

The Prince George's Post



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PHOTOGRAPH CREDIT CATRILIA WATSON

Step Into My World—A Women's History Celebration

By J. JOY "SISTAH JOY" MATTHEWS ALFORD
Prince George's County Poet Laureate

The Prince George's Office of the Poet Laureate partnered with Joe's Movement Emporium on Saturday, March 30, to present "Step Into My World," a Women's History Month celebration. The free family-friendly afternoon affair was the 3rd in a series of 9 arts-based events being presented throughout the county during 2019 to engage Prince Georgians in poetry as well as cultural and literary expression.

Like each of its two predecessors, this month's event highlighted poetry, music and more. The rhythmic drumming and soothing vocals of Djembe drummer, Doc Powell, welcomed guests as they arrived. Additionally, a fabulous on-stage display of visual art by and about women, curated by DMV League of Artists curator, Keiona Clark, captured the eye and heart of guests as they entered the Great Hall of Joe's Movement Emporium. The display created the perfect setting for the performances to come. Following welcome remarks by County Poet Laureate, Sistah Joy, and PGAHC Executive Director, Rhonda Dallas, Former County Council Chair and county icon, Dorothy F. Bailey, offered a special "women's history" welcome to guests.

The occasion then transitioned to a surprise moment of recognition as Sistah Joy and Executive Director Dallas presented a custom framed Certificate of Recognition, complete with photo

insert, to Ms. Bailey for her years of service, leadership, vision and support of the arts. With an exuberant and engaged audience of poets and poetry enthusiasts, the celebration continued with a stellar performance by Soprano, Karen Wiggs-Wilbanks and outstanding poetry by Youth Poetry Ambassador, Kaliyah Greene; County Poet Laureate, Sistah Joy; and Featured Poet, Dyone Massey Mitchell. Taratibu Youth Association, an incredible troupe of dancer/singer/spoken word artists, wowed the audience with their powerful lyrics, precision dance and step formations. Event photographer, Catrilia Watson captured photos; see our photo album at <https://www.pgahc.org/gallery>.

Members of the community then presented engaging poetry during the open mic and final segment of the celebration, which closed with a group photograph of presenters, a series tradition documenting the event.

The Poet Laureate Reading Series, which takes place monthly, presents featured poets and youth poetry ambassadors, music and visual arts, is traveling throughout Prince George's County's nine Councilmanic Districts, and is hosted by County Poet Laureate, J. Joy "Sistah Joy" Matthews Alford.

The next event in this free arts series, "Steel Pans & Poetry" will take place from 7-9 p.m., Saturday, April 27 at the Metropolitan Event Center, 9109 Piscataway Road, Clinton, MD 20735. The community is invited to attend.

In Tribute to Henrietta Lacks, Maryland Democrats Ask Study on Cancer Trials Access

By ALEX RYCHWALSKI
Capital News Service

WASHINGTON (April 3, 2019)—Maryland Democrats have introduced legislation honoring Henrietta Lacks' legacy by examining the access underrepresented groups have to government-funded cancer clinical trials.

The Henrietta Lacks Enhancing Cancer Research Act directs the Government Accountability Office to publish a report scrutinizing the entry barriers traditionally underrepresented groups face when trying to participate in clinical trials.

The measure is cosponsored by Maryland Democratic Sens. Chris Van Hollen and Ben Cardin and Democratic Reps. Elijah E. Cummings of Baltimore, Dutch Ruppersberger of Timonium, and John Sarbanes of Towson.

"Henrietta Lacks—and the contribution of her unique cells—have allowed for huge advances in medical research that have saved countless lives," Van Hollen said in a statement. "In addition to recognizing her story, we also must work to make sure that all people—especially those from often marginalized communities—are represented in cancer trials and ultimately get the treatment they deserve."

Lacks, an African-American Baltimore native, died of cervical cancer in 1951.

She was treated at the Johns Hopkins Hospital, where doctors sampled her tumor, from which the HeLa line was created. The line was the first set of cells to survive outside the body and played a pivotal role in the development of the polio vaccine and treatments of cancers and HIV/AIDS.

But neither Lacks nor her family were ever informed of her cells' use until after her death. The Democrats' new legislation seeks to honor her by addressing the barriers marginalized people face when seeking cancer treatment.

"Millions of people have benefited from her remarkable HeLa cells and their contributions to medicine," Cummings said in a statement. "However, while the cell line became famous, the woman who provided it was not recognized—a disparity that is wrong, and sadly affects far too many women of color."

Alfred Lacks-Carter Jr., Lacks' grandson, believes the proposed legislation succeeds in celebrating his late grandmother.

"The Lacks family feel strongly about the importance of clinical trials for people of color and the poor and underrepresented," Carter said in a statement. "This bill will be instru-

mental in eradicating cancer and to have it named after my grandmother Henrietta is a great honor."

Though Lacks' cells have significantly advanced cancer research across the board, studies have long been hampered by lack of non-white enrollment.

A 2010 report examining National Cancer Institute-sponsored trials found that 40 percent of trials were not completed, often due to a lack of enrollment.

Fewer than one in 20 adult cancer patients enroll in cancer clinical trials, with minorities, rural and lower-income Americans generally underrepresented in these studies.

Although the legislation doesn't remove the shadow cast over Lacks' treatment by the medical community, the sponsors see their bill as a way to honor her legacy.

"Some people's contributions are measured by the number of lives they touched, and others by lives they saved," Cardin said in a statement. "You can measure the contributions of Henrietta Lacks in both ways, and the totals will continue to increase far into the future, as more and more families are spared the loss of their loved ones owing to the medical advances that Ms. Lacks enabled."

From Mel Franklin, Council Member At-Large The Advisory Neighborhood Community (ANC) Initiative

The Advisory Neighborhood Community (ANC) Initiative is an exciting new countywide community engagement and volunteer service initiative of my County Council At-Large Office designed to empower communities with information and bring local government closer to the communities it serves. The ANC Initiative is organized to represent your community within advisory neighborhood communities, located in northern, central, and southern regions within the County.

Here are the upcoming North, Central, and South County ANC Meetings:

South County Advisory Neighborhood Community (ANC) Meeting on Monday, April 15, 2019, 6:30-8:30 p.m., at Oxon Hill Public Library (Auditorium), 6200 Oxon Hill Rd., Oxon Hill, MD 20745. The meeting will feature (1) an update from the M-NCPPC Parks and Recreation Department about south county recreation projects like the Southern Area Aquatic and Recreation Center, Tucker Road Ice Rink Renovation, and Southern Regional Technology and Recreation Complex Pool Addition and (2) an update from Maryland State Highway Administration on the MD-210/Kerby Hill Interchange (overpass) and MD-5/MD-381/MD-373 Interchange projects, and much more. **RSVP here:** <http://tinyurl.com/south-county-anc-mtg>.

See ANC INITIATIVE Page A8

Distracted Driving Awareness Month

Eyes on the Road, Hands on the Wheels!

Distracted Driving Awareness month is here, and the Cheverly Police Department wants to challenge you to not use your phone while driving! To promote awareness, you will see an increase in enforcement of distracted driver laws, particularly usage of cellular devices while driving.

THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM

VISUAL	MANUAL	COGNITIVE
<ul style="list-style-type: none"> Keep your eyes on the road. Pull over to read directions. Put your phone in "Do Not Disturb" mode. 	<ul style="list-style-type: none"> Keep your phone out of reach. Make all adjustments before driving. Don't reach for items while driving. 	<ul style="list-style-type: none"> Avoid phone calls, even hands-free. Stay focused on the road. Keep your emotions in check.

INFOGRAPHIC COURTESY OF CHEVERLY POLICE DEPARTMENT

Register Today for "Drive Focused, Sober & Safe" Campaign Kick Off

Presented by Office of the State's Attorney for Prince George's County, Maryland Aisha N. Braveboy, State's Attorney

Saturday, April 27, 2019 • 9:30 a.m.–1 p.m.

Registration and Refreshments at 9:30 a.m.

Program begins at 10:15 p.m.

The half day event will engage residents of all ages with a panel discussion, exhibitors, interactive driving displays and student performances.

Register at <https://saodrivefocuskickoff.eventbrite.com>.

Southern Technology & Recreation Complex
7007 Bock Road, Oxon Hill, MD 20744

Free Parking

For Questions: Denise Roberts | 301-952-2848

In the spirit of giving, you are requested to bring a new, unwrapped toy, or nonperishable food item to be distributed to children and residents in TNI communities by the Prince George's County Department of Social Services.

See page 8 for more information on Distracted Driving from the Maryland State Police. And, It's prom and graduation season—see page 3 for tips designed to deter teen drinking and drunk driving.

INSIDE

The Office of Veterans Affairs is Open and Ready to Serve

We are fortunate to have Dr. James Dula heading up this office in the capacity of Veterans Affairs Officer. Dr. Dula is retired from the United States Air Force, where he honorably served our country.

Community, Page A3

To Be Equal: Congratulations to Chicago's First Black Woman and LGBTQ Mayor, Lori Lightfoot

We're proud to see Lightfoot joining their ranks, and the elected leadership of America's cities taking a step toward truly representing the dynamic diversity of their citizens.

Commentary, Page A4

County Council Adopts Legislation Establishing Housing Opportunities For All Workgroup

"...The Housing Opportunities for All Workgroup will assist us with implementing a Countywide Housing Policy that promotes and preserves housing, while meeting the existing and future needs of the County's diverse populations."

Business and Finance, Page A5

Calendar Spotlight on Bowie

Check out some of the fun, free events/places to visit in Bowie.

- Savor Bowie 2019
- Bowie Green Expo
- Talk on historic African American burial ground
- Kids Kaboose
- The National Capital Radio & Television Museum

Out on the Town, Page A6

Upper Marlboro Native Serves at Fleet Weather Center San Diego

Capt. Rachael Dempsey, a 1991 Oxon Hill High School graduate and native of Upper Marlboro, Maryland, is one of these sailors serving at the Fleet Weather Center, providing full-spectrum weather services to shore-based commands and afloat naval units.

Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Come to Mel Franklin's Neighborhood Meeting to learn what's happening in South County

If you live in South County, you might like to accept Council Member At-Large Mel Franklin's invitation for you and your neighbors to attend his office's South County Advisory Neighborhood Community Meeting on Monday, April 15, 6:30 to 8:30 p.m. at Oxon Hill Library. The meeting will include:

(1) An update from the M-NCPPC Parks & Recreation Department about South County recreation projects like the Southern Area Aquatic and Recreation Center, Tucker Road Ice Rink Renovation, and Southern Regional Technology and Recreation Complex Pool Addition,

(2) An update from Maryland State Highway Administration on the MD-210/Kerby Hill Interchange (overpass) and MD-5/MD-381/MD-373 Interchange projects, and

(3) News about the County Council, Office of the County Executive, Prince George's County Public Schools, county and state agencies, economic development, and much more.

RSVP at <http://tinyurl.com/south-county-anc-mtg>.

Neighbors and other good people

Dr. Nigel Traylor, Principal of Bishop McNamara HS, has been selected by the Prince George's County Social Innovation Fund as one of the County's 40 UNDER 40 leaders.

NBA star Kevin Durant was back in his hometown in January to open the Durant Center, a state-of-the-art facility offering academic, financial and social and emotional resources to help County students prepare for college. The Center is near Suitland High School and has been created through the Kevin Durant Charity Foundation.

The Morningside Volunteer Fire Department held its annual banquet March 31 at the FOP in Alexandria. All members and their families came together to celebrate another year of dedication and hard work. They held their annual awards ceremony (and I hope to get that list eventually). Congratulations to the award-winners and thanks to everyone who helped make this past year a success! As they say on the

MVFD website, "We can't wait to do it all again next year!"

50th Reunions

The Bishop McNamara and La Reine HS Classes of 1969 are planning a 50th Reunion. Contact Charlene Cornu Shaw LR '69 or join the Facebook Group.

Crossland Class of '69 plans a 50th Reunion August 23-25 at Embassy Suites by Hilton in Old Town Alexandria. Go to www.classcreator.com/Temple-Hills-MD-Crossland-1969/class_index.cfm.

Changing landscape

A \$15 million memorial will open next year on the Mall, just outside the National Museum of the American Indian, honoring Native American military service members. It will be named Warriors' Circle of Honor.

If you attend a Nats game on a Sunday, and want to go to church first, check out St. Vincent de Paul Church, just up South Capitol Street from the stadium. There's a banner on the church: "Nats Mass at noon on game days. All are welcome at NATS-MASS@dePaul.com."

Morningside Memories: the '40s continue

Suitland Parkway was completed in 1944.

The Morningside Volunteer Fire Department was organized in December 1944 after the tragic loss of two lives—Helen Massey, age 4, and her half-sister Elaine (Massey) Haney, 29—in a house-fire on Pine Grove Drive. The first firetruck was a 1929 Model A Ford purchased from the Oxon Hill VFD for \$250. The Department did not have a building at the time and was housed in Joe Caldwell's garage at 222 Woodland Road.

On March 7, 1945, the MVFD was officially chartered. The first Board of Directors was Charles Benton, Lawrence Beardmore, Ward Caldwell, Norman Loveless, and Albert Stahl. Also in 1945, their first firehouse was built where the current station sits today.

Camp Springs Army Air Field changed its name on March 31, 1945, to Andrews Air Force Base in honor of Lt. Gen. Frank Andrews who had been

killed in a B-24 crash in Iceland in 1943.

In 1946, post-war house construction took off running. A gas station opened. And Skyline subdivision began. My house was built in 1947.

Donald Bouchard, dentist

Dr. Donald E. Bouchard, DDS, 82, who had a dental practice in Clinton, died Dec. 5. A native of Fort Kent, Me., he served in the Maine Army National Guard and the U.S. Army in Korea, attended George Washington University and Georgetown Dental School. While in school, he served on the U.S. Capitol Police Force.

He was father of five, Donald, James, Rita, Michelle and the late John, and grandfather of 12. Mass of Christian Burial was at St. John's in Clinton.

Peggy Zirkle dies at sea

Peggy B. Zirkle, 89, who taught in the Prince George's County Schools for more than 30 years before retiring in 1982, died Feb. 13 following a sudden heart attack that occurred on board the MS Queen Victoria at sea during her annual world cruise.

She was born in Virginia, daughter of Gordon and Martha Bowman. Her husband Roy R. Zirkle predeceased her in 1976. She is survived by daughter Pamela Zirkle.

Milestones

Happy birthday to Earlene Erhardt Righter, Jimmy Shipman and Kaitlin Woods, April 5; Jonathan Charters, April 6; Debbie Callison, April 8; Donna Wood, April 11; (Darlie) Fay Norton and Donald Brown Jr., April 13; Ruth Nanney, Jean Osterkamp, Donald Brown Sr., Sarah Shipman, Autumn Williams and Fr. Jeffrey Samaha, April 14; Bill Ward, Eva Hay and Les Bornman, April 15; Tara Destiny Proctor, Edna Ducote and Wanda Brooke, April 16; Eloise Carnes, Ruby Cunningham and Veronica Frostbutter, April 17.

Happy anniversary to Larry and Jody (Bowman) Nyers on their 39th, April 18; Chuck and Laura Smith Jenkins, their 43rd on April 10; Tex and Rickie Beardmore, their 55th on April 11; John and Emily Tierney, their 69th (!) on April 15; and Edward and Jane (Martin) Talbert, their 70th (!) on April 16.

Around the County

Growing Green with Pride Day

Prince George's County will host a Countywide community clean up program entitled "Growing Green With Pride." This event supports our Beautification Initiative to make our community cleaner and greener by conducting individual community plantings and coordinating beautification activities throughout the County. "Growing Green With Pride", in collaboration with Keep Prince George's County Beautiful, Prince George's County Public Schools, and The Maryland-National Capital Park and Planning Commission, demonstrates our shared commitment to keeping our communities appealing and attractive. Community organizations and groups are encouraged to participate.

We will be holding our Inaugural "Growing Green with Pride Day" event on Saturday, May 4, 2019 from 8 a.m. until 12 p.m. Following our clean-up efforts, all participants are invited to join us for a free celebration with food, prizes and entertainment at Watkins Regional Park.

In order to participate everyone must register their Growing Green With Pride Crew by going on-line to www.princegeorgescountymd.gov/2590/Growing-Green-With-Pride. You may register your ORGANIZATION or register as an INDIVIDUAL. Individuals will be assigned to assist an organization as close to your address as possible. **The deadline is Friday, April 19th.** Early, online registration is encouraged.

Thank you for working with us to keep our county green and clean. Please help spread the word by sharing this information with your neighbors, friends, organizations, schools and the community-at-large. If additional information is required, please contact Stacy Howard at 301-499-8523 or sdhoward@co.pg.md.us.

We look forward to you joining us for the Inaugural Growing Green with Pride Day! —Prince George's County Government, Community Connections



PHOTOGRAPH COURTESY OFFICE OF COUNTY EXECUTIVE ALSOBROOKS

County Executive Alsobrooks pictured with County Councilman Rodney Streeter, Seat Pleasant Mayor Eugene Grant, Economic Development Corporation President/CEO David Iannucci, and other team members at the announcement.

Council Vice-Chair Rodney Streeter Joins County Executive Angela Alsobrooks to Welcome New Grocery Store to Prince George's County

Opening of Good Food Grocery in District Seven to Provide Healthy Food Options in Designated Food Desert Area

By GILLIE HAYNES

Prince George's County Council Media

UPPER MARLBORO (April 1, 2019)—Prince George's County Council Vice-Chair Rodney C. Streeter, (D)—District 7, joined County Executive Angela D. Alsobrooks, City of Seat Pleasant Mayor Eugene Grant, the Prince George's Economic Development Corporation, and a host of other officials and community leaders on Monday, April 1, to announce that Good Food Markets is coming to the Addison Plaza shopping center in the Seat Pleasant community.

Vice-Chair Streeter shared his enthusiasm, "We are overjoyed that Good Food Market is coming to Dis-

trict 7, an area that we consider to be the jewel of Prince George's County. Our residents deserve quality, reasonably-priced food options with ease of access."

County Executive Alsobrooks thanked Vice-Chair Streeter and the entire County Council for supporting this initiative. The new Good Food Market will feature fresh produce, and healthy grab and go food options.

The new Good Food Market is the first major grocer to locate in the Seat Pleasant community, since Safeway closed its store in the area in 2016.

Free Screenings on Mobile Health Clinic

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

- **April 15**—Prince George's Community Federal Credit Union, 15201, Hall Road, Bowie, MD (10 a.m.–4 p.m.)
- **April 16**—John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights, MD (9 a.m.–1 p.m.)
- **April 17**—Powder Mill Village Apartments, 3625 Powder Mill Road, Beltsville, MD (10 a.m.–4 p.m.)
- **April 22**—St. Margaret's Catholic Church, 410 Addison Road, South Capitol Heights, MD (10 a.m.–2 p.m.)
- **April 23**—Megamart Supermarket, 5801 Riverdale Road, Riverdale, MD (10 a.m.–3 p.m.)
- **April 24**—City of Glenarden Nutrition Center James R. Cousins, Jr. Municipal Center, 8600 Glenarden Parkway, Glenarden, MD (10 a.m.–4 p.m.)
- **April 25**—Shops at Iverson, 3737 Branch Avenue, Hillcrest Heights, MD (10 a.m.–4 p.m.)
- **April 28**—Wellness in the Woods, Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD (11:00 a.m.–3:00 p.m.)
- **April 29**—Hollywood Plaza Shopping Center, 9801 Rhode Island Avenue, College Park, MD (10 a.m.–4 p.m.)
- **April 30**—Spanish Village, 1922 County Road, District Heights, MD (10 a.m.–4 p.m.)

—Chondria Andrews, Doctors Community Hospital

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

AFTERNOON TEA

Join us for afternoon Tea at Harmony Halls Arts Center Wednesday, May 15, 2019 at 2:00 p.m. Karen Gray Trio with Gantt Kushner will perform. Karen loves the collaboration with fine musicians. Her vocal style is sensitive and smart. She delivers each tune with right-on intonation and a true jazz sense of timing. Karen presents a sophisticated blend of jazz and swing with longtime pros Gantt Kushner (guitar) and Hugh Johnson (string bass). This event is for all ages. Tickets cost \$18 per person.

The address is 10701 Livingston Road, Fort Washington, Maryland 20744. Telephone number is 301-203-6070; TTY 301-699-2544. Visit HarmonyHallArts@pgparks.com, www.arts.pgparks.com.

AMERICAN LEGION

Welcome to the American Legion (America's Largest Veterans Service Organization) Brandywine Post 227 located at 13505 Cherry Tree Crossing Road, Brandywine, Maryland. Upcoming events are the Kids Easter Party, Saturday, April 13, 1:00 p.m.–3:00 p.m. (For Post members and Pack 1014-ages 1–12 years of age). Wednesday, April 17, Legionnaire Meeting at 7:00 p.m.; Friday, April 19, SAL Dinner, 5:00–7:00 p.m.; Tuesday, April 23, Auxiliary Meeting at 6:30 p.m.

It's time to renew if you do not have a "2019" membership card. Be an active member and a part of the 100th anniversary of the American Legion. Inquire at Post 227 or renew online today. Our goal is 100% renewal rate for this centennial year. Telephone number is 301-782-7371.

"Since our post charter in February 5, 1948 our American Legion Post has welcomed VETERANS from all branches of our Armed Forces. Today, we continue to welcome all military personnel past and present to join us. By joining it enables you to continue serving your God, Country and local Community. Our mission is to implement the goals, aspirations, dreams, peace and blessings for our country, families, friends and community."

70TH ANNIVERSARY

The Washington Area Alumni Chapter of the University of Maryland Eastern Shore congratulates the Gamma Xi

Chapter of Kappa Alpha Fraternity, Inc. on its 70th Anniversary. The UMES Washington Metropolitan Area Alumni Chapter meets on the 1st Thursday of every month at the Prince George's Sports and Learning Center at 7:00 p.m. The address is 8001 Sheriff Road, Landover, Maryland 20785. We invite all Kappa Brothers in the D.C. Metropolitan Area to join our alumni chapter. Active Kappa members are Carter Boston, Sherman Burnett, Al Gibbs, McKinley Hayes, Owen Johnson, Anthony Murrill and Eric Spencer.

AFRO-AMERICAN POET

Joan Hayes was born in Washington, D.C. and attended D.C. Teacher's College. Joan's poetry has appeared in the National Library of Poetry and in an audio collection called Visions which features some of the best artists nationwide. I have known Joan for over 30 years. Joan is married to McKinley Hayes, one of my husband's Alpha Psi Fraternity Brothers.

Joan Hayes an Afro-American Poet writes poems of love, family, traditions and fantasy. She is available for Poetry Readings. Email: joanhayes@acninc.net. Alternate Contact: 301-351-3762 (If no answer, please leave message.)

Revelation of an Independent Woman

Taken from the rib of man to mold a magnificent woman of flesh throughout ages Independent Women have thrived to become Educators, Engineers and Scientists still cherishing our families joining lovingly with partners of men hoping to gain acceptance and equality within.

Whatever our heart's desire we soar passionately on our goals along with emotions. Each endowed with a luscious spirit, generous heart and skillful mind. Do not dismiss us for what you only let your eyes take in and see. Recognize our tenderness and guidance gene towards other. Women benefit and exist with mankind to set our men, children, ourselves and dreams free.

Written by Joan E. Hayes

COMMUNITY

The American Counseling Association's Counseling Corner

Yes, You Can Age Gracefully

As we age, things change. Some of those changes are obvious in the mirror, while others become evident when a flight of stairs leaves us out of breath, or when we can't remember the name of that cousin in Omaha.

Accepting the physical and mental changes that occur as we get older can be stressful. The aging process can be frightening in some ways, especially if we aren't prepared for the gradual changes that we all face. But we can prepare for the inevitable changes aging brings, and take some actions to help minimize the effects of those changes.

Becoming older brings a variety of physical changes. Our bones become smaller and weaker, the heart pumps blood at a lower rate, our metabolism and digestive system slow down, we face more dental problems, and our skin begins to wrinkle and become less elastic.

So what's the good news?

Simply that there are ways to fight back. No, you can't stop all the changes that getting older brings, but you definitely can accept those changes and take action to minimize the negative effects.

What this means is being proactive in terms of aging. Staying healthy at any age doesn't just happen. Diet, for example, is an important part of feeling good and staying healthy regardless of your age, but it is especially important as we get older. A diet rich in fruits, vegetables and whole grains is one way to assist your slowed-down digestive system and to increase overall energy.

You might also check with your family physician about whether vitamin and mineral supplements might be a good idea. And seeing that physician on a regular basis can help minimize the risk of suddenly facing a serious health problem.

We can also fight the aging process by staying physically and mentally active. Exercises like muscle training and resistance work can help reverse bone loss and fight the back problems that often come with aging. Your local YMCA or physical trainer can help set up a program appropriate for you.

Maintaining social contacts, learning something new like a musical instrument or foreign language or just playing word games or doing crossword puzzles can all help keep your brain active.

Getting older may not always be fun, but you can take actions to help minimize the stress it can bring and overcome the limitations aging might otherwise put on your life.

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

Doctors Community Hospital Awarded \$3.5 Million Healthcare Grant

By ANGELA WILSON
Doctors Community Hospital

LANHAM, Md. (April 1, 2019)—Doctors Community Hospital was awarded a \$3.5 million grant from the Maryland Department of Health's Center for Cancer Prevention and Control. This three-year grant will provide low-income, underinsured and uninsured Maryland residents with free education, screening and treatment services focused on colorectal, breast and cervical cancers.

"Cancer is among the top causes of death in Prince George's County," stated Robin Webb-Williams, vice president at Doctors Community Hospital Foundation. "That's why providing free cancer screenings is so important, especially in areas that don't have convenient access to care. This grant will help us reach more people who can truly benefit from these community health resources at no cost to them."

One of the supported initiatives is the hospital's Cancer Prevention, Education, Screening and Treatment (CPEST) Program. It provides free colorectal cancer screenings (colonoscopies) to Prince George's County residents who have low incomes and are uninsured/underinsured. Offered to both men and women, the age criteria are 50-75, and 50 and younger for those who have family histories of colorectal cancer. In 2018, the hospital performed about 244 free colonoscopies that identified four cases of cancer.

Another supported initiative is the hospital's Maryland Breast and Cervical Screening Program, which provides free education and screenings to women. Also, this program has a nurse navigator who helps diagnosed patients coordinate medical care and identify additional community resources. It is available to Prince George's County residents who have low incomes, are uninsured/underinsured and are ages 40-64. In 2018, the program provided 647 mammograms and 116 cervical cancer screenings with a total of nine cases of breast cancer identified.

According to Terrie Trimmer, director of the Center for Comprehensive Breast Care and Women's Wellness at Doctors Community Hospital, "Screenings are among the best ways to detect many types of cancer early and when they are often most treatable. We are proud to be able to provide these life-saving screenings in underserved areas of our wonderfully diverse community."

The Office of Veterans Affairs is Open and Ready to Serve

UPPER MARLBORO, (April 4, 2019)—60,000 veterans and their families call Prince George's County home. Additionally, the County has the largest contingency of veterans in the State of Maryland.

Prior to being elected, County Executive Alsbrooks received valuable feedback regarding how the County's veterans services had a long way to go. Many veterans shared profound circumstances that they were dealing with as well as how the County could improve upon their service delivery, especially in the areas of supporting families whose loved ones are on an extended tour of duty, benefits and post-military employment.

We are proud to announce this will no longer be the case because a newly created Veterans Affairs Office is now open for business Monday through Friday from 9 a.m. to 5 p.m. that is ready to serve you.

We are fortunate to have Dr. James Dula heading up this office in the capacity of Veterans Affairs Officer. Dr. Dula is retired from the United States Air Force, where he honorably served our country.

In addition, he has an extensive leadership and professional background in Health and Human Services and has been working around the clock to connect our County to relevant services and resources.

We also heard your comments about the added layer of stress,

frustrations and numerous people to call without getting results. Our goal is to collapse the many silos and provide a one-stop shop for resources and services, as well as keep you abreast of events that are relevant to veterans and their families.

The Office of Veterans Affairs is underway with establishing partnerships with the military, non-profits and the faith-based community to aid in outreach efforts.

The County Executive charged Dr. Dula with moving the Office of Veterans Affairs forward. Dr. Dula heeded the charge and coined the mission of the office as *Operation Forward March*, with the sole priority of always being accessible and of service to veterans and their families.

The goal of the Veterans Affairs Office is to provide stellar services, evolve with the unique needs of veterans and receive a high ranking of approval from the veterans being served. Please call 301-780-8260 or 301-780-8267, or email jadula@co.pg.md.us with your concerns or ideas. Please feel free to stop by the office located at: 14741 Governor Oden Bowie Drive, Suite L-023, Upper Marlboro, Maryland 20772.

—Prince George's County Government, Community Connections



PHOTO COURTESY PRINCE GEORGE'S COUNTY GOVERNMENT

Veterans Affairs Officer Dr. James Dula (Center) The National Association of Black Veterans partnered with the Department of Commerce to educate veterans on the Federal Veteran Employment Initiative.

Prom and Graduation Season Ushers in Deadliest Months For Teen Drivers

Greater Washington Nonprofit Urges Parental Involvement In Preventing Teen Drinking

By KURT GREGORY ERICKSON
WRAP

FALLS CHURCH, Va. (April 2, 2019)—Citing the fact that spring and summer's arrival also ushers in that contiguous period (May-August) when the greatest number of U.S. teen traffic deaths occur[i], a Washington-metropolitan area alcohol education group is urging for parental involvement to combat both teen drinking and drunk driving this prom and graduation season, as well as during the summer.

The Falls Church-based, nonprofit Washington Regional Alcohol Program (WRAP) is providing area parents of teens with "Tips for Parents." WRAP's tips, designed to inform Greater Washington parents on how best to deter teen drinking during the dangerous summer months, include:

- **Know the Facts...** Underage drinking can lead to substantial harm including traffic crashes, violent crime, property crime, unintentional injury and at-risk sex. In addition, motor vehicle crashes still remain the leading cause of death of young people in the U.S.
- **Talk with Your Teen...** Studies time and time again have confirmed that parents can have a significant—if not most significant—impact as to whether their teens will engage in risky behaviors including the use of alcohol. Have open, caring, thoughtful, ongoing conversations on alcohol with your teen. Create clear family rules and expectations by setting a "no alcohol" rule and supporting such an environment with "zero-tolerance" consequences if such rules are broken.
- **Foster Self Confidence...** Instill self-confidence in your teen by talking with them about peer pressure. At some point, your teen will be offered alcohol. As the National Institutes of Health points out, "teens say they prefer quick 'one-liners' that allow them to dodge a drink without making a big scene."
- **Lay Down the Law...** The District of Columbia, Maryland and Virginia all have zero tolerance laws making it a crime to possess, purchase or consume alcohol if you are under 21.

- **Beware of Your Civil Liability...** In most cases, it's unlawful for parents to allow their children's friends to consume alcohol in their home. If these same "friends" are later involved in a crash, the providing parents may be responsible for injuries, property damages and wrongful death. These same parents may also face criminal charges of contributing to the delinquency of a minor. "In 2017, an average of ten teenagers died in U.S. motor vehicle crashes every single day during the summer months," said Kurt Gregory Erickson, WRAP's President. "For too many parents, unfortunately, summer's unstructured time may also be a deadly time for their teenage children and their friends."

"In 2017 and with the exception of October, the months of May through August represented that period when the greatest number of teens were killed in traffic crashes."

In 2016, 24-percent of young drivers (ages 15 to 20 years old) killed in U.S. crashes had been drinking (with a blood alcohol concentration [BAC] level of 0.01 grams/deciliter or higher according to the National Highway Traffic Safety Administration). That same year, nearly one-in-five (19%) young drivers killed in U.S. traffic crashes has a BAC of 0.08 g/dL or higher.[ii]

According to the 2018 Monitoring the Future survey sponsored by the National Institute on Drug Abuse, nearly half (44.7%) of U.S. high school seniors don't view binge drinking on weekends as carrying a great risk. In addition,

and while alcohol use rates have declined consistently in the last half-decade, alcohol is still the drug of choice for all three surveyed age groups (8th, 10th and 12th grade students).[iii]

In addition to its updated tips for parents to deter underage drinking and drunk driving this summer, WRAP also encourages parents to be aware of social networks their children use. Party promoters often prey on youth via social media sites and by promising a good time and access to alcohol for a fee, according to WRAP.

"Make no mistake about it, parents play an integral role in when and if their children drink alcohol," said Erickson. "These tips are simply meant to reinforce their efforts to foster a healthy and safe summer for them and their teenage children."

Founded in 1982, the nonprofit [501(c)(3)] Washington Regional Alcohol Program (WRAP) is a coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving and underage drinking in the Washington, DC metro area. Visit WRAP's web site at www.wrap.org.

[i] National Highway Traffic Safety Administration / Fatality Analysis Reporting System (below)

[ii] <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812498>

[iii] <http://www.monitoringthefuture.org/pubs/monographs/mtf-overview2018.pdf>

15-20 YEAR OLDS KILLED IN MOTOR VEHICLE TRAFFIC CRASHES BY MONTH OF CRASH, AND YEAR FATALITY ANALYSIS REPORTING SYSTEM (FARS) 2013-2016 FINAL & 2017 ARF

Month	2013		2014		2015		2016		2017		2013-2017	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
January	220	7%	213	7%	229	7%	202	6%	236	7%	1,100	7%
February	191	6%	167	5%	199	6%	227	7%	205	6%	989	6%
March	240	8%	271	8%	244	7%	280	8%	253	8%	1,288	8%
April	256	8%	237	7%	267	8%	255	7%	244	7%	1,259	8%
May	247	8%	273	9%	323	10%	319	9%	299	9%	1,461	9%
June	309	10%	279	9%	318	9%	341	10%	296	9%	1,543	9%
July	312	10%	278	9%	305	9%	324	9%	315	10%	1,534	9%
August	320	10%	313	10%	320	10%	303	9%	309	9%	1,565	10%
September	271	9%	265	8%	277	8%	288	8%	271	8%	1,372	8%
October	267	8%	292	9%	323	10%	310	9%	322	10%	1,514	9%
November	267	8%	337	11%	279	8%	301	9%	266	8%	1,450	9%
December	250	8%	265	8%	264	8%	274	8%	270	8%	1,323	8%
Total	3,150	100%	3,190	100%	3,348	100%	3,424	100%	3,286	100%	16,398	100%

CHART COURTESY OF WRAP

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Congratulations to Chicago's First Black Woman and LGBTQ Mayor, Lori Lightfoot

"Out there tonight, a lot of little girls and boys are watching. They're watching us and they're seeing the beginning of something, well, a little bit different. They're seeing a city reborn, a city where it doesn't matter what color you are and where it surely doesn't matter how tall you are. Where it doesn't matter who you love, just as long as you love. Let me say that again: where it doesn't matter who you love, just as long as you love with all your heart. In the Chicago we will build together, we will celebrate our differences. We will embrace our uniqueness, and we will make certain that all have every opportunity to succeed."

—Lori Lightfoot, Mayor-Elect of Chicago

The National Urban League is proud to congratulate Lori Lightfoot, not only the first Black woman elected as Chicago's mayor, but the first openly LGBTQ person to serve in that office.

Her historic election has inspired not only Black women and girls and young LGBTQ Americans, but men, women and children across the political spectrum. She rose from a childhood in a small, segregated Ohio city, daughter of a health care aide and a janitor, to oversee the third-largest city in the nation.

Chicago, is the largest city ever to have elected a woman mayor and the largest to have elected a gay mayor.

By all accounts, Lightfoot's leadership qualities emerged early, when she was elected class president in 10th grade by her mostly-white peers.

She worked seven jobs to put herself through the University of Michigan, where she majored in political science and went on to work as a congressional aide for both Democratic and Republican politicians.

She arrived at University of Chicago Law School on a full scholarship and established herself as a student activist. She successfully fought to ban from campus a recruiter for a major law firm—and major donor to the school—who had made racist and misogynist comments.

While attending law school at the University of Chicago, she organized campus protests against the discriminatory hiring practices of Baker McKenzie, the multinational law firm. Although Baker McKenzie was one of the university's biggest benefactors, the protests culminated in the firm being banned from recruiting on the U. of C. campus.

As an attorney in private practice, she fought against extreme gerrymandering. As an assistant U.S. attorney, she fought political corruption.

In addition to its cultural significance, Lightfoot's election could have a significant impact on one of the major issues in Chicago and across the nation—police

accountability. As urban researcher Pete Saunders wrote:

"Lightfoot was appointed by Mayor Rahm Emanuel as President of the Chicago Police Board, and later as head of the Police Accountability Task Force established in the wake of the police killing of Laquan McDonald. In both roles Lightfoot was critical of Chicago Police practices, and she developed a reputation as a police critic seeking reform of the 13,500-officer department. Lightfoot came into conflict with Mayor Emanuel over the Laquan McDonald shooting and Emanuel's attempts to broker an agreement that would prevent a consent decree and federal oversight of CPD."

During her tenure as head of the Police Board, which had a reputation for leniency, the board terminated officers in 72 percent of the cases it heard.

She ascended to the Police Accountability Task Force in the wake of Laquan McDonald's shooting death at the hands of Chicago Police Officer Jason Van Dyke.

The task force issued a scathing report. "The community's lack of trust in CPD is justified," it found, citing disproportionate shootings, tasings, traffic stops, and street stops of black residents. The report also found an "utter lack of a culture of accountability" in the department, and charged that union contracts have "essentially turned the code of silence into official policy."

Lightfoot's task force report led current mayor Rahm Emmanuel to accept a court-monitored overhaul of the police department.

Van Dyke was convicted of second-degree murder and 16 counts of aggravated battery with a firearm. Three officers accused of covering up the murder were acquitted earlier this year of conspiracy, official misconduct and obstruction of

One of her first actions following her election was to urge the U.S. Attorney's Office to reopen their grand jury investigation in the so-called "code of silence" trial to see if any civil rights were violated.

When I became President of the U.S. Conference of Mayors in the 1990s, there was a single Black woman mayor among my peers—Sharon Sayles Belton, of Minneapolis. Now there are nearly two dozen across the country, from Latoya Cantrell in my beloved hometown of New Orleans to Karen Freeman-Wilson of Gary, Indiana; Keisha Lance Bottoms of Atlanta, Muriel Bowser of Washington, D.C., and London Breed of San Francisco.

We're proud to see Lightfoot joining their ranks, and the elected leadership of America's cities taking a step toward truly representing the dynamic diversity of their citizens. We wish her well.

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Standing Up Against the Death Penalty

California Governor Gavin Newsom recently took the strong step of declaring a moratorium on the death penalty in California, saying: "Our death penalty system has been, by all measures, a failure. It has discriminated against defendants who are mentally ill, black and brown, or can't afford expensive legal representation. It has provided no public safety benefit or value as a deterrent. It has wasted billions of taxpayer dollars. Most of all, the death penalty is absolute. It's irreversible and irreparable in the event of human error." California now joins three other states—Oregon, Colorado and Pennsylvania—with governor-imposed moratoria on the death penalty and the 20 states and the District of Columbia that have already abolished it. I am grateful to Governor Newsom for being the latest courageous political leader to stand up and reject the death penalty's shameful legacy and continuing toll. It should be abolished all across our land.

The Equal Justice Initiative (EJI)—led by CDF's extraordinarily gifted board member Bryan Stevenson—continues to be a leading voice against the death penalty and studies the death penalty's historical and ongoing bias. EJI notes: "Modern death sentences are disproportionately meted out to African Americans accused of crimes against white victims. African Americans make up less than 13 percent of the nation's population but 42 percent of the 2,905 people currently on death row are black, and 35 percent of those executed since 1976 have been black. The victim was white in over 75 percent of the cases resulting in execution since 1976 although only 50 percent of murder victims nationwide are white." They add: "Prominent researchers have documented a pattern of discrimination in the application of the death penalty based on the race of the victim, race of the defendant, or both, in nearly every state that uses capital punishment."

EJI also notes that for every nine people executed in our country one innocent person on death row has been identified and exonerated. They call the death penalty "a failed, expensive policy defined by bias and error" and "a direct descendant of lynching."

They are not the only ones to make this clear connection. One of CDF's much valued colleagues Ndume Olatushani is a gifted artist and passionate advocate for justice who spent nearly 28 years in prison, 20 of them on death row, before proving he'd been wrongly convicted. Here is an excerpt from a letter Ndume asked me to send to Governor Newsom:

"I have been given the privilege of being able to share a part of my story with you, mine is certainly one of hope. But I want to first say that I commend your courage for standing up and doing the right thing and not letting politics determine who lives or dies.

"I once read a book titled *A Time of Terror* by James Cameron. It is a book of hope, perseverance and survival. I read this book when I was sitting on death row for a crime that I did not commit... James Cameron's book found me at a time when I was struggling to survive, trying to maintain hope. If you are not familiar with this story, I will share this little background information: James Cameron was a 16-year-old kid when he and two of his childhood friends were accused of rape and murder; this took place in the 1940's. His two friends were broken out of jail by a mob and lynched; James was also broken out of jail and taken to be lynched along with his friends. Long story short, by the time he made it down to the tree he said that he was more dead than alive, suffering brutally at the hands of hundreds as he was dragged through the mob of thousands. The news accounts said that it was a mob of 10,000 men, women and children.

"As James was being pulled up by the rope that had found its way around his neck, hanging between his two friends who were freshly dead, James said he heard a voice (others accounted for this as well) over the crowd shout, 'Let that boy go—he didn't do anything.' He felt the tension from the rope give as he slumped to the ground.

"All it took was one courageous voice over the noise of the crowd and he was saved. A lot of people lent their voices to my survival and kept me living in hope. You think you know the enormity of what you have done, but you don't. Without hope living is hard. You have given hope to thousands, and I am only talking about the people there on death row and their family members. Not to mention the millions of us that like you care about this most important issue.

"Thank you for having the courage to be the voice over the crowd in this moment."

It is we who should thank people like Ndume who share their stories. James Cameron's story is extraordinary and Ndume Olatushani's 21st century deliverance from condemnation to freedom is a stark reminder of exactly what is at stake today. We need more leaders with the courage to stand up against the death penalty right now.

Franchot Condemns Consulting Firm Examining UMMS Dealings

By DANIEL OYEFUSI
Capital News Service

ANNAPOLIS, Md. (April 3, 2019)—Maryland Comptroller Peter Franchot condemned the independent consulting firm tasked with reviewing business dealings between the University of Maryland Medical System and multiple members of its board, including Baltimore Mayor Catherine Pugh.

"This independent commission is independent in name only," Franchot told Capital News Service Wednesday morning, speaking outside of the Board of Public Works meeting room.

"It should not be relied upon for anything. They just are not set up to get to the bottom of a scandal like this. They're basically set up to say, 'Gee, if you changed your board practices in the future, you might not have these scandals.'"

The University of Maryland Medical System hired Nygren Consulting, a California-based business management consultant, to look into the business dealings. Calls to the consulting firm have not been returned.

The system on Wednesday afternoon issued this statement:

"The Medical System Board of Directors selected Nygren

Consulting, from 11 firms, because of its national reputation in working with organizations to ensure proper governance, accountability and best practices. ... We are confident that Nygren's review will yield a strong path forward for the organization and we will be sharing those results with the Governor, Speaker of the House and Senate President."

The Baltimore Sun reported in March that Pugh was one of nine board members to have benefited financially from contracts with the system. According to *The Sun*, the Democratic mayor was paid \$500,000 for 100,000 copies of "Healthy Holly," a children's book written by Pugh that advocates for healthy living. Pugh also did not disclose sales from the no-bid deal on her General Assembly ethics form while serving as a state senator, *The Sun* reported.

Pugh announced Monday she was taking a leave of absence, citing a recent bout of pneumonia. Pugh was hospitalized for multiple days last week to be treated for the illness.

"She has been advised by her physicians that she needs to take time to recover and focus on her health," the press release read. "At this time, with the Mayor's health deteriorating, she feels as

though she is unable to fulfill her obligations as Mayor of Baltimore City. To that end, Mayor Pugh will be taking an indefinite leave of absence to recuperate from this serious illness."

Baltimore City Council President Bernard C. "Jack" Young will act as ex-officio mayor of Baltimore in Pugh's absence.

Pugh announced her resignation from the system's board, on which she had served since 2001, on March 18, writing in a press release, "It has been an honor to have been associated with the important work of the UMMS Board, but the fact is, I have many other pressing concerns that require my full attention, energy and efforts."

The University of Maryland Medical System is a private, nonprofit corporation based in Baltimore. It owns and operates 11 hospitals in Maryland. Thirty members make up its board of directors, including House Speaker Michael Busch, D-Anne Arundel, who has served for the last 16 years.

Franchot also spoke out against what he called "mock outrage" from legislators who have criticized Pugh's actions but have been "intimately involved" with the system, but would not attach any names to that statement.

Busch introduced an emergency bill, House bill 1428, that would reform the system's board, including preventing elected officials from serving on the panel, mandating members disclose potential conflicts of interest and forcing members to reapply for appointment. It is advancing in the House of Delegates.

Busch is away from the assembly for health reasons; a spokeswoman for Busch declined comment.

"It's like 'Casa Blanca' where they walk into the gambling casino and say, 'I'm shocked, there's gambling going on,'" Franchot said. "Where have they been? What have they been doing?"

Franchot applauded Republican Gov. Larry Hogan, who called for a state prosecutorial investigation into Pugh's dealings. While Hogan hasn't gone so far as to call for her resignation, Franchot, a Democrat, doubled down on his calls for the mayor to resign.

"It seems that one sleazy deal after another appears on a daily basis," Franchot said. "And unfortunately, we may have just barely pricked the skin of the apple. The state prosecutor is the only entity that can actually get

in and tell us what's at the bottom of all this."

The Sun also reported that Pugh received payment from Kaiser Permanente and Associated Black Charities for her Healthy Holly books. According to *The Sun*, the health provider

company and nonprofit organization paid Pugh a total of over \$200,000 for roughly 30,000 copies.

"This will go down in history, I believe, as one of the most talked-about political scandals of all time, nationally," Franchot said.

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Social Security's "First Year" Rule

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

Dear Rusty:

I've been trying to determine the best way to proceed with retirement and could use some help. I'd like to retire on or about my 62nd birthday this September. Waiting for "full retirement" does not motivate as I have income replacement through my real estate investments. I'll have way over any earnings limits for 2019, but I don't want to have my benefits reduced. Can I apply as SSA suggests three months before my 62nd birthday without running afoul of SSA's arcane benefit reduction rules? Or should I quit first then apply? Please don't refer me to my Financial Advisor or local SSA office, they just confuse. **Signed: Anxious to Retire**

Dear Anxious: Well I'm afraid I can't offer you any obscure methods to avoid Social Security's rules & regulations, but perhaps I can clarify some things which will help you manage the timing of your application for Social Security benefits. From what you've said, I assume you mean you plan to retire from your working career in September, but by that time you will have greatly exceeded Social Security's annual earnings limit (which is \$17,640 for 2019). Again, from what you've said, you wish to claim SS as soon as possible but you don't want to lose any benefits because of exceeding the earnings limit. So, if you wish to claim SS as soon as you turn 62, you'll be happy to know that there is a special rule which applies for your first year of collecting benefits before your full retirement age (66 ½ in your case).

That "first year rule" essentially says that if you start benefits in mid-year, earnings prior to the month your benefits start don't count; instead you'll be subject to a monthly earnings test for the remainder of that year, once your benefits have started. So in your case, your first month of eligibility for SS would be the month of October (you must be 62 for the entire month to be eligible for benefits), and your benefit payment for October would be paid the following month (the payment date will be either the 2nd, 3rd, or 4th Wednesday of the month, depending on the day of the month you were born). Then, starting with the month of October, if you do not have earnings from working which exceed \$1,470 in any of the remaining months of 2019, your benefits will not be cut; but if you have earnings from working which exceed that monthly amount in any month for the rest of 2019, then you will not be entitled to SS benefits for that month. Exceeding the monthly limit by any amount (even by \$1) will cause Social Security to take back the full benefit for that month. So, if your plan is to retire from your working career in September and depend upon your savings and investments for income, and if you claim Social Security as soon as you're eligible in October and you have no further earnings from working, you'll not suffer any loss of benefits in 2019.

But just as a caution, after 2019 you'll still be subject to the annual "earnings test" because you're claiming Social Security before you reach your full retirement age, and the annual earnings test will apply until the month that you reach your full retirement age (after that, there is no longer a limit to what you can earn). As for when you should apply for benefits, Social Security recommends that you apply 3 months before you wish your benefits to begin. When applying, you can specify the month you want your benefits to start, so if you wish that to be at age 62 simply specify October 2019 as your benefit start month. Applying prior to September and specifying October as your benefit start month will not expose you to any extra earnings limitations over those explained above.

The 1.7 million member Association of Mature American Citizens (AMAC) (<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.

County Council Adopts Legislation Establishing Housing Opportunities For All Workgroup

Workgroup to Implement "Housing Opportunity for All" Report Findings and Assist in Creating a Countywide Housing Policy

By ANGELA J. ROUSON
Prince George's County Council Media

UPPER MARLBORO (April 3, 2019)—The Prince George's County Council, during session on Tuesday, April 2, unanimously adopted CR-16-2019, legislation establishing a Housing Opportunities for All Workgroup to assist the County with setting housing priorities and implementing the Comprehensive Housing Strategy Report, entitled "Housing Opportunity for All" for Prince George's County.

The newly-established Housing Opportunities for All Workgroup will also provide advice on any proposed legislation and/or changes for consideration by the County to the County's policies, regulations, procedures and distribution of County resources. Utilizing the Comprehensive Housing Strategy Report and other data resources, the Workgroup will provide the framework for a Countywide housing policy; benchmarks to be monitored and distributed; and quarterly updates. An annual report outlining activities, implementation status and budget recommendations will be provided by the Workgroup to the Council before January 1, 2020.

Prince George's County Council Chair Todd M. Turner (D)—District 4, notes the value of a Housing Opportunities for All Workgroup.

"Developing an effective housing policy, comprised of strategies that develop housing for all, benefits the healthy, social and economic development of the entire County. The Housing Opportunities for All Workgroup will assist us with implementing a Countywide Housing Policy that promotes and preserves housing, while meeting the existing and future needs of the County's diverse populations. We look forward to their work in the coming months."

The County Council established a Comprehensive Housing Strategy Ad-Hoc Housing Subcommittee, by CR-13-2016, to work with the Department of Housing and Community Development, consultants and citizen advisory groups to initiate and develop a Comprehensive Housing Strategy. After working with stakeholders over a two-year period, a County Comprehensive Strategy Report, "Housing Opportunity for All," was developed and finalized in March 2019.

36 Recipients to Receive Nearly \$4.1 Million for Census Outreach

Funds to Support Local Government and Nonprofit Organizations' Efforts Towards a Full and Accurate Count in the 2020 Decennial Census

By DAVID BUCK
Maryland Department of Planning

BALTIMORE, Md. (April 1, 2019)—The 2020 Census Grant Program Panel today announced that 36 Maryland government and nonprofit organizations will receive funding as part of a census outreach program. The \$4.09 million in awards will support efforts to ensure every Marylander completes their census form.

"We are funding proposals that support efforts to reach some of the most challenging segments of our population to increase census responses, and provide a

full and accurate portrait of every community throughout Maryland," said Planning Secretary Rob McCord. "Counting each person helps every one of us in Maryland."

Recipients of the grants include local governments and nonprofits that applied for a portion of the matching funds.

The Census Grant Panel awarded grants to eligible applicants that demonstrated the capacity to conduct outreach activities throughout Maryland to:

- Ensure a fair, accurate, and inclusive count for Maryland, and
- Increase the response rate of hard-to-

count communities and populations in Maryland.

"Our entire panel of volunteers was gratified to see so many local nonprofits and governments embrace the challenge of getting every single Marylander counted in 2020," said Grant Panel Chairman Steven Jost. "This is an unprecedented commitment from our bipartisan state leadership. We're especially grateful for the expert advice and professional oversight of the grant program from the staff at the Department of Planning."

The list of 2020 Census Grant Program recipients [in Prince George's County]:

Recipient	Matching Grant Amount
CASA de Maryland, Inc.	\$447,614
Centro De Apoyo Familiar	\$250,000
City of College Park	\$34,385
City of Greenbelt	\$15,000
City of Seat Pleasant	\$18,636
Prince George's County	\$244,208
Town of Forest Heights	\$59,000

TSA Reminds Travelers of Real ID Identification Requirements

Enforcement begins in 18 months at all U.S. airport checkpoints

By PUBLIC AFFAIRS
Transportation Security Administration (TSA)

WASHINGTON (April 4, 2019)—The Transportation Security Administration is reminding travelers that beginning October 1, 2020, every traveler must present a REAL ID-compliant driver's license, or another acceptable form of identification, to fly within the United States. TSA has launched a public awareness campaign about the upcoming identification changes to ensure that every traveler is prepared for the airport security checkpoint process when the REAL ID Act goes into full enforcement.

"TSA is doing everything we can to prepare our partners and the traveling public for the REAL ID deadline next year," said TSA Administrator David Pekoske. "The security requirements of the REAL ID Act will dramatically enhance and improve commercial aviation security."

Travelers will begin seeing new signs at airports nationwide in the coming weeks to remind people that REAL ID-compliant licenses or other acceptable forms of ID, such as a valid passport, federal government PIV card or U.S. military ID, will be mandatory for air travel beginning on October 1, 2020. Critically im-

portant, on October 1, 2020, individuals who are unable to verify their identity will not be permitted to enter the TSA checkpoint and will not be allowed to fly.

REAL ID-compliant licenses are generally marked by a star on the top of the card. Travelers who are not sure if their ID is compliant should check with their state driver's license agency.

Passed by Congress in 2005, the REAL ID Act complies with the 9/11 Commission's recommendation that the federal government "set standards for the issuance of sources of identification, such as driver's licenses." The Act established minimum security standards for state-issued driver's licenses and identification cards and prohibits federal agencies from accepting licenses and identification cards from states that do not meet these standards for official purposes, such as at airport security checkpoints. The regulations established the deadline of October 1, 2020, to ensure full enforcement of the REAL ID Act by that date. States have made considerable progress in meeting this key recommendation of the 9/11 Commission and every state has a more secure driver's license today than before the passage of the Act.

For more information about flying with a REAL ID and to download and print informational materials, visit tsa.gov/real-id.

HHS and CDC Visit Maryland Health Department to Discuss National Initiative—Ending the HIV Epidemic: A Plan for America

State and local health officers review strategies to reduce new HIV cases

By COMMUNICATIONS OFFICERS
The Maryland Department of Health

BALTIMORE, Md. (April 3, 2019)—Maryland health officials today were joined by Adm. Brett P. Giroir, M.D., Assistant Secretary for Health for the U.S. Department of Health and Human Services (HHS), and Robert R. Redfield, M.D., Director of the Centers for Disease Control and Prevention (CDC), for an overview of the new national initiative, Ending the HIV Epidemic: A Plan for America.

Maryland Department of Health (MDH) Secretary Robert R. Neall and Deputy Secretary of Public Health Services Frances B. Phillips, along with local health officials, shared updates on decreasing new HIV cases in Maryland. In 2017, Maryland had fewer new HIV diagnoses than any time since 1986.

"So much progress has been made in recognizing and controlling infectious diseases, thanks in huge part to HHS's strong, science-based leadership and assistance," said Neall. "The progress in the nation, and in Maryland, regarding HIV/AIDS is a prime example. In the 1980s, AIDS was regarded as a nearly universally fatal disease. Stigma and fear were pervasive. Now, we have the knowledge and means to provide compassionate and effective treatment to people with HIV and to reduce the number of new infections."

"Our bold initiative to end the HIV epidemic in America will fo-

cus on impacted communities to ensure they have the technical expertise, support, personnel and prevention and treatment resources they need," said Giroir. "This must be a 'whole of society' initiative. It is crucial to work with state and local officials, faith-based partners and others to establish public-private collaborations."

"We have an unprecedented, once-in-a-generation opportunity to end the HIV epidemic in Maryland and across the U.S.," said Redfield. "To accomplish this, CDC will accelerate work with state and local health departments, and most importantly the community. We will listen to Marylanders living with HIV and learn from their experiences so we reach those in greatest need. This truly is an initiative tailored to the community, by the community, and for the community."

In addition to Giroir's and Redfield's presentations about the national initiative, Phillips described the HIV/AIDS situation in Maryland and local health officers discussed the epidemic in their home counties. The presentations, held at MDH headquarters on West Preston Street in Baltimore, were followed by a roundtable discussion regarding strategies to eliminate new cases.

"We have employed a variety of approaches in Maryland to attack this epidemic and reduce the number of new cases—through state and local planning partnerships, along with support for prevention, treatment and other care services," said Phillips. "Our de-

clining case counts show that we are moving in the right direction, and this extra support from the CDC will boost our efforts to end the epidemic."

Despite progress, Maryland still ranks 5th in the nation in terms of HIV diagnosis rates. At the end of 2017, there were more than 31,000 Marylanders diagnosed with HIV. About three-fourths of those diagnosed are receiving medical care averaging \$23,000 per person each year, resulting in about \$550 million annually in medical costs. And these figures do not include other economic costs or address the tremendous burden on individuals, families and communities.

Baltimore City Acting Health Commissioner Letitia Dzirasa, M.D., Montgomery County Health Officer Travis Gayles, M.D., and Prince George's County Acting Health Officer Ernest Carter, M.D., reported on the status of HIV/AIDS in their jurisdictions, still considered "hot spots" for new cases. The national initiative will focus on these three areas in Maryland.

The HHS plan will accelerate progress in eliminating new HIV infections by directing new funds to communities most impacted. The multi-year program will target 48 counties, Washington, D.C. and San Juan, Puerto Rico, as well as seven states with substantial rural HIV burden, providing them with additional expertise, technology and needed resources.

Data from across the United States was analyzed to identify counties with the highest number of new HIV diagnoses, states with the heaviest rural HIV burden and the territorial area most impacted by the epidemic. These areas have accounted for more than 50 percent of new HIV diagnoses in recent years.

For more information about Ending the HIV Epidemic: A Plan for America, go to www.HIV.gov/ending-hiv-epidemic.

OUT on the TOWN

Archaeology Around Laurel—April 11, 7 p.m.

April is Maryland Archaeology Month, and the program is part of the Laurel Historical Society Museum Speaker Series



PHOTO CREDIT: ANN BENNETT

Archeology is all around us in Laurel. Join Archaeologist and LHS Executive Director Ann Bennett and discover historic and prehistoric sites in the Laurel area. Handle real artifacts and learn what stories they can tell us about our shared histories. 7 p.m. Laurel Pool Room, 9th & Main Street. Free and open to the public—with suggested \$2 donation by non-LHS members. Light refreshments. For more information contact info@laurelhistoricalsociety.org or visit www.laurelhistoricalsociety.org.

Train Like a Champion With Two-Time Olympic Medalist Lia Neal

By KIRA CALM LEWIS

Prince George's County Department of Parks and Recreation

RIVERDALE, Md. (April 1, 2019)—The Maryland-National Capital Park and Planning Commission presents Train Like a Champion with two-time Olympic Medalist, Lia Neal. Neal was born in Brooklyn, New York on February 13, 1995 and began swimming at the age of six. As the second African-American female to make a US Olympic swim team, Lia is committed to bringing more diversity to the sport. She is part of USA Swimming's Make a Splash initiative, inspiring kids to swim via Swim Brooklyn.

WHAT: Train Like a Champion

WHEN: Sunday, April 14, 2019, 12–4 p.m.

WHERE: Fairland Sports & Aquatics Complex, 13820 Old Gunpower Rd, Laurel, MD 20707

COST: Swim Clinic Registration Fee: \$75/Bi-County Resident; \$97/Non-Resident

Learn about Lia Neal's journey to becoming a two-time Olympian. You may get a chance to test your skills against Lia in a race! Open to ages 18 and under. Participants must be able to swim ALL Four Strokes (freestyle, backstroke, breaststroke and butterfly). Comfortable Diving and Swimming in Deep Water. Register online at PARKS DIRECT at www.pgparcs.com

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

Calendar Spotlight on Bowie

Savor Bowie 2019

Food, Wine, and Music Festival

Date and Time: Saturday, April 13 and Sunday, April 14, 2019, 11 a.m.–6 p.m.

Description: Concerts for Causes Inc. presents Savor Bowie 2019, Food Wine and Music Festival. Two Days of Complimentary Wine tastings from the area's best wineries! Vendors, Great food, Exhibitors and Artisans, Huge Classic Car show. Two stages and many areas of music and other entertainment, Showcasing the best of what the county and surrounding areas has to offer. Benefitting Concerts for Causes raising funds to give musical instruments to students in underserved communities.

Cost: Free

Ages: All ages are welcome

Location: Bowie Town Center, 15606 Emerald Way, Bowie, MD 20716

Contact: 301-332-8318, Info@concertsforcausesinc.org

Cost: Free

Ages: All ages are welcome

Location: Kenhill Center, Multipurpose Room 101, 2614 Kenhill Dr., Bowie, MD 20715

Contact: Bowie Lions Club, 301-262-2665; Ashleigh Armentrout, 301-809-3044 or aarmentrout@cityofbowie.org.

Historic African American Burial Ground at Serenity Farm

Date and Time: Saturday, April 13, 2019, 1–2:30 p.m. Description: Learn about the discovery of the late 18th century historic African American burial ground at Serenity Farm.

Cost: Free

Ages: All ages are welcome

Location: Belair Mansion, 12207 Tulip Grove Drive, Bowie, MD 20715

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

Kids Kaboose

Date and Time: Tuesday, April 16, 2019, 10:30 a.m.–12 p.m.

Description: Watch trains whizz by on Amtrak's Northeast Corridor from our the 1975 restored Chessie Caboose. See a Lego model train display in Railroad Depot and enjoy making a craft or hearing story time in the Welcome Center. No Reservations.

Cost: Free

Ages: 1–11 with adult

Location: Bowie Railroad Museum and Welcome Center, 12207 Tulip Grove Drive, Bowie, MD 20715

Contact: 301-809-3089

Bowie Green Expo

Date and Time: Saturday, April 13, 2019, 12–4 p.m.

Description: Join the Bowie Lions Club for the ninth annual Bowie Green Expo! This is a free, family-fun event open to the public. Activities include a kids zone, live entertainment, an electric car display, and over 50 green vendors showcasing their environment friendly products and services. The mission of the Bowie Green Expo is to educate and empower people to create a more sustainable and healthy life style and reduce the environmental footprint through conservation and recycling. This event is co-sponsored by the City of Bowie.

OPEN TO THE PUBLIC



National Capital Radio & Television Museum

PHOTO COURTESY NATIONAL CAPITAL RADIO & TELEVISION MUSEUM

The National Capital Radio & Television Museum operates in Bowie, Maryland, and also curates continuing exhibits elsewhere. Opened in 1999, the museum is open to visitors three days a week. Explore radio from Marconi's earliest wireless telegraph to the primitive crystal sets of the 1920s, from Depression-era cathedrals and post-War plastic portables to the development of radio with pictures (a.k.a. television). The museum is located in the 1906 Harmel House, an old storekeeper's residence in the village of Mitchellville, a section of modern south Bowie. In conjunction with the City of Bowie, The National Capital Radio & Television Museum presents the history of broadcasting, a medium which so dramatically shaped our lives from the 1920s to today. Open Fridays 9 a.m. to 4 p.m., Saturdays and Sundays 12 p.m. to 4 p.m. Admission is free; donations are welcomed. Group tours for 10 or more persons are available. Call 301-390-1020 to arrange a tour.

National Capital Radio & Television Museum, 2608 Mitchellville Rd., Bowie, Maryland, 20716
• 301-390-1020 • <https://ncrtv.org/>

ERIC D. SNIDER'S IN THE DARK

.... Movie Review

A Madea Family Funeral

A Madea Family Funeral
Grade: D
Rated PG-13, a lot of dirty talk, scattered profanity
1 hr., 49 min.

"A Madea Family Funeral" is typical of Tyler Perry's Madea series: excruciating and baffling with occasional flecks of bemusement at how misguided it is; garishly lit and cheap-looking, like it was shot on a sitcom soundstage (which it was); woe-fully overlong and ham-fistedly plotted because writer-director-producer Perry keeps hitting pay dirt with these things and has no incentive to improve.

The structure is a fascinating mess. Sassy grandma Madea, her straight-man nephew Brian, and her raunchy brothers Joe and Heathrow—all played by Perry—are irrelevant to the main action. Those characters, plus Madea's friends Miss Hattie (Patrice Lovely) and Aunt Bam (Cassi Davis), could be removed from the screenplay without hav-

ing to alter the plot. They're here solely to comment on the main action. This would be a great opportunity for humor if Tyler Perry were a funny writer.

The actual story, a dull melodrama, concerns a branch of the family to which, if I caught the details correctly, Heathrow is the grandfather. (Heathrow is a new Perry character, a legless war veteran cancer survivor who can only speak through one of those electronic voice boxes.) Several interchangeable siblings and their significant others are gathered to celebrate their parents' anniversary. Pretty-faced Jessie (Rome Flynn), whom the others gently tease about being secretly gay (THIS IS DANGEROUS TERRITORY FOR TYLER PERRY TO TREAD ON, I'M JUST SAYING), is unaware that his fiancée, Gia (Ariel Miranda), is sleeping with his brother, A.J. (Courtney Burrell). We learn of this fact when Gia and A.J. happen to shack up in the hotel room adjacent to where A.J.'s father is

cheating with family friend Renee (Quin Walters), during which he (the father) dies. This is also the hotel where out-of-towners Madea and company are staying, because Tyler Perry movies are usually centered on lazy coincidences.

So A.J. and Gia know A.J.'s dad was a philanderer, but they can't say how they know without revealing their own affair. A.J. handles the situation by acting like a jerk to everyone, including his own wife, Carol (Kj Smith), and using the fact that his dad just died as his excuse, all while STILL trying to hook up with Gia, who is sharing a bedroom with her fiancé Jessie in the same house.

There's also a sister and her husband, but who cares?

All the secrets come out eventually. Most of the plot elements, which would be alarming and traumatic if played seriously, are treated as farce, but not the funny kind of farce (though this will be news to Perry, who believes he is hilarious). The widow, Vianne (Jen Harper), whose husband died on their anniversary, gets over it VERY quickly, hooking up on the night of the funeral with a man played by Mike Tyson.

The film's dialogue breaks down roughly into the following categories:

– People talking about how other characters smell: 5%

– Madea talking about what "black people" do, particularly the tradition of waiting several days, even weeks, after a person's death before holding the funeral: 15%

– Miss Hattie (an embarrassingly amateurish character straight out of a college improv show) or Aunt Jam almost revealing something about one of the affairs, only to be violently shushed by Madea: 15%

– References to the deceased dying with an erection that persists up through the funeral: 10%

– Madea, Joe, or Heathrow rambling semi-coherently about how things used to be, like they're a common president of the United States or something: 30%

– Banal conversations that sound like they're being made up impromptu by actors who didn't know they'd be asked to improvise today: 25%

I kept wanting to take a red pen to the screenplay and cross out the lines—sometimes entire scenes—that didn't need to be there. That would include everything with the Perry characters, particularly an interminable sequence where they're pulled over by a white police officer and hilarity fails to ensue, but also several scenes involving the characters the story is actually about. The result still would have been bad, but at least it would have been shorter.



ROTTENTOMATOES.COM

A joyous family reunion turns into a hilarious nightmare as Madea and the crew travel to backwoods Georgia and unexpectedly plan a funeral, which threatens to reveal sordid family secrets.

Calendar of Events

April 11–April 17, 2019

Jennifer R A Campbell: Roman Holiday

Date and Time: Through May 18, 2019, 10 a.m.–4 p.m.
Description: Jennifer R. A. Campbell's compositions call attention to the chaotic world of humanity, while conversely investigating the various elements that inform the ways we interact. She presents her characters in fictitious landscapes, amid a frenzied environment that invites the spectator into a visual feast of symbols. In the absence of words, the viewer is able to arrive at multiple interpretations as to what is occurring in the scene presented as the artist, furthermore, highlights the absurdity of human existence.
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

Tile Mosaic Workshop

Date and Time: Saturday, April 13, 2019, 12:30–5 p.m.
Description: Make your own spring themed tiled mosaic from start to finish in this fun afternoon workshop with Pattie Curtiss.
Cost: \$15 materials fee. **RSVP** info@cpae.org, 301-927-3013, and/or mail to CPAE, PO Box 784, College Park MD 20741.
Ages: Adults and Teens
Location: Old Parish House, 4711 Knox Road, College Park, MD 20740
Contact: 301-927-3013

alight dance theater: Faerie

Date and Time: Saturday, April 13, 2019, 8 p.m.; Sunday, April 14, 2019, 4 p.m.
Description: This fantastical and mythical dance work explores the under-considered culture and belief in fairy lore. Join us and see what happens when fairies and humans encounter one another. Performance themes include the power of belief, the struggle of human control, identity shaping and unpacking identity-related stereotypes. All wrapped up in a magical package even little ones will enjoy!
Cost: Adults \$23; Students, Seniors, Veterans \$17; Children 16 & under \$12
Ages: All ages are welcome
Location: Joe's Movement Emporium 3309 Bunker Hill Mt. Rainier, MD 20712
Contact: 301-699-1819

Campfire Program: The Baltimore Washington Parkway

Date and Time: Saturday, April 13, 2019, 8 p.m.
Description: Opened in 1954, the Baltimore–Washington Parkway, connects Baltimore to Washington with a ribbon of pavement through forest and over stone masonry and cement bridges. Designed as an aesthetically scenic approach to the District of Columbia from the north, but also as an evacuation and dispersal route during the Cold War, and to link federal agencies along its course, the Parkway has become a primary commuter road. Campground guests and the public are welcome to join us under the stars for a traditional NPS campfire program. Meet at Campfire Circle in B-Loop in our campground.
Cost: Free
Ages: All ages are welcome
Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, MD 20770
Contact: 301-344-3944; <http://www.nps.gov/gree>

Celebrate Cherry Blossoms with Sakura Sunday

Date and Time: Sunday, April 14, 2019, 11 a.m.–8 p.m.
Description: An Official Participating Event of the 2019 National Cherry Blossom Festival. Guests can enjoy authentic Japanese Cherry Blossom bloom traditions including traditional Japanese picnicking with food available for sale, a sake, rosé and beer garden, a Japanese Market and Japanese-inspired music and entertainment. The Capital Wheel will be pink throughout the festival.
Cost: Free
Ages: All ages are welcome
Location: National Harbor, 165 Waterfront Street, National Harbor, MD 20745
Contact: www.nationalharbor.com/event/sakura-sunday/

Beethoven Times Three Concert

Date and Time: Sunday, April 14, 2019, 3 p.m.
Description: Three noted soloists to perform with Symphony of the Potomac. Violinist Sally McLain, a member of the music faculty at the University of Maryland, is the concertmaster of the Washington Concert Opera and the Washington Ballet. Eric Kutz holds the Barbara K. Steppell Memorial Faculty Fellowship in cello at the University of Maryland School of Music, and performs as a member of the Left Bank Quartet. Award-winning pianist Miko Kominami is a member of the music faculty of Luther College and principal keyboardist of Orchestra Iowa.
Cost: Tickets purchased at the door are \$20 (adults), \$17 (adults over 65), and \$5 (students with ID/youth under 18)
Ages: All ages are welcome
Location: Cultural Arts Center, Montgomery College, 7995 Georgia Ave, Silver Spring, MD 20910
Contact: Ilene Klinghoffer: 516-236-2433

Nature Craft & Story

Date and Time: Tuesday, April 16, 2019, 2–3 p.m.
Description: Join us for a naturalist read nature or animal-themed story followed by a craft to take home!
Cost: Resident: \$3; Non-resident: \$4 Purchase through PARKSDIRECT!
Ages: 2–10
Location: Watkins Nature Center, 301 Watkins Park Drive, Upper Marlboro, MD 20774
Contact: 301-218-6702; TTY 301-699-2544

Medicare 101: Introduction to Medicare

Date and Time: Tuesday, April 16, 2019, 6 p.m.
Description: The Prince George's County Aging and Disability Resource Center's SHIP program will provide a workshop to help you better navigate Medicare Parts A, B, C, D and Medigap.
Cost: Free
Ages: Adults
Location: New Carrollton Branch Library, 7414 Riverdale Rd., New Carrollton, MD 20784
Contact: 301-459-6900

Upper Marlboro Native Serves at Fleet Weather Center San Diego

By KAYLA TURNBOW
Navy Office of Community Outreach

SAN DIEGO (April 3, 2019)—Most Americans rely on weather forecasts to plan their daily routine. The U.S. Navy is no different. With numerous ships, submarines and air-planes deployed in the U.S. Pacific Fleet's area of operations, sailors stationed at Fleet Weather Center San Diego, make it their primary mission to monitor weather conditions in support of the fleet's daily operations.

Capt. Rachael Dempsey, a 1991 Oxon Hill High School graduate and native of Upper Marlboro, Maryland, is one of these sailors serving at the Fleet Weather Center, providing full-spectrum weather services to shore-based commands and afloat naval units.

As a Navy commanding officer, Dempsey is a meteorology and oceanography officer responsible for looking over half the globe to forecast the weather for the forces deployed, not only for their safety, but for tactical reasons as well.

Dempsey credits success in the Navy to many of the lessons learned in Upper Marlboro.

"You have to put effort into things," said Dempsey. "If you work hard, you can achieve your goals."

Additionally, sailors serving with the Fleet Weather Center ensure naval installations, contingency exercises and operations are able to facilitate risk management, resource protection and mission success of fleet, regional and individual unit commanders.

"We are a group of people that come from all over the world, and in one way or another we were brought into the Navy," said Dempsey. "This can be a challenging environment, and the devoted work of my sailors has helped us achieve our mission in great ways. Their dedication and commitment makes us all stronger."

Fleet Weather Center San Diego provides U.S. and coalition ship, submarine and aircraft weather forecasts including en route and operating area forecasts. In addition, they deploy certified Strike Group Oceanography Teams and Mobile Environmental Teams from the commands to provide tactical warfighting ad-

vantage for strike and amphibious forces afloat through the application of meteorological and oceanographic sciences.

"Naval Oceanography defines and applies the physical environment for the entire Navy fleet from the bottom of the ocean to the stars," said Rear Adm. John Okon, Commander, Naval Meteorology and Oceanography Command. "There isn't a plane that flies, a ship or a submarine that gets underway without the sailors and civilians of Naval Oceanography."

The U.S. Pacific Fleet is the world's largest fleet command, encompassing 100 million square miles, nearly half the Earth's surface, from Antarctica to the Arctic Circle and from the West Coast of the United States into the Indian Ocean.

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, according to Navy officials, and that the nation's prosperity is tied to the ability to operate freely on the world's oceans. More than 70 percent of the Earth's surface is covered by water; 80 percent of the world's population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

Being stationed in San Diego, the principal homeport of the Pacific Fleet, means Dempsey is playing an important part in America's focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

"Our priorities center on people, capabilities and processes, and will be achieved by our focus on speed, value, results and partnerships," said Secretary of the Navy Richard V. Spencer. "Readiness, lethality and modernization are the requirements driving these priorities."



PHOTOGRAPH CREDIT: U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS ARTHURGWAIN MARQUEZ

Capt. Rachael Dempsey

The Pacific is home to more than 50 percent of the world's population, many of the world's largest and smallest economies, several of the world's largest militaries, and many U.S. allies. The Navy has been pivotal in helping maintain peace and stability in the Pacific region for decades, according to Navy officials.

Though there are many ways for sailors to earn distinction in their command, community and career, Dempsey is most proud of earning the surface warfare qualification.

"Earning that qualification was special for me because I came in before the ocean option program," said Dempsey. "I was a one-off case after becoming a Meteorological and

Oceanographic Officer. I got to go into the Surface Warfare Officer program and had time at sea to get that experience. I learned so much during that tour. It made me a better and smarter person, and a better officer."

As a member of one of the U.S. Navy's most relied-upon assets, Dempsey and other sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

"After serving for 24 years, I feel very proud to continue a legacy of service," added Dempsey. "My family has served in every branch of service throughout many generations. It's important for me to have purpose, and that's what my service means to me."

Earth TALK™ Is Hair Dye Carcinogenic?

Dear EarthTalk:
My hairdresser was just diagnosed with leukemia and I wonder if there is a link between the chemicals in hair dye and cancer?

—Cyndi B., Tallahassee, FL

The short answer is...maybe. Scientists have found links between certain types of cancer and repeated exposure to so-called "permanent" hair dyes (that is, the kind you would get in the hair salon that would stay put until the hair is replaced by new growth).

These dyes contain a cocktail of potentially harmful substances, including formaldehyde (linked to cancer and fetal damage in utero), p-Phenylenediamine (lung and kidney problems, bladder cancer), DMDM Hydantoin (an immunotoxin re-

stricted in other countries but not the U.S.), ammonia (respiratory problems and asthma), coal tar (a known carcinogen), resorcinol (a hormone disruptor) and eugenol (cancer, allergies, and immune and neurological issues). These dyes penetrate and bind with hair shafts; darker dyes require more of the potentially harmful coloring agents and are therefore more dangerous.

Three-quarters of adult women in the U.S. color their hair, but it's the hair care workers, exposed to noxious chemicals daily, who are most at risk. According to the American Cancer Society (ACS), some studies have shown that hairdressers, stylists and barbers who work with these dyes do indeed have a slightly elevated risk of developing bladder cancer, leukemia or non-Hodgkin lymphoma, while others proved inconclusive. If working with hair is your

job, you might want to consider limiting your exposure to permanent hair dyes, or at least look for and offer safer alternatives, even if they don't last as long.

A good place to start is the "Hair Color & Bleaching" section of the free online Skin Deep database, launched in 2004 by the non-profit Environmental Working Group (EWG) to provide information on the ingredients of common household cleaning and health and beauty products—and to highlight potential hazards and health concerns. The database contains listings for hundreds of hair color products, both for at-home use and in salons, that won't make you sick. Some favorite all-

natural, non-toxic brands to try include EcoColors, Hairprint, Organic & Mineral, Logona, Good Dye Young and Naturigin.

According to Nicole Cothrun Venables, a Hollywood-based stylist, there are many all-natural ways to enhance, brighten or alter your existing hair color without subjecting your locks to carcinogenic chemicals. "Fruit, vegetable, and herb restorative color cocktails are excellent rinses that can be applied once per week to refresh your color," she reports. "Tea, coffee and wine hair stains are also gentle ways to add subtle hints of opaque color, depth, highlights and shine." Check out her DIY hair color treatment recipes and techniques in her HuffPost article "7 Non-Toxic Solutions to Healthy Hair Color."

Another way to avoid potentially dangerous hair color treatments is to just get over your misplaced vanity and accept your natural hair color—even if it's gray—as a beautiful expression of who you are and what you stand for in the increasingly manicured, colorized and fabricated world we now inhabit.

CONTACTS: ACS's "Hair Dye," cancer.org/cancer/cancer-causes/hair-dyes.html; EWG, ewg.org/skindeep/browse/hair+color+and+bleaching/; EcoColors, www.ecocolors.net; Hairprint, www.myhairprint.com; Organic & Mineral, originalmineral.com/cct-color/; Logona, logona.de/de/haare/pflanzen-haarfarben.html; Sante, sante.de/en/hair/herbal-hair-colors.html; Good Dye Young, gooddyeyoung.com/#colors; Naturigin, naturigin.com/natural-hair-colours/; HuffPost, www.huffpost.com/entry/nontoxic-hair-dye_b_1005188.

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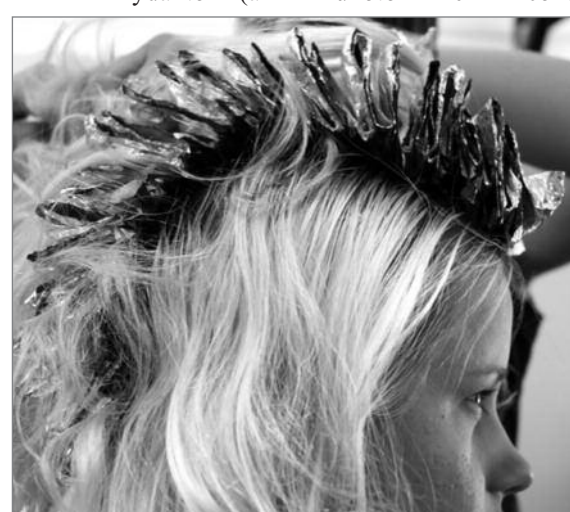


IMAGE CREDIT: SAMANTHA STEELE, FLICKRCC

Studies are mixed about whether permanent hair dye causes cancer, but there is no doubt that conventional formulas contain carcinogenic ingredients.

PLAN AHEAD

We Rise: The Study of History at Historically Black Colleges and Universities in Baltimore

Date and Time: Thursday, April 18, 2019, 6–8 p.m.

Description: This seminar will explore the importance of the study of history at HBCUs in Baltimore and highlight the contributions and role of Chester W. Gregory at Coppin State University and Benjamin Quarles at Morgan State University. The panel will be followed by a discussion of the current state of history at HBCUs and Universities in general led by Dr. Lopez D. Matthews, Jr. Commissioner for Baltimore County of the Maryland Commission on African American History and Culture.

Cost: **Register at <https://bdmuseum.maryland.gov/events/>**
Ages: Adults
Location: Talon Center, Coppin State University, 2500 W North Ave, Baltimore, MD 21216
Contact: Robert James, Maryland Commission on African American History and Culture, 800 635-3674

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ANC Initiative from A1

Central County Advisory Neighborhood Community (ANC) Meeting on Saturday, April 20, 2019, 2-4 p.m., at Largo-Kettering Public Library (Large Meeting Room), 9601 Capital Lane, Largo, MD 20774. The meeting will feature (1) an update from the University of Maryland Medical System (UMMS) on the new Capital Region Health Medical Center, our state-of-the-art hospital being built at the Largo Metro Station and (2) an update from the County's workforce development agency, "Employ Prince George's," on job opportunities, and workforce development and career training and resources for residents, businesses, and communities. **RSVP here:** <https://tinyurl.com/central-county-anc-mtg>.

North County Advisory Neighborhood Community (ANC) Meeting on Thursday, April 25, 2019, 6:30-8:30 p.m., at Greenbelt Public Library (Auditorium), 11 Crescent Rd, Greenbelt, MD 20770. The meeting will feature (1) updates about the progress of the Purple Line Light Rail Project and (2) updates on school construction plans for reducing North County school overcrowding, and much more. **RSVP here:** <https://tinyurl.com/north-county-anc-mtg>.

For more information about the ANC Initiative, including in which ANC and ANC region your community is located, please go here: <https://tinyurl.com/anc-one-page-summary>. ANC meetings are open to the public and will occur in regional clusters, North, Central, and South County, with a countywide meeting at the end of the year. The meetings are planned to consist of reports from the County Council (myself and any my colleagues and staff in attendance), and invited guest speakers, including, but not limited to, the Office of the County Executive and county agencies, updates from the Prince George's County Public Schools, and public discussion about matters specific to a regional cluster and/or area. There will be Q&A with the audience throughout the meetings. RSVP above and join us.

Maryland State Police Continues Focus on Distracted Driving Enforcement, Awareness

By RON SNYDER
Office of Media Communications, Maryland State Police

PIKESVILLE, Md. (April 1, 2019)—With April being National Distracted Driving Awareness Month, the Maryland State Police are reminding motorists just how dangerous it can be on the road if you are not paying attention to your surroundings.

According to the Maryland Highway Safety Office, more than 27,000 people are injured and 185 others die each year on Maryland roads because of distracted driving. Distracted driving contributes to 58 percent of all crashes in Maryland.

The Maryland State Police are continuing to make enforcement of distracted driving a top priority. In 2018, troopers issued 16,050 citations and 18,671 warnings for distracted driving violations. This includes 2,939 citations and 2,591 warnings during National Distracted Driving Month last year. For the first three months of 2019, troopers issued 3,065 citations and 3,528 warnings for distracted driving violations.

Troopers across Maryland are increasing their distracted driving enforcement and awareness efforts this month. Among the initiatives set to take place this month includes work by the Hagerstown and Frederick barracks to address the issue. Motorists can expect to see Maryland Department of Transportation State Highway Administration message boards lit up across Western Maryland that will read, "Phones down—Buckle up enforcement underway." Troopers will be working collaboratively with allied law enforcement agencies to stop motorists from using their cellphones while driving. In conjunction with putting the phones down, seat belt enforcement will be a priority this year, a focus enhanced by the Maryland Highway Safety Office.

The National Highway Traffic and Safety Administration defines distracted driving as any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle and/or adjusting the stereo, entertainment or navigation systems. Every time a driver takes their eyes off the road and focuses their attention on something else, they are endangering themselves, those in their vehicle and everyone else on the road around them.

It has been estimated that a person texting takes their eyes off the road for an average of five seconds. To put this in perspective, this is like covering the length of a football field while driving blindfolded if you are driving 55 mph.

The NHTSA reported that in 2016 alone, 3,450 people were killed in the U.S. as a result of distracted driving. In addition, approximately 391,000 people were injured in motor vehicle crashes involving distracted driving.

Maryland law prohibits the use of a handheld cellphone and texting while driving. First-time offenders caught using a cellphone while driving face a maximum of an \$83 fine, second-time offenders a maximum of \$140 fine and third-time offenders a maximum of \$160 fine.

Drivers can also be fined \$70 and face one point on their driving record if caught texting while driving. If the use of a device contributes to a crash, the fine may increase to \$110 and three points on your driving record.

The increased enforcement effort against distracted driving comes after the passage of Jake's Law. In effect since 2014, Jake's Law is named after Jake Owen, who was just 5 when he was killed in a car accident caused by a distracted driver in 2011. The law states that a driver causing serious injury or death while talking on a handheld cellphone or texting may receive up to three years in prison and a \$5,000 fine. These are primary offenses and police officers can stop drivers when those activities are observed, regardless of the presence of other violations.

The Maryland Highway Safety Office has offered some tips to help motorists avoid driving distracted:

- Use your cellphone for emergency situations only.
- If you are drowsy, pull off the road.
- You should limit the number of passengers, as well as the level of activity inside the car.
- Avoid eating while driving.
- Do your multi-tasking outside of your vehicle.

Combatting distracted driving in the state is a pillar to Maryland's Toward Zero campaign. For more information, visit <http://www.towardzerodeathsmd.com>

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