others. Most of us enjoy our interactions with others, sharing thoughts and happenings and learning from our friends.

While many of the relationships we have are fairly casual, there are other "close" associations that matter because they're with people we truly care about. These might be work associates, neighbors, relatives or a spouse or relationship partner. They're relationships we value, but are also relationships that can pose problems when we see something wrong.

Regardless of how much we think of, or care about, someone close to us, there may be times when we find something troubling or disturbing about that person. At such times we may agonize over whether we should share our opinion or observations, realizing that doing so might jeopardize the relationship. It can be a difficult decision to make even when the person in question is a spouse or other close relative.

While we all want to avoid losing a close friend, we also want to be responsible and to offer the help we think is needed. There's no foolproof way to pass on our concerns but there are ways to approach delicate subjects that minimize the risk of losing a friend. One way is to use what's sometimes called a "caring confrontation" or a "one-two" approach.

This begins by having the conversation in a private place and just between the two of you. Part one is simply describing in an objective, non-judgmental way what you have observed. You might use positive statements like, "You don't seem as happy lately. Am I right?," rather than saying, "You sure are depressed these days."

Part "two" of this approach is to question whether your friend feels your observation is accurate. Is what you stated representative of things not going well? If your friend agrees that there's something wrong, the next step is to offer an invitation to discuss it.

The idea is not to position yourself as an authority trying to "fix" the issue. Sometimes simply giving someone an opportunity to discuss what's wrong can be very helpful. If you think a professional could help, you might make that observation in a positive way.

The point is not to be confrontational, but rather to give your friend the support and encouragement needed to find help and return to a more happy, positive life.

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

Bethesda Songwriting Contest Finalists Perform Live Concert

Winners to receive \$12,500 in prize monies

By LAURA KELLERMANN
Bethesda Arts & Entertainment District

BETHESDA, MD (January 17, 2019)—The fifth annual Bernard/Ebb Songwriting Awards, produced by the Bethesda Arts & Entertainment District, will once again feature a live concert performed by the competition finalists on Friday, March 8 at 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Avenue in downtown Bethesda. Tickets begin at \$15 and are available at www.bethesda.org.

The following five songwriters will perform their original songs at the concert. One will win the \$10,000 Grand Prize and 25 hours of complimentary recording studio time at Innovation Station Music.

- **Roquois Clarke, Upper Marlboro, MD**
- Ruut DeMeo, Phoenix, MD
- Peter Garza with Band of Us, Silver Spring, MD
- Heather Lloyd, Owings Mills, MD
- Heather Mae, Sterling, VA

Three Young Songwriters (applicants who are under 18 years of age) will also perform live and compete for \$2,500.

- Sarah Baumgarten, Arlington, VA
- Davis Gestiehr, Bethesda, MD
- Emily Mitchell, Gaithersburg, MD

The Grand Prize Jury will offer feedback to the songwriters throughout the show and will select and announce the \$10,000 Grand Prize Winner at end of the concert. In addition to \$10,000, the Grand Prize Winner will also win 25 hours of recording studio time with Innovation Station Music. One of the young songwriters will win a \$2,500 Young Songwriter prize.

Cathy Bernard, Bethesda resident and the Awards' founder, created the competition in 2015 to recognize and support local musicians. She is the niece of the late Fred Ebb, a renowned American songwriter known for Broadway hits such as Cabaret and Chicago and for iconic songs, including New York, New York. The contest was an opportunity to both support the arts and honor her uncle's legacy.

"I am elated to once again recognize talented, regional songwriters through the fifth annual Bernard/Ebb Songwriting Awards," said Bernard. "We have a wealth of musical talent in the Greater D.C. area and it is my privilege to produce, with the Bethesda Arts & Entertainment

District, a competition that encourages and honors songwriters. The concert is a celebration of live music as well as a celebration of the songwriters' dedication to and passion for writing."

The performers' musical genres will vary and will include a mix of Adult/Contemporary, Folk/Acoustic, Pop, R&B/Hip Hop/Urban and Rock/Alternative.

The 2019 Grand Prize Jurors

- Christopher Dimond, a New York-based playwright and lyricist, known for his work with composer Michael Kooman, with whom he received the 2013 Fred Ebb Award for excellence in musical theatre songwriting. Chris has won the Harold Adamson Award, the KC/ACTF Musical Theatre Award, and a NYFA Fellowship. Chris & Michael's projects include The Noteworthy Life of Howard Barnes, Orphe & the Book of Heroes, The Enlightenment of Percival Von Schmootz. He and Michael founded the ASCAP Foundation Musical Theater Songwriting Project, a program dedicated to training young songwriters.
- Donnie Lewis, otherwise known as "Mad Skillz," is a hip hop artist, rapper, producer and songwriter who splits his time between Richmond, VA and Los Angeles, CA. His debut album From Where??? was released by Atlantic Records in 1996. He went on to work with artists including Timbaland and Missy Elliott and has written songs for many artists including P. Diddy and Will Smith. Most recently he was an artist-in-residence at the University of Richmond and co-taught a course on hip-hop, "Voices of Hip Hop in America."
- Jenn Schott, a Nashville-based songwriter,

2019 Finalist: Roquois Clarke, Upper Marlboro, MD

Roquois Clarke writes and performs pop music with influences of hip hop, rock, doo wop and R&B. She has been writing lyrics and melodies since childhood and began performing at the early age four with her church and school choirs. Roquois has been heard widely, performing at venues including Howard Theatre, Washington, D.C., Anita's Way, New York, NY, The Abbey, Orlando, FL, The Creative Alliance, Baltimore, MD, Carnegie Library, Washington, D.C., Venue 578, Orlando, FL and more. Roquois has worked with artists, musicians and producers affiliated with Sony, Universal Music, Def Jam, The Voice and more. And her music has been featured in shows such as Orange is the New Black, Switched at Birth and Odd Mom Out. Roquois's goal is not only to share her voice, but also to write relatable, expressive and uplifting lyrics. Her debut album "Metaphors" was released in 2018.

has worked with top-selling recording artists including Tim McGraw, The Eli Young Band, Gloriana, Jana Kramer, Lucy Hale, Billy Ray Cyrus and Lonestar. Jenn's credits include notable singles such as, Mickey Guyton's "Better Than You Left Me," Tim McGraw's "Two Lanes of Freedom," Restless Heart's "Feel My Way To You," Billy Ray Cyrus's "A Good Day," and Lucy Walsh's "1882."

Bethesda Blues & Jazz Supper Club will feature a dinner menu. Audience members can arrive beginning at 5:30pm to enjoy dinner at the theater before the 7:30pm concert. Food and drink is not included in the ticket price.

Please visit www.bethesda.org or call 301-215-6660 for more information.

From award-winning theatre to independent films, downtown Bethesda's Arts & Entertainment District is filled with inspiring artists and art venues. The Bethesda Arts & Entertainment District is managed by the Bethesda Urban Partnership, Inc., and is the producer of The Trawick Prize: Bethesda Contemporary Art Awards, Bethesda Painting Awards, Bethesda Fine Arts Festival, Play In A Day and Bethesda Film Fest.

Governor Larry Hogan Encourages Marylanders to Recognize Black History Month

Celebrates African American Impact on Maryland, Nation

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, MD (February 1, 2019)—Governor Larry Hogan is encouraging Marylanders to recognize Black History Month, which falls during February each year. Black History Month has been a national observance since 1976, celebrating the accomplishments and achievements of African Americans in Maryland and across the nation.

"Each year, the month of February offers an opportunity to recognize and to celebrate the countless contributions of African Americans throughout our history and the lasting impact of that heritage today," said Governor Hogan. "I encourage all Marylanders to take time to reflect on the invaluable influence of African American leaders and citizens on our state and our nation."

Governor Hogan and First Lady Yumi Hogan will host a celebration in honor of Black History Month at Government House on February 12.

Maryland has ties to some of the most influential leaders in African American history: Harriet Tubman, who led countless slaves to freedom through the Underground Railroad; Frederick Douglass, the renowned social reformer, writer, and statesman; and Thurgood Marshall, the first African American to serve on our nation's highest court. The Board of Public Works, which is chaired by the governor and includes Comptroller Peter Francho and Treasurer Nancy Kopp, recently approved a contract to place bronze statues of Harriet

Tubman and Frederick Douglass in the Maryland State House.

Last year, Governor Hogan proclaimed 2018 "The Year of Frederick Douglass" to celebrate this influential African American leader's 200th birthday. On February 9, the governor will join the Banneker-Douglass Museum to close out a year of Frederick Douglass-themed events hosted by the Governor's Office of Community Initiatives, Banneker-Douglass Museum Foundation, Inc., and the Maryland Commission on African American History and Culture with a Frederick Douglass Bicentennial Celebration. [See page 6 Calendar of Events for more information on the Frederick Douglass Bicentennial Celebration.]

To celebrate Black history all year long, please visit the Banneker-Douglass Museum online for a list of events and programs.

Maryland Reduces Use of Road Salts to Protect the Environment and Public Health

Residents urged to stay safe in winter weather but cut back on salt when possible

By PRESS OFFICERS
Maryland Department of the Environment

BALTIMORE (Jan. 18, 2019)—As winter weather impacts the state, Maryland is working to reduce the use of road salts that can threaten public health and the environment—including the water that we drink—while keeping traffic moving safely.

The Maryland Department of the Environment (MDE) is taking steps to reduce salt in rivers, streams and groundwater to protect aquatic life and drinking water sources while roads are made safe for winter travel. MDE has been working for several years with state agencies and local jurisdictions on best practices for salt application, including use of improved weather forecasting, using the right amount of salt, targeting roads in most need of treatment, using brine to reduce overall salt usage and increasing training for employees and contracted equipment operators. The Maryland Department of Transportation State Highway Administration (MDOT SHA) employs a range of strategies to reduce its use of salt while continuing to keep roads safe—and over the past five years has reduced its overall salt usage by half.

"The Maryland Department of the Environment congratulates and thanks the State Highway Administration for leading by example when it comes to reducing the use of road salts that can threaten public health and our environment," said Maryland Environment Secretary Ben Grumbles. "This winter, we urge all Marylanders to make smart decisions on the use of de-icing chemicals to help protect aquatic life and drinking water quality without ever compromising public safety."

"MDOT SHA leverages innovation, modernized tools and continual training for the responsible use of salt on the network," said

MDOT SHA Administrator Greg Slater. "The health of the Chesapeake Bay watershed and Maryland's environment is something we all value, and we prioritize that philosophy as we balance treatment of the roads for safety and an overall reduction in salt usage."

Clearing roads and highways of ice and snow helps to ensure safe travel and the timely transportation of goods and services to keep Maryland's economy moving. Sodium chloride—or salt—is effective, relatively inexpensive, readily available and easily stored. But salt can destroy a soil's structure and cause erosion, can damage and kill vegetation and can contribute to the corrosion of metal bridges and motor vehicles. It can also seep into groundwater and run off into surface waters, contaminating wildlife habitat and potentially affecting drinking water.

Some Maryland streams are identified as being polluted by chlorides, which affects freshwater aquatic life. MDE has increased monitoring for chlorides to gain information that can be used in developing restoration plans.

Salt in drinking water can be a health threat to people on sodium restricted diets due to concerns about high blood pressure. Chloride can add a salty taste to water and corrode pipes. Road de-icing can cause increases in sodium and chloride concentrations in drinking water reservoirs, rivers that are sources of drinking water and private and public water system wells.

MDOT SHA has moved to using proactive strategies to reduce road salt use. The agency uses salt brine—a liquid solution that is 22 percent salt and 78 percent water—before, during and after winter weather events. Pre-treating roads with brine prevents the initial bonding of snow or ice, giving road crews time to mobilize. The agency now has three "tow plows"—separate plows towed behind

a salt/plow truck to clear an additional travel lane—which enhances snow clearing operations. More plowing means less salting.

MDOT SHA has also designated routes where only salt brine is used for the duration of a storm, using less salt overall when compared to routes where rock salt is used. The agency pre-wets rock salt to reduce the "bounce and scatter" effect of salt solids ricocheting off the highway. MDOT SHA also works with weather forecasters to develop a treatment plan and employs nearly 100 infrared sensors at key locations, along with mobile sensors, to determine conditions and target its storm deployment—greatly contributing to salt reduction efforts.

MDE, in addition to its work to monitor streams to help improve water quality, has issued municipal stormwater permits to the largest local jurisdictions that include requirements for programs to reduce winter de-icing materials used. The next round of municipal stormwater permits will build on the lessons learned to require improved road salt management strategies and additional water monitoring plans to measure environmental progress.

Many Maryland residents use salt to reduce ice accumulation on steps, walkways and driveways. In addition to the effects on water quality and vegetation, de-icers can also be dangerous for children and pets. Tips for reducing or eliminating the use of excessive de-icers at home include:

- Clear walkways and other areas before the snow turns to ice to avoid the need for chemical deicers.
- Track the weather and only apply deicers when a storm is imminent. If a winter storm does not occur, sweep any unused material and store it for later use.
- Only use de-icers in areas where they are critically needed and apply the least amount necessary to get the job done.
- Store de-icing materials in a dry, covered area to prevent runoff.
- Reduce salt use by adding sand for traction, but take care to avoid clogging storm drains. Natural clay cat litter also works well.
- If your source of drinking water is your own private well, avoid applying salt near the well head.
- Don't use urea-based fertilizers as melting agents. Runoff can increase nutrient pollution

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Raise the Wage Act Is a Long-Overdue Dose of Economic Reality

"In my Inaugural I laid down the simple proposition that nobody is going to starve in this country. It seems to me to be equally plain that no business which depends for existence on paying less than living wages to its workers has any right to continue in this country. By "business" I mean the whole of commerce as well as the whole of industry; by workers I mean all workers, the white collar class as well as the men in overalls; and by living wages I mean more than a bare subsistence level —I mean the wages of decent living."

—President Franklin Delano Roosevelt, upon signing the National Industrial Recovery Act in 1933

Nowhere in the entire country can a full-time worker earning the federal or state minimum wage afford a two-bedroom apartment a fair market rent.

One in nine U.S. workers are paid wages that can leave them in poverty, even when working full time.

Over the last 40 years, wages for the lowest-paid workers have barely budged, while wages for the wealthiest have more than tripled.

In a nation that calls itself the land of opportunity, where we claim as a value an honest day's pay for an honest day's work, our dismally insufficient federal minimum wage is practically a crime. That's why the National Urban League has thrown its support behind legislation recently introduced by Rep. Bobby Scott, the Raise the Wage Act of 2019.

The bill would gradually raise the minimum wage to \$15 by 2024, index future minimum wage increases to median wage growth and guarantee that all workers are paid at least the full federal minimum wage by phasing out the sub-minimum wages for tipped workers, youth workers and workers with disabilities.

Had the minimum wage kept pace with worker productivity since the 1940s, it would be just under \$22 per hour—more than triple what it is now. Instead, the vast majority of the gains from that increased productivity have gone to the wealthiest. The average CEO pay is 271 times

the average pay of the typical American worker. In 1978, CEO earnings were about 30 times the typical worker's salary.

The Urban League Movement has long advocated for a federally-mandated living wage tied to the rate of inflation, and it is a central element of our comprehensive blueprint for eliminating economic disparity, The Main Street Marshall Plan.

A fair living wage not only raises the living standards of workers, but also stimulates the economy to benefit the nation as a whole. When he signed the National Industrial Recovery Act in 1933, in the throes of the Great Depression, President Franklin Delano Roosevelt asked skeptics to consider "the improvement of operating figures by greatly increased sales to be expected from the rising purchasing power of the public."

In fact, researchers estimate that a 10 percent increase in the minimum wage would increase sales by around \$2 billion each year.

Raising the minimum wage to \$15 by 2024 would lift wages for 41 million American workers, including 40 percent of all African-American workers. The average age of workers who will benefit from the bill is 36.

Contrary to claims by opponents of a fair federal living wage, moderate increases in the minimum wage have little to no impact on employment. A University of California at Berkeley study last year examined the effect of minimum wage increases in six cities and found pay increases for workers and no significant employment reductions. A more extensive study by the London School of Economics examined the impact of 138 separate minimum wage increases implemented between 1979 and 2016, and found no overall reduction in low-wage jobs.

Income inequality in the United States is out of control and threatens not just economic stability of our nation, but our democracy itself. Full-time workers shouldn't live in poverty anywhere, but especially not in the wealthiest nation on earth. The Raise the Wage Act would bring the federal minimum wage in line with economic reality and bring us closer to the promise of the American Dream.

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Dangerous Steps Backwards on Discriminatory School Discipline

In January 2014, the U.S. Departments of Education and Justice jointly released a 'guidance package' on school discipline to help schools and districts meet their responsibilities under federal civil rights law to use nondiscriminatory discipline practices. Years of data have shown children of color and children with disabilities are disproportionately punished by school discipline practices and expelled from school. Many schools and school districts have finally begun reforming their policies to promote positive academic and behavioral outcomes for all students and eliminate harsh and exclusionary discipline practices that push students out of school. During the Obama Administration the Departments of Education and Justice supported these positive reforms. Their 2014 guidance was a key step reminding schools of their legal obligations, followed by resources to help schools make sure they were providing equal opportunity for all students. The Trump Administration is now actively undercutting and eliminating this guidance.

Just as most teachers and students were getting ready to leave for winter break in December, the Departments of Education and Justice announced they were rescinding the 2014 guidance rein-

forcing protections for students of color and students with disabilities from discrimination in school discipline. The Children's Defense Fund joined the Leadership Conference on Civil and Human Rights and 119 other organizations last month in signing a letter to the Departments of Education and Justice urging them to immediately recommit "to vigorous enforcement of our civil rights laws and to a meaningful response to racial discrimination in school discipline."

The letter says the 2014 guidance "clarifies that [the Departments of Education and Justice] expect schools and districts to treat all children fairly and provides practical tools and guidelines for educators to create safe, healthy, and inclusive environments for all students ... Rescinding the guidance sends the opposite message: that the Departments do not care that schools are discriminating against children of color by disproportionately excluding them from school and that the Departments will not fulfill their role in helping educators create and maintain safe schools that afford all students equal educational opportunities." The letter also notes that rescinding the guidance is another in a long line of administration actions that "make schools less safe for LGBTQ students, sexual

assault survivors, immigrant students, students of color, students with disabilities, and any child who experiences systemic discrimination."

Every day in America 2,363 children are arrested. That's one child every 37 seconds. Thousands of children of color and with disabilities are getting trapped in the Cradle to Prison Pipeline™ because of discriminatory school discipline policies that often push children into the juvenile justice system. We must continue to enforce the laws preventing discrimination, which remain intact, and the good practices referenced in the 2014 guidance and reject every effort to drag our nation's laws and children backwards.

As we enter this year's Black History Month soon after celebrating what would have been Dr. Martin Luther King, Jr.'s 90th birthday, his words inspire us to go forward and resist this administration's attempts to push our children backwards. I often quote his clear words the first time I heard him speak in person during my senior year of college in Spelman College's chapel: "If you cannot fly, drive; if you cannot drive, run; if you cannot run, walk; if you cannot walk, crawl. But keep moving. Keep moving forward." We must not miss a step in our march toward justice.

House Democrats Launch Effort to Strengthen Equal Pay Law

By EUGENE "JESSE" NASH IV
Capital News Service

WASHINGTON (Jan 30, 2019)—House Democrats on Wednesday introduced legislation to strengthen a decade-old equal pay law to ensure women are paid the same as men for the same jobs.

The bill has the support of every Democrat in the House, according to party leaders.

Although multiple laws have emerged over the past 50 years, hundreds of thousands of American women are still working every year for less money than their male counterparts in the same jobs, according to proponents of the equal pay bill.

House Majority Leader Steny Hoyer, D-Mechanicsville, said pay for women is "not where it needs to be."

"It is the work that is performed, it is the content of character, the content of performance that ought to be the criteria—not gender," he said at a Capitol Hill press conference.

Hoyer said he represented his three daughters, three granddaughters and two great granddaughters, along with every woman in his Maryland district.

More than a dozen speakers at the press conference, including House Speaker Nancy Pelosi, D-California and Reps. Alexandria Ocasio-Cortez, D-New York and Barbara Lee, D-California, all saluted the work of their predecessors in the fight for equal pay and emphasized that now is a critical time to secure more progress for the cause.

The new bill, proposed 10 years after the Lilly Ledbetter Fair Pay Act signed by President Barack Obama, is designed to "close more loopholes in the original 1963 equal pay act" and to give women a wider variety of options and better tools to use against employers who discriminate, according to Hoyer's office.

House Democrats are taking advantage of a moment of historical significance: the bill will soon be on the floor of a House with more women members than at any time in U.S. history. Pelosi said she wants to send the measure to President Donald Trump's desk by April 2, which is Equal Pay Day.

But the legislation's prospects in the Republican-controlled Senate are uncertain.

One loophole the bill seeks to address is the ability of employers to discriminate against female workers based on past wage histories, according to Ocasio-Cortez. The New York congresswoman also said the bill will encourage coworkers to share their salaries, thus enforcing equal pay at the micro level by making it legal to do so.

"For all of those who say the wage gap does not exist, or that it's a myth, then they should have no problem proving that," she said.

Ledbetter, a former Goodyear supervisor who sued her employer and for whom the 2009 fair pay law was named, said that more change is needed because "we cannot subject another generation of women, our daughters, our granddaughters to this injustice. We need to make equal pay a reality."

Pelosi said the act will "help women in the workplace have the opportunities that we all should."

Democratic women senators, including Elizabeth Warren of Massachusetts, Debbie Stabenow of Michigan, Patty Murray of Washington and Jeanne Shaheen of New Hampshire, said they supported the new bill.

Republican senators have not yet weighed in on the bill, but a similar measure was rejected by the GOP-run Senate in 2014.

Ocasio-Cortez said the Democrats' proposal sends a "powerful message to this country" that not just women, but all gender identities matter.

Maryland's Hoyer Says Another Shutdown is 'Off The Table'

By KATE CASEY and JAY CANNON
Capital News Service

WASHINGTON—(Jan 29, 2019) House Majority Leader Steny Hoyer of Maryland said Tuesday that a bipartisan group of lawmakers is working on a bill that would prevent the federal government from shutting down again.

President Donald Trump and congressional Democrats decided on a short-term agreement on Friday that temporarily opened the government until Feb. 15, pending negotiations over additional border security measures. The move allowed federal workers to go back to work and be compensated after the longest government shutdown in history idled them and deprived them of pay for 35 days.

Hoyer, D-Mechanicsville, told reporters at his weekly briefing that allowing the government to shutdown again after the three-week deadline is "off the table," adding later that making workers work for no pay is "un-American."

Despite a clear willingness to avoid another shutdown, Hoyer was vague about what House Democrats would agree to in talks with Republicans over border security.

"My advice to Congress is not to negotiate their deal in the context of public media," the Maryland congressman said.

Senate Majority Whip John Thune, R-S.D., said in Senate remarks Tuesday that it was time to test Democrats' "seriousness about legislating."

"Are they here in Congress because they actually want to find solutions to the challenges facing our country?" the senator asked. "Or are they here to score political points and oppose everything that the president says and does? The answer should become pretty clear over the next few weeks."

Hoyer announced that a bill will be unveiled Wednesday to

give a 2.6 percent cost-of-living adjustment for federal employees to help compensate for the shutdown. Roughly 800,000 government workers were furloughed or forced to work without pay for the duration of the historic shutdown.

"That's the least we can do to say to them: 'Obviously this shutdown has shown how very important your services are to the American people,'" Hoyer said.

Hoyer responded to claims by Trump that the president had spoken to congressional Democrats who were in support of the wall, with Hoyer saying, "there are different points of view of Democrats that would surprise you, just as there are different points of view that are held by Republicans."

"I frankly think we've shown over a long period

See ANOTHER SHUTDOWN Page A8

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Confused About Enrolling In Medicare and Social Security

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

Dear Rusty:

I will be 64 years old in 2019 and thinking about Social Security. My full retirement age is 66 and 2 months, and I'm trying to figure out the best way to get the most out of my retirement. I have a lot of questions, but just need to know the right direction to go. I've been told by family members that I have to sign up for Medicare by the age of 65 even though I can't get full benefits from social security until I am 66 and 2 months. I don't understand exactly how that works. Do I have to pay out of pocket for Medicare until my Social Security starts? Can my wife get benefits from me? Thanks in advance. *Signed: Confused*

Dear Confused: Medicare and Social Security are two independent benefit programs, even though you enroll in Medicare through Social Security. You do not need to enroll in both at the same time. You can wait until you reach your full retirement age, or up to age 70, to take your Social Security benefits, but age 65 is when you should enroll in Medicare for your healthcare coverage. You have a 7-month window to do that, starting 3 months before the month you turn 65 and ending 3 months after the month you turn 65.

If you have other "creditable" healthcare coverage from your or your spouse's employer, you can decline enrolling in Medicare Part B (coverage for doctors and other outpatient services) and thus avoid the Part B premium. Medicare Part A is free because you are also eligible for Social Security (but you don't need to claim SS to get Medicare Part A).

If you do not have other creditable healthcare coverage, you should enroll in both Medicare Part A and B at age 65 and, at that time, make arrangements with Medicare to pay the premium directly (2019 base premium is \$135.50/month), which can be done three different ways: You can set up an automatic payment from your bank, you can complete a form requesting Medicare to automatically debit your bank account on the 20th of each month, or you can be billed directly and pay by check, money order or credit card in three month increments using coupons they will provide. By enrolling in Medicare at age 65 you avoid any potential late enrollment penalty if you enroll later.

You can enroll in Medicare either online at www.ssa.gov, or by contacting your local Social Security office directly (find it at www.ssa.gov/locator). Then later, after you claim your Social Security benefits, Social Security will automatically deduct your Medicare Part B premium directly from your Social Security payment. At age 65, you should also seek creditable prescription drug coverage (known as Medicare Part D), because if you don't take a Part D plan within your initial enrollment period you'll be subject to a late enrollment penalty if you take a Part D plan later.

As for your wife getting benefits from you, I'm not clear if you're referring to Medicare benefits or Social Security benefits. If your wife isn't eligible for Medicare on her own (doesn't have enough Social Security credits) she can enroll on your record when she turns 65. If you are referring to your wife getting Social Security spousal benefits from you, she may be able to when you have started to collect your own benefit, if she is at least 62 and if any benefit she is due on her own is smaller than she is eligible for as your spouse.

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>.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Maryland Small Business Development Center Workshop

Whip Your Business Into Shape: 6 Steps To Creating A Powerful Marketing Strategy

February 8, 2019 • 1–3 p.m.
Bowie Business Innovation Ctr.
14000 Jericho Park Road, Rm 3100
Bowie, MD 20715
Cost: \$30

Register at <http://www.mdsbdc.umd.edu/>

Need to make your marketing more successful to grow your business and increase your sales? Let us help you develop marketing strategies, structure and systems for your small business.

This workshop will help you to:

- Define your target market
- Understand your competition
- Create a unique selling proposition
- Know how to generate leads
- Build a powerful website
- Use social media to grow your business

Quality Healthtech Solutions, Trammell Crow Co. And Meadow Partners Debut The Medical Pavilion At National Harbor

Ribbon Cutting Ceremony and Open House Held to Commemorate Deliver

By BRANDON ROSSOTTI
Cushman & Wakefield

WASHINGTON, DC (January 28, 2019) — Cushman & Wakefield, in partnership with Quality Healthtech Solutions, Trammell Crow Co. and Meadow Partners, announces the debut of The Medical Pavilion at National Harbor, a 95,000-square-foot, Class A medical office building serving National Harbor, a more than 300-acre master-planned community in Prince George's County. The pavilion's completion was commemorated with an open house and ribbon cutting ceremony on January 16th. Attendees included Prince George's County officials such as David Iannucci, President and CEO of the Economic Development Corporation, physician tenants of the building, and members of the region's healthcare and commercial real estate community.

"We are thrilled with the caliber of healthcare providers that have selected The Medical Pavilion as their newest location, and excited to offer them an unrivaled platform to grow their practices," commented Terrence Fullum, MD, President and CEO of Quality Healthtech Solutions.

"With the majority of Prince George's County residents currently receiving their healthcare outside of the county, The Medical Pavilion is strategically positioned to meet a pent-up demand for a high-quality patient experience within the community," said Eric Fischer, Manag-

ing Director with Trammell Crow Companies.

The Medical Pavilion at National Harbor offers front desk concierge and security, valet parking, covered patient drop-off, and high-end finishes throughout. It currently has 30,000 square feet of availability after a successful preleasing program that attracted tenants including a regional hospital system, ambulatory surgery center, primary care, and several specialists including orthopedics, radiology and dermatology.

Cushman & Wakefield's Matt Sullivan, Lindsey Groom and Kirsten Ryan lead leasing efforts for the property, which is located

at 201 National Harbor Boulevard. Cushman & Wakefield manages the building as well.

Cushman & Wakefield (NYSE: CWK) is a leading global real estate services firm that delivers exceptional value for real estate occupiers and owners. Cushman & Wakefield is among the largest real estate services firms with 48,000 employees in approximately 400 offices and 70 countries. In 2017, the firm had revenue of \$6.9 billion across core services of property, facilities and project management, leasing, capital markets, valuation and other services. To learn more, visit www.cushmanwakefield.com or follow @CushWake on Twitter.



PHOTOGRAPH COURTESY CUSHMAN & WAKEFIELD

From L to R: Lindsey Groom, Cushman & Wakefield; Issa Yusef, MD, Quality Healthtech Solutions; David Iannucci, Prince George's County Economic Development Corporation; Lenford Smith, Quality Healthtech Solutions; Monique Anderson Walker, Prince George's County Council District 8; Terrence Fullum, MD, Quality Healthtech Solutions; Pradeep Ganduly, MD, Prince George's County Economic Development Corporation; Eric Fischer, Trammell Crow Companies; Jeff Jeffers, Trammell Crow Companies; Matt Sullivan, Cushman & Wakefield



PROJECT OPPORTUNITY

Free Entrepreneur Training For Veterans

Is Entrepreneurship the right choice for you?

Do you have a business idea but not sure where to start?

Do you have a business and want to take it to the next level?

Project Opportunity is an intensive curriculum based 10-week cohort program. Through grants and community business support this program is FREE to all veterans, active duty, and reserve personnel. The curriculum and material are facilitated by small business professionals and subject matter experts. The program concludes with a formal business pitch on Tuesday June 4, 2019.

Training Includes:

- ★ Assessing Your Business Idea
- ★ Marketing Analysis
- ★ Financing and Financial Management
- ★ Business Structure and Taxes
- ★ Development of a Business Plan

Employ Prince George's
Classes will be held at: 1801 McCormick Drive, Suite 140
Largo, Maryland 20774

Tuesdays 6:30 - 9:30 pm.
March 26 - May 28, 2019

Want to know more?
Register for the Project Opportunity Prince George's County, Spring 2019 orientation session at

www.project-opportunity.com/class-registration

The orientation will be held on Tuesday, March 5, 2019 from 6:30-8:30 PM at Employ Prince George's, Inc., 1801 McCormick Drive, Suite 140, Largo, Maryland 20774.



Project Opportunity is a free entrepreneurship-training program, which has been designed solely for veterans who want to start or grow their own business. The program is a 10-week (30 hour) instructor lead intensive course designed to prepare participants in business planning and operations. Project Opportunity utilizes the NxLevel Micro-Entrepreneur Curriculum which is a nationally recognized entrepreneurship training program and supplements the material with presentations by local subject matter experts in topics such as Market Analysis and Planning, Cash Flow Analysis and Management, Credit for Small Businesses, Commercial Insurance, Business Structure, Web Site Design, and procurement opportunities on the state and federal levels for veteran owned businesses. For more information, visit WWW.Project-Opportunity.COM



OUT on the TOWN

Calendar Spotlight

Selected February Events at The Prince George's Publick Playhouse:

Mixed-Media Collage Quilt Paintings by Curtis Woody
Date and Time: On display through Saturday, March 16, 2019
Description: Curtis Woody is a mixed-media collage painter who draws inspiration from historical connection points that join together individuals, families, generations, and communities. He creates highly textured and intricately detailed original art pieces intended to breathe new life into and enhance the unique characteristics of a common historical heritage.

Cost: FREE
Ages: All ages are welcome

Catherine Russell

Date and Time: Sunday, February 10, 2019, 4–6 p.m.
Description: With her sixth album "Harlem on My Mind," Grammy Award-winning vocalist Catherine Russell journeys to the blues heart of the great African American songbook. Swinging forth with soulful interpretations, Russell taps the golden age of Harlem, as befits this vibrant daughter of jazz. Vocalists Ethel Waters, Billie Holiday, Etta James, and Dinah Washington provide her inspiration. Russell is a native New Yorker and a one-of-a-kind musician and vocalist. Russell's voice and music have been a hit at major jazz festivals, including Montreal's, Newport's, and Monterey's, and she is a genuine rare jazz and blues singer. In 2012, Russell won a Grammy Award for the "Boardwalk Empire" soundtrack album.

Cost: \$25/person; \$20/person for seniors, students, and groups of 20 or more. Purchase tickets through Parks Direct
Ages: All ages are welcome

North by Night: More Heroes of the Underground Railroad

Date and Time: Tuesday, February 12, 2019, 10:15–11:15 a.m. and 12–1:00 p.m.

Description: Follow the journey of brave men and women who risked it all to travel north and help others escape the terrors of slavery. Meet some familiar names and many more who have gone mostly unnoticed by history—until now! This Bright Star Theatre show features William Still, Sojourner Truth, William Lloyd Garrison, and others.

Cost: \$8/person; \$6/person in groups of 20 or more
Ages: Recommended for grades 3–8.

Platinum Series: Valentine's Day Concert Featuring The Softones

Date and Time: Thursday, February 14, 2019, 11 a.m.–12:30 p.m.
Description: In the early 1970s, Baltimore was a wellspring of soulful sound, and The Softones were at the forefront. Marvin Brown, Elton Lynch, and Steve Jackson started singing in their early teens as The Softones. With Brown as their lead singer, The Softones' first recording was a local effort called "Any Street," which outsold the Jackson 5's "ABC" in the Baltimore-Washington area. This got the attention of AVCO Embassy Records, which signed The Softones and released the single that became their first hit, "My Dream." Brown, Lynch,

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Publick Playhouse

PHOTO CREDIT: CINEMATREASURES.ORG

Known for its comfortable, inviting space and great acoustics, the **Publick Playhouse** is one of the best performing arts venues in the greater Washington, DC area. Since 1947, the richly historic Playhouse continues to serve as a popular venue for music and modern dance, musical theater, historical drama, educational programs and monthly events for seniors. With its ornate sky scene and plush seating for 494, the theatre is one of the two surviving Art Deco theatres in Prince George's County. Box office hours are Monday through Friday, 10 a.m. to 5 p.m. and two hours before every performance. Everyone, regardless of age, must have a ticket, including children on parents' lap. Tickets may be ordered over the phone by calling the Box Office at 301-277-1710. The Publick Playhouse is owned and operated by the Prince George's County Department of Parks and Recreation.

The Prince George's Publick Playhouse: 5445 Landover Road, Cheverly, MD 20784 • 301-277-1710, TTY: 301-699-2544 • <http://arts.pgparcs.com>

and Jackson continue to perform in the inimitable style unique to vocalists who really love classic rhythm and blues music.

Cost: \$10/person
Ages: For Seniors ages 60 and better

Luther Re-Lives!

Date and Time: Saturday, February 16, 2019, 8–10 p.m.
Description: Everyone has a favorite Luther Vandross song; what's yours? Bring your special someone to Playhouse for this Valentine weekend treat. William "Smooth" Wardlaw embodies the sound and style of Vandross and wraps it up with his own distinctive flavor. So, close your eyes for a moment and listen. Do you hear Luther Vandross? Wardlaw is a great singer and fantastic entertainer. With his Feisty Divas and The Sensation Band, he is burning up the country to sold-out audiences. He has a striking resemblance to the late, great Vandross; he looks like, talks like, laughs like, has mannerisms like, and YES...SINGS LIKE LUTHER VANDROSS!

Cost: \$25/person; \$20/person for seniors, students, and groups of 20+
Ages: All ages are welcome

Publick Playhouse Contact: 301-277-1710; TTY 301-699-2544

Calendar of Events

February 7–February 13, 2019



Frederick Douglass
BICENTENNIAL CELEBRATION

Banneker-Douglass Museum

**Frederick Douglass
Bicentennial Celebration**
Saturday, February 9, 2019, 6–10 p.m.

Watch: <https://youtu.be/e3o1n8qsaBo>

Description: In February of 2018, Governor Larry Hogan signed a proclamation declaring 2018 as the "Year of Frederick Douglass" to honor the 200th anniversary of Maryland's own, abolitionist, writer, and orator. Join us for the culminating celebration where we celebrate his life and legacy. Special guest speaker: Kenneth B. Morris, Frederick Douglass descendant and Founder of Frederick Douglass Family Initiatives.

Cost: FREE. Register at bdmusem.maryland.gov/events/
Ages: All ages are welcome

Banneker-Douglass Museum,
84 Franklin Street, Annapolis, MD 21401
410-216-6180

Annual Black History Month Exhibition: Moving Out, Moving In, Moving Up

Date and Time: Until February 28, daily 10 a.m.–5 p.m.
Description: This exhibit explores the factors spurring black migration and immigration as well as the resulting changes in society on the national, regional, and local levels. This exhibit is curated by the M-NCPPC Black History Program.

Cost: FREE
Ages: All ages are welcome
Location: Montpelier Arts Center, 9652 Muirkirk Rd, Laurel, MD 20708
Contact: 301-377-7800; TTY 301-699-2544

Black History Month Talent Showcase

Date and Time: Saturday, February 9, 2019, 1–3 p.m.
Description: This talent showcase includes dancing, poetry readings, songs, and expression. Light refreshments will be served.
Cost: FREE
Ages: All ages are welcome
Location: Southern Technical/Recreation Center, 7007 Bock Road, Fort Washington, MD 20744
Contact: 301-446-3436, pgparcs.com

Unshrink My Heart Valentines Workshop

Date and Time: Saturday, February 9, 2019, 2–4 p.m.
Description: Our annual Valentine's workshop with an 80's twist! Create handmade Valentine keepsakes for your loved ones using Shrinky Dinks amazing, shrinkable sheets. Craft your own jewelry, key chains, and any other Valentine's Day gift you can imagine. Children will receive their first two sheets of blank Shrinky Dinks free! Additional sheets will be available to purchase for \$.50 each.
Cost: Free
Ages: All ages are welcome
Location: Brentwood Arts Exchange, 3901 Rhode Island Avenue, Brentwood, MD 20722
Contact: 301-277-2863; TTY 301-699-2544

Unspoken Stories

Date and Time: Saturday, February 9, 2019, 3 and 7 p.m.
Description: The Taratibu Youth Association (TYA) celebrated Black History Month telling the unspoken stories of perseverance, resistance and freedom. TYA uses song, poetry, dance and music to tell the stories of perseverance by Anarcha, Betsy and Lucy, slave youth that underwent multiple surgeries by James Marion Simms, without anesthesia; the South African resistance against apartheid, the resistance of color and class in Brazil; to the struggles for freedom of African Americans.
Cost: General Seating: \$30.00, theclarice.umd.edu
Ages: All ages are welcome
Location: Clarice Smith Performing Arts Center, University of Maryland, College Park, MD 20742
Contact: 301-405-2787

A Visit With Miss Harriet

Date and Time: Saturday, February 9, 2019, from 4–5:30 p.m.
Description: Surratt House Museum invites you sit a spell with the elderly Harriet Tubman during this first-person presentation by Ms. Cleo Coleman. In this presentation, Tubman reminisces over the events that formed her life of service before, during, and after the American Civil War. **Guests are encouraged to arrive early, as seating is first come, first served.**
Cost: FREE
Ages: All ages are welcome
Location: Surratt House Museum, 9118 Brandywine Road, Clinton, MD 20735
Contact: 301-868-1121; TTY 301-699-2544

Xtreme Teens: Black History Trivia!

Date and Time: Saturday, February 9, 2019, 7–10 p.m.
Description: Come test your Black History knowledge with a variety of games and activities! You can bring your own team, but do they have enough to win?! We will see!
Cost: FREE! with M-NCPPC ID
Ages: 10–17
Location: Kentland Community Center, 2413 Pinebrook Avenue, Landover, MD 20785
Contact: 301-386-2278; TTY 301-699-2544

Soul Child: A Black History Month Musical Celebration

Date and Time: Saturday, February 9, 2019, 7:30 p.m. and Saturday, February 16, 2019, 7:30 p.m.
Description: Enjoy an evening of music, dance, and more. Featuring

continued on A7

ERIC D. SNIDER'S IN THE DARK Movie Review

Destroyer

Destroyer
Grade: B+
Rated R, a lot of harsh profanity, some strong sexuality, moderate violence
2 hrs.

"Destroyer" begins with a bedraggled, hungover L.A. police detective being summoned to a crime scene: a man with a distinctive tattoo on the back of his neck shot dead, surrounded by ink-stained money. The weathered detective, Erin Bell, played by a severely de-beautified Nicole Kidman, tells her colleagues she might know who did it. When she gets back in her car, we see that she used to have the same tattoo.

More intriguing details pile up quickly in this grimy, darkly comic neo-noir from director Karyn Kusama ("Girlfight," "Jennifer's Body") and screenwriters Phil Hay and Matt Manfredi, who also penned Kusama's last movie, "The Invitation" (you should see "The Invitation"). Det. Bell interprets the inky cash as a message that a scumbag named Silas (Toby Kebbell)—whose gang of bank robbers she once infiltrated on an undercover assignment with fellow cop Chris (Sebastian Stan)—is back in town, so she

starts tracking down his associates. It's one of those stories where nobody knows where he is, so Bell has to strong-arm a series of lowlifes into telling her what they do know so she can piece it together. (Bradley Whitford has an amusing scene as a criminal "fixer" whom Bell in-

timidates at his Hollywood Hills mansion.)

Aiding Bell in her strong-arming is the fact that she is, as the kids say, out of effs to give. In the present, she has a resentful 16-year-old daughter, Shelby (Jade Pettyjohn), who has a sleazy older boyfriend (Beau Knapp) whom Bell is this close to just murdering. ("I don't care what happens to me," she tells him, which he probably thinks is a bluff but which we have seen is absolutely true.) Flashbacks explain what went wrong in the old undercover assignment, and how it made Bell into the weary, cynical ballbuster she is today. Each former acquaintance she finds (none of whom

are glad to see her again) reminds her more about how much she's lost. You don't want to be on this woman's bad side, but that's where pretty much everyone is.

Kidman's haggard appearance is the work of the hair and makeup department, but the character's exhilarating free-fall into self-destruction is all Kidman. I sometimes forget, with all the delicate roles she plays, how great she is when she gets her face dirty and her knuckles bloody. Her intensity as Erin Bell is fearsome and funny, and the clever screenplay is structured so that we're still learning new information about her right up to the end.



ROTTENTOMATOES.COM

Destroyer follows the moral and existential odyssey of LAPD detective Erin Bell who, as a young cop, was placed undercover with a gang in the California desert with tragic results. When the leader of that gang re-emerges many years later, she must work her way back through the remaining members and into her own history with them to finally reckon with the demons that destroyed her past.

continued from A6

Calendar of Events

the youth performing arts group COLOURS, the Oh! Ballet Arts Academy, and special art installation by Bowie State University.
 Cost: \$10 Adult; \$5 child; \$7 groups of 12+
 Ages: All ages are welcome
 Location: Bowie Center for the Performing Arts, 15200 Annapolis Rd., Bowie, MD
 Contact: 301-805-6880, bowiecenter.org

HyBall 2019: "Heartbreaker"

Pyramid Atlantic Nontraditional Fundraiser

Date and Time: Saturday, February 9, 2019, 8 p.m.

Description: Pyramid's Nontraditional fundraiser tackles Valentine's Day and your heart may not be able to take it... Whether you find this holiday sweet or saccharine, we've got you covered. Get dirty in our studios to create sincere or sarcastic valentine swag. Keep the blood pumping as DJs fight to win your heart. See some action in our silent auction full of quirky, flirty items and experiences. Seek advice from "the love doctor" or heck get married... she's licensed. Tempt yourself with bars of all kinds... boozy and chocolatey. Fly solo or bring your valentines, gal-entines, and pal-entines. We don't judge. All proceeds benefit the programs and facilities of Pyramid Atlantic.

Cost: \$40 Swingin' Single Ticket; \$150 Big Love Party Pack, is for 5 attendees. Tickets at www.pyramidatlanticartcenter.org/hyball2019

Ages: Adults

Location: Pyramid Atlantic Art Center, 4318 Gallatin Street, Hyattsville, MD 20781

Contact: 301-608-9101

Expressions of a People Festival

Date and Time: Sunday, February 10, 2019, 1-6 p.m.

Description: You're invited to our Black History celebration featuring musical performances, children's activities, workshops, and entertainment for the entire family! This year we welcome back some of our regular favorites, including warm and engaging greeter and storyteller, Baba-C, and the always-popular Culture Queen, Jessica Smith. Activities will include mask making, face painting, a caricaturist, a make-and-take pottery workshop and a S.T.E.A.M. workshop and our performance on stage is sure to please.

Cost: FREE!

Ages: All ages are welcome

Location: Harmony Hall Arts Center, 10701 Livingston Road, Fort Washington, MD 20744

Contact: 301-203-6070; TTY: 301-699-2544

Honoring Emily Saunders Plummer

Date and Time: Sunday, February 10, 2019, 1:30-3 p.m.

Description: Join us for this Black History Month program that brings the story of Emily Saunders Plummer to life, and celebrates her entry into the Maryland Women's Hall of Fame with an illustrated lecture by Dr. Leigh Ryan. History will unfold right before your eyes—don't miss out!

Cost: Adult: \$5; Senior: \$4; Student: \$2 includes a tour of the historic house!

Ages: 8 and older

Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

Contact: 301-864-0420; TTY 301-699-2544, riversdale@pgparks.com

Teddy Bears Picnic

Date and Time: Sunday, February 10, 2019, 3-4 p.m.

Description: A Valentine themed indoor picnic, with stories, songs, dances, and activities for your little one to share with a favorite plushie friend.

Cost: FREE!

Ages: For families

Location: Old Parish House, 4711 Knox Rd, College Park, MD 20741

Contact: info@cpae.org

Fairy Tale Fun

Date and Time: Tuesday, February 12, 2019, 10-11 a.m.

Description: Stories, snack and a craft.

Cost: Free

Ages: Ages 2-5, with an adult

Location: Belair Mansion, 12207 Tulip Grove Dr., Bowie, MD 20715

Contact: 301-809-3089 or museumevents@cityofbowie.org.

Book and Film Discussion: "Mudbound"

Date and Time: Tuesday, February 12 and Tuesday, February 19, 2019, 7-9 p.m.

Description: Join us for a two-part book discussion and a film viewing. We will discuss the book and movie "Mudbound". The international bestseller, now a major motion picture from Netflix, "Mudbound", is based on two Mississippi families 'one black, one white' that confront the brutal realities of prejudice, farming, and friendship in a divided World War II era. These discussions will be led by Dr. Karen Arnold, former poet-in-residence at Montpelier Arts Center and discussion moderator for multiple literature groups throughout the DMV area.

Cost: FREE!

Ages: Adults

Location: Montpelier Arts Center, 9652 Muirkirk Rd, Laurel, MD 20708

Contact: 301-377-7800; TTY 301-699-2544

Black History Month Film Series presents, "Slam"

Date and Time: Wednesday, February 13, 2019, 7-10 p.m.

Description: Raymond "Ray" Joshua (played by Saul Williams) is a young man from Southeast D.C. Despite his innate gift for poetry and his aspiration to be a rapper, he finds it difficult to escape the pressures of his surroundings: violence and drug dealing. Joshua Ray is a small-time convicted dealer who discovers his gift for verbal expression through prison poetry teacher Lauren. Released on bail, he becomes a top reciter at the competitive meetings and events, but he still has to decide whether to turn his friends in, in return for a shorter sentence and the chance of a relationship with Lauren, or take the rap and 10 years.

Cost: FREE!

Ages: Movie is rated "R". Parental consent is recommended for ages 17 and younger.

Location: Brentwood Arts Exchange, 3901 Rhode Island Avenue, Brentwood, MD 20722

Contact: 301-277-2863; TTY 301-699-2544

Symphony of the Potomac to Observe Black History Month Music of George Walker and Florence Price Featured on February 10

Performance Free to Federal Employees and Contractors

By ILENE KLINGHOFFER

Symphony of the Potomac

George Walker's Lyric for Strings and Florence Price's Symphony No. 3 are featured on the Symphony of the Potomac's next program, *From the Gilded Age to the Jazz Age and Beyond*, Sunday, February 10, 3:00 p.m. at the Cultural Arts Center, Montgomery College, in Silver Spring. Under the baton of Music Director Joel Lazar, the program will also include George Whitefield Chadwick's *Jubilee* and George Gershwin's *An American in Paris*.

George Walker, a native of Washington, DC, took a three-pronged approach to his career: he was a composer, teacher, and internationally-known pianist and organist. Walker was the first African-American to receive the Pulitzer Prize for Music, earn a doctorate at the Eastman School of Music, and perform as an instrumentalist at New York City's Town Hall. *Lyric for Strings*, originally titled *Lament*, was premiered by the student orchestra at the Curtis Institute of Music in 1946, while Walker was a graduate student there. It was written shortly after his grandmother died, and is dedicated to her. In referencing *Lyric for Strings*, WQXR, New York's classical radio station, notes on its website, "The short work moves at a stately pace from an opening downward interval, and makes its effect through steady growth of texture and intensity before reaching a serene close."

Florence Price had a very different kind of career. As an American-educated, African-American woman in a business that heavily fa-

vored European-educated white men, her career went forward in fits and starts, as she moved around the country. Though her *Symphony in E minor* was performed by the Chicago Symphony Orchestra—the first time any major American orchestra had played a symphony by an African-American female—and several other orchestras, her symphonic music was largely passed over for her vocal arrangements of spirituals and other smaller works. To make ends meet, she worked as a silent-film organist, a music teacher, and, under a pseudonym, as an advertising jingle writer.

In 2009, a forgotten stash of Price's manuscripts was found in an Illinois home slated for demolition, and a revival of her music began. Among the revived works, though not part of the newly-found manuscripts, was Price's *Symphony No. 3*. It was commissioned by the Works Progress Administration's Federal Music Project, and premiered by the Detroit Civic Orchestra in 1940. The symphony was well-received, and J. D. Callaghan of the *Detroit Free Press* wrote: "Mrs. Price...spoke in the musical idiom of her own people, and spoke with authority. There was inherent...emotional warmth...[and] the evening became one of profound melody satisfaction....[There is] a slow movement of majestic beauty, a third in which [African-American rhythms] found scope in a series of dance forms, and a finale which swept forward with great vigor."

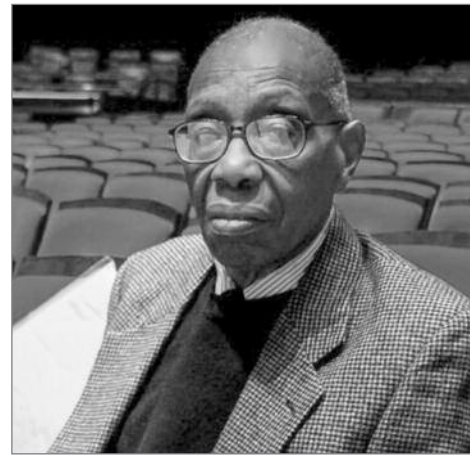
Advance tickets to the performance, \$15 (adults), \$5 (student/youth under 18), and \$10 (groups of 10 or more), plus a nominal service charge, are available from BoxOfficeTickets.com until February 9. Tickets purchased at the door are \$20 (adults), \$17 (adults over 65), and

\$5 (students with ID/youth under 18).

Federal employees and contractors will be admitted at no charge.

"Even though federal employees and contractors are back at work, many are still under financial pressure," said Music Director Lazar, who added, "The Symphony of the Potomac is inviting them to our February 10 concert, both to thank them for their continued service, and to help them decompress for a few hours."

To take advantage of this invitation, Federal employees and contractors are asked to send an email to queries.sotp@gmail.com, with their full name and the number of adult and children's tickets they are requesting. They may pick up the tickets at the door immediately prior to the performance by showing their federal employee or contractor ID. Two adult and two children's tickets may be requested for each ID shown.



PHOTOGRAPH CREDIT: FRANK SCHRAMM
George Walker

Earth TALK™ What is The New Green Deal Anyway?

Dear EarthTalk:

What is the so-called Green New Deal proposed by Alexandria Ocasio-Cortez, and is Congress likely to go for it?

—Mark Talarico, Brooklyn, NY

The concept of a "Green New Deal" (GND), first called for in a 2007 *New York Times* op-ed by Thomas Friedman, has been in the news lately thanks to a protest outside of Nancy Pelosi's office in mid-November a week after the 2018 mid-term elections when Democrats took back the House. The goal of the GND is to put America at the forefront of green technologies to meet or exceed our Paris climate treaty commitments while boosting the economy and reducing economic inequality.

Think of it as like President Franklin Delano Roosevelt's original "New Deal" that helped get Americans back on their feet economically after the Great Depression through the creation of millions of federally-funded jobs that not only employed people but boosted U.S. economic productivity. The GND aims to give Americans a leg up in profiting off the transition to greener energy sources while simultaneously reducing the divide between the haves and have-nots.

At that November protest, hundreds of activists affiliated with the so-called Sunrise Movement showed up to call on Pelosi to back omnibus economic stimulus legislation that would put millions of Americans to work on facilitating the transition to an economy powered by 100 percent renewable, emissions-free energy. Later that day incoming Congresswoman Alexandria Ocasio-Cortez showed her support by proposing the creation of a new House Select Committee on a Green New Deal tasked with

detailing a "national, industrial, economic mobilization plan capable of making the U.S. economy 'carbon neutral' while promoting 'economic and environmental justice and equality'."

"There are so many different progressive issues that are important, and climate change and addressing renewable energy always gets to the bottom of the barrel," Ocasio-Cortez told *The Intercept*. "That can get kicked from session to session and so what this just needs to do is create a momentum and an energy to make sure that that it becomes a priority for leadership."

At least 45 House members have expressed support for the GND, while eight likely Democratic presidential candidates (including Jay Inslee, Cory Booker, Kamala Harris, Bernie Sanders and Elizabeth Warren) are also behind it. And with the majority of Americans favoring taking strong action against climate change even if it means higher taxes, implementing some of kind of GND seems like a no-brainer.

But environmentalists might not want to hold their breath. For starters, Ocasio-Cortez's proposal for the creation of a new House Select Committee on a Green New Deal won't be ready for a full House

vote until 2020. Also, just because 40 members of Congress are supportive now doesn't say anything about where the other 395 Congresspersons stand, let alone the 100 members of the still-Republican-controlled Senate. Meanwhile, conservative critics point out that a Green New Deal could actually hurt the economy more than help it given how reliant we are on abundant and cheap fossil fuels. Even some liberals worry that the GND is trying to bite off more than we can chew. Only time will tell if something like the GND will become the law of the land—and many greens are keeping their fingers crossed.


CONTACTS: Thomas Friedman's "A Warning from the Garden," <https://goo.gl/zQ324A>; Sunrise Movement, www.sunrisemovement.org; Alexandria Ocasio-Cortez, ocasio-cortez.house.gov.

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.



IMAGE CREDIT:

Congresswoman Alexandria Ocasio-Cortez is pushing for the creation of a new House Select Committee on a Green New Deal to detail a "national, industrial, economic mobilization plan capable of making the U.S. economy 'carbon neutral' while promoting 'economic and environmental justice and equality'."






RADON ACTION MONTH

Radon is the leading cause of lung cancer deaths among nonsmokers in America," the EPA states. Even if you can't see, smell or taste this gas, you can protect your home and family with these tips.

- Test your home for radon with easy, inexpensive and quick tests. Test kits can be purchased from home improvement stores or the National Radon Program Services Program.
- Find a licensed provider to test or fix your home for radon, if found, by visiting Maryland Department of the Environment at bit.ly/MDEradon.
- Looking to buy a new home? Ask if the builders used radon-resistant new construction.
- For more information about radon, visit www.epa.gov/radon



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Wednesday Prayer Service 8p.m.

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Physical Activity from A1

Luedtke said schools have changed their priorities based on academic subjects the federal government measures and tracks.

"It's natural that schools would de-emphasize some of these things," said Luedtke.

Walker said making the change to P.E. policy would save money down the road, by helping prevent health care issues.

A 2018 CDC report found 60 minutes of physical activity a day helps prevent obesity. The report also cited a Washington State Institute for Public Policy study that determined increased physical activity boosts academic achievement.

"The parents think they're getting the P.E. in school, but they're really not, so we need to bring it back," said Walker.

Walker, who was a National Football League quarterback for the New England Patriots in 1994, said 90 minutes of physical education a week helps with test taking, physical being and wellness.

"It teaches you about how to socialize, how to be competitive, how to have confidence and how to overcome," Walker said.

Partnership Grant from A1

support Ready for Work, and it was important for us to continue this critical program dedicated to improving the lives of young people. We are pleased to partner again with VPP and the Council congratulates the selected nonprofit participants."

"Venture Philanthropy Partners is pleased to continue our partnership with the Prince George's County Council to strengthen nonprofits serving youth in the community," said Venture Philanthropy Partners President and CEO Carol Thompson Cole. "This initiative allows more local nonprofits to increase their ability to help more young people from Prince George's County succeed."

Nonprofits will receive support to become high-performing organizations, and be provided the opportunity to strengthen grant writing, management and report writing skills and capacities. Each nonprofit will compete for mini-grants to further enhance select organizational and programmatic capacities. The program will also focus on strengthening the boards of the participating organizations.

Another Shutdown from A4

of time that the Democratic Party has significantly greater unity within its ranks," Hoyer said. "It does not mean we don't have differences of opinion" over the border wall, "unlike Republicans, who have continually displayed significant and ongoing disunity within their caucus."

Amid a particularly volatile stock market, Hoyer emphasized that preventing another shutdown remains the House Democrats' top priority.

"My message is not to Wall Street, my message is to the president of the United States, in particular, to stop creating crisis on a daily basis and uncertainty on a daily basis, which is destabilizing the economy and destabilizing the trust that people have around the world in the stability of the United States," Hoyer added.

Trump stated on Friday that if there is insufficient funding for a border wall by Feb. 15, another shutdown could be in order.

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MPT Presents *Fighting Opioids Today: Maryland Communities* On Saturday, February 9

Program Looks at Battle Against Opioid Addiction and Progress Being Made in Maryland to Restore Lives

By KATIE KUEHN
MD Before It's Too Late

ANNAPOLIS, MD (January 31, 2019)—Maryland Public Television (MPT) will broadcast the program *Fighting Opioids Today: Maryland Communities* on MPT-HD on Saturday, February 9 at 7:30 p.m. as part of the statewide public TV network's annual Addiction & Recovery slate of programs. The film is a production of MPT in association with the Opioid Operational Command Center and the Maryland Department of Health's Behavioral Health Administration.

In a state where approximately six people die each day from opioid overdoses, the program provides insights into how Maryland healthcare providers, treatment programs, law enforcement, fire departments, and state and local government agencies are taking bold steps to address this public health crisis. A 30-second preview can be viewed at this link.

The half-hour program tells compelling stories of hope, resilience, healing, and recovery from across Maryland highlighting the growing number of resources available to individuals and families affected by opioid addiction. Among these stories, the film introduces viewers to people on the front lines of efforts to address the problem. *Fighting Opioids Today: Maryland Communities* shares the experiences of:

- a mother from Kent County, now a family peer support specialist, who is turning the personal anguish of losing her son to addiction into positive action
- a dedicated Baltimore City police officer, who lost a brother to addiction, addressing the heroin/ opioid addiction crisis in the city through the new Law Enforcement Assisted Diversion (LEAD) program
- individuals in recovery with the help of a peer recovery coach at Medstar Franklin Medical Center in Baltimore County
- firefighters in Anne Arundel County; people can go to county fire houses to seek treatment for substance use disorder
- a counselor and peer recovery coach at the Harford County Health Department assisting men and women in recovery

"As the heroin and opioid epidemic continues to ravage our state, there are also signs of encouragement," said Steve Schuh, executive director of the Opioid Operational Command Center. "Fighting Opioids Today reminds us that all of our communities are working together to fight this crisis and to save the lives of Marylanders."

Schuh was appointed executive director in December, following the departure of Clay Stamp.

Before It's Too Late is the state's effort to bring awareness to this epidemic and to mobilize resources for effective prevention, treatment, and recovery. Marylanders grappling with a substance use disorder can find help at BeforeItsTooLateMD.org or by calling 211 and pressing 1. Individuals also can call 211 and press 1 or text their zip code to 898-211 to speak with knowledgeable crisis call specialists. For MPT's full program lineup, visit mpt.org/schedule/ or use this link to download a digital version of the February Program Guide.

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