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SECU MD Foundation Awards \$100,000 In Local Scholarships

Two Prince George's County Residents Each Receive \$2,000 in Scholarships

By PRESS OFFICER
SECU MD Foundation

LINTHICUM, MD (June 4, 2018)—Two Prince George's County residents are recipients of SECU-USM Scholarships awarded by The SECU MD Foundation. They are:

Hylton, who attends Towson University; and

Isaiah Lewis, a Fort Washington resident who attends Bowie State University.

The SECU MD Foundation, launched earlier this year by SECU, Maryland's largest credit union, awarded a total of

\$100,000 in scholarships as part of its ongoing commitment to providing young adults with resources and support to continue their pursuit of higher education.

"The SECU MD Foundation is dedicated to helping our members and our communities through activities like our Scholarship Programs," says

Rod Staatz, President and CEO of SECU. "We are honored to be part of helping these students reach their full potential through education."

Forty-five scholarship recipients from throughout the State of Maryland received their scholarship awards at a ceremony held June 3, 2018 at SECU Arena on the campus of Towson University.

Recipients were awarded scholarships through three scholarship programs run by The SECU MD Foundation:

- The State Employee Scholarship for Maryland State employees and their immediate family members who are planning to attend college, graduate school, or

See SCHOLARSHIP Page A2

County Executive Baker Thanks Local Businesses for Providing Record Number of Jobs to County Youth This Summer

Job and Mentoring Opportunities Created for 3,300 County Youths

By PRESS OFFICER
PG County Government

LARGO, MD (June 8, 2018)—On Friday, June 8, at Six Flags America in Bowie, MD, Prince George's County Executive Baker was joined by members of the business community, and Summer Youth Enrichment Program (SYEP) participants to launch this year's summer job season to thank the County business community for providing jobs and mentoring opportunities for County youth. This summer, a record of 105 businesses will provide 3,300 Prince George's County young adults with summer employment. This is tremendous growth from 2012, when a partnership between the Prince George's County Government and the business community did not exist. Over the last seven years, the Baker Administration has created a 600% increase in the number of summer employment opportunities for County youth.

"One of the most important things my administration can provide to the youth of Prince George's County is opportunity," said County Executive Baker. "I am very appreciative to the incredible work our Department of

Human Resources has invested in our award winning Summer Youth Enrichment Program and thankful for our partners from the County's business community. Everyone remembers their first job and often these positions lead to a lifetime of stimulating career interests and focuses our young adults on their future opportunities and possibilities."

The Prince George's County Youth@Work/Summer Youth Enrichment Program (SYEP) provides an opportunity for young people across the County to participate in career development, life-skills training and summer employment opportunities. This award winning, robust and exciting initiative is a collaboration between Prince George's Community College, Greater Prince George's County Business Roundtable, Prince George's County Chamber of Commerce, Prince George's County Public Schools, The Maryland-National Capital Park and Planning Commission, Prince George's County Government, and a host of non-profit and faith-based organizations.

For more information on the program, visit <https://www.princegeorgescountymd.gov/598/Youth-Work-SYEP>.



PHOTOGRAPHS BY LARRY CANNER

Andrew Hylton (left) of Springdale, MD, and Isaiah Lewis (right) of Fort Washington, MD are pictured here with SECU President and CEO Rod Staatz. Each student received a \$2,000 scholarship from the SECU MD Foundation.

Every Vote Matters: Important Information for the 2018 Gubernatorial Primary Election

Prince George's County Government News Flash

LARGO, MD (June 12, 2018)—For the 2018 Primary Election, voters can vote in person or by absentee ballot. To vote in person, voters who reside in Prince George's County can vote before election day at a designated early voting center in Prince George's County or on election day at the polling place for their residence in Prince George's County.

Early voting centers will be open for voting from 10:00 am to 8:00 pm from Thursday, June 14th through and including Thursday, June 21st. Prince George's County voters may vote at any of the designated early voting centers in the listing found on page A3.

Voters who prefer to vote on election day can vote on **Tuesday, June 26, 2018**. On election day, polling places will be open for voting from 7:00 am to 8:00 pm. To avoid delays, voters should try to vote between the hours of 10:00 am and 4:00 pm.

Where Do I Vote?

During early voting, Prince George's County voters should vote at a designated early voting center in Prince George's County. There is at least one early voting center in every county. Centers are located at accessible facilities with adequate parking and within a convenient driving distance for most voters in the county. Information about early voting centers and early voting in general is available at: elections.maryland.gov/voting/early_voting.html.

On election day, Prince George's County voters should vote at their assigned polling place. Voters can find their assigned precinct by looking at the voter notification card they

See VOTING Page A3

Bowie Girls Soccer Team Advances To the 2018 US Youth Soccer Eastern Regional Championships

By PRESS OFFICER
MD State Youth Soccer Association

GLEN BURNIE, MD (June 4, 2018)—After competing in the US Youth Soccer Maryland State Championships, the 15U Girls Division soccer team from Bowie, Maryland has qualified to compete in the 2018 US Youth Soccer Eastern Regional Championships.

The team will be among the more than 225 top US Youth Soccer Boys and Girls teams from the 15 US Youth Soccer State Associations competing for the regional title, June 29–July 3 at the US Youth Soccer Eastern Regional Championships at the Public Virginia Soccer Training Center and Embrey Mill Complex in Spotsylvania, VA. Daily reports and complete results from the tournament will be available at <http://Championships.USYouthSoccer.org/East>.

The Eastern Regional Championships feature top teams in the 13U through 19U age groups, beginning with round robin games Friday, June 29, through Sunday, July 1. Semifinal matches will be played Monday, July 2, and Eastern Regional Champions will be crowned following final games on Tuesday, July 3.

Regional winners of the 13U through 19U age groups earn a berth to the 2018 US Youth Soccer National Championships, July 23–29,

at the Toyota Soccer Center in Frisco, Texas. One of the 14 national crowns awarded is the James P. McGuire Cup, the oldest trophy in youth sports, dating back to 1935 with the inaugural youth championships.

For more information on the US Youth Soccer National Championships visit <http://championships.usyouthsoccer.org>, the online home for the US Youth Soccer Na-

tional Championship Series providing the latest in news, information and more. Get all US Youth Soccer National Championship Series updates are on Twitter @usysncs.

The US Youth Soccer National Championship Series provides more than 10,000 teams from US Youth Soccer's 55 State Associations the opportunity to showcase their abilities against the best in the nation while emphasizing teamwork, discipline and fair play. The 14U through 18U Boys and Girls age groups have four teams representing the US Youth Soccer National League. Overall, the US Youth Soccer National Championship Series provides the nation's top collegiate coaches with the premier stage to identify and scout the most coveted players in the country. For more information, visit <http://championships.usyouthsoccer.org>.



PHOTOGRAPH COURTESY OF THE MARYLAND STATE YOUTH SOCCER ASSOCIATION

The Maryland United FC's 15U Girls Division soccer team of Bowie, Maryland celebrating their achievement. The State Cup and the US Youth Soccer National Championship Series are prestigious and nationally-recognized tournaments.

INSIDE

Capital Area Food Bank Announces Free Summer Meals for Children in Prince George's County

Over 137,000 residents of Prince George's County struggle to get the food they need; of those, 15% are children. Food insecure children are more likely to experience stomachaches, headaches, colds ... and fatigue.

Community, Page A3

Advice to Graduates: Pursue a PhD in Common Sense

We need to send a message to the people who lead this country that we do not want a divided America ... we want an America of bridges. We do not want an America of hate; we want an America of cooperation and an America of love.

Commentary, Page A4

Paying at the Pump is Taking Up More of Motorists' Paychecks

With strong summer consumer gasoline demand expected in the months ahead, AAA says motorists can expect little relief at the pump with the national gas price average ranging from \$2.85 to \$3.05 per gallon through Labor Day.

Business and Finance, Page A6

Movie Review:

Solo: A Star Wars Story

When Han and Qi'ra are separated he joins the imperial air force to become "the best pilot in the galaxy," gets tossed out for being unwilling to follow orders, and ends up a soldier for the not-yet-completely-evil-but-well-on-its-way Empire.

Out on the Town, Page A7

Earth Talk

Dear EarthTalk:

How do the big gadget-making companies (Apple, Samsung, etc.) stack up these days regarding their environmental footprint?

—Doug Greco, Newark, NJ

Features, Page A8

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Longtime Morningsider, Tommy Cook, Dies in Auto Accident

Tommy Lee Cook, who grew up in Morningside and married a Morningside girl, died in an auto accident May 25 in Mechanicsville. His wife, Anita, who was following him in her car, came on the terrible scene, and identified him.

The accident happened at a curve near New Market Turner Road, causing the car to leave the roadway, strike an embankment and turn over. He was extricated from the vehicle, taken to MedStar St. Mary's Hospital and helicoptered to a trauma center. He died the next day at Prince George's Hospital Center. He was 50 years old.

Tommy was born in Washington to Tommy Lee, Sr. and Mary Ann Cook who lived on Marianne Drive in Morningside. After graduation from Crossland High School, he worked 20 years as a master boiler mechanic and master air conditioner mechanic for TJ Fannon & Sons in Alexandria.

Twenty-six years ago he married Anita Michele Beall, daughter of Rita and the late Joseph Beall who lived just blocks away on Pine Grove Drive. Tommy and Anita settled in Mechanicsville. As his obit says, "He enjoyed spending time with his family and friends, making people laugh, and just generally enjoying life."

Survivors include his wife Anita; his parents and mother-in-law; his three children, Shawn Michael Cook, Amber Lee Cook-Rye (Tim Rye Jr.) and Shelly Lynn Cook; siblings and their spouses, Jimmy and Kim Cook and Tammy and John Naumoff; and two grandchildren, Bentley and Hailee.

Family and friends gathered at Brinsfield Funeral Home in Charlotte Hall on June 1 for Tommy's Life Celebration Gathering and a memorial service. In lieu of flowers, the family asked that memorial donations be made to The Organ Donation and Transplant Association, Inc.

Academia

Brandon Matthews graduated June 1 from Punxsutawney High School, in Pennsylvania, with honors, and will be attending Youngstown State University on a baseball scholarship. He is the son of John and Tresa Matthews, and the grandson of Jack and Jackie Matthews, of Clinton and formerly of Morningside. (This is a correction of an item in last week's column.)

These Maryland high school seniors are among 101 who have received \$1,000 scholarships from Comcast NBCUniversal: Zemora Bonner of Grace Brethren Christian, Aleah Cherry of From the Heart Christian School, Kaylah Cook of Suitland High, Lauryn Davis of Bishop McNamara, Jordyn McCollum of Surrattsville High, Dominique Phelps of Riverdale Baptist School and Leah Swindler of Friendly High School.

St. Philip the Apostle School is now accepting students (grades PreK, 3 through 8th) for the upcoming year. Call 301-423-4740.

Movies and Concerts on the Potomac

National Harbor is again hosting summer movies, May through September, every Thursday night at 7 p.m. and Sunday at 6 p.m.: June 21, *Forest Gump*; June 24, *Charlotte's Web*; June 28, *Dream Girls*.

There are also Salute the Sunset concerts on Saturdays: June 23, will feature Air Force Max Impact; June 30, will feature the Navy Sea Chanters.

All are free.

Coming up in Morningside

- June 30: Spring Clean-Up and Rabies Shot Clinic, 9 a.m.
- July 4: Independence Day Parade, followed by family fun and then amazing fireworks at dusk.

The McHales Moved in 60 Years Ago This Week

In a Chevy station wagon, Jack and I and our five children (later, seven) arrived at 5904 Skyline Drive on or about June 22, 1958. We were already in love with the two-story brick house with four bedrooms and roomy basement, with the big yard and lots of trees and squirrels—luxuries we didn't have in our Mill Valley, CA, redwood home.

We gassed our car at the Esso down at the corner or the Texaco down Suitland Road. And made oil-heating arrangements at Clinton Oil on Suitland Road near the Skyline Tavern.

We got groceries at G.I. Market in Morningside and baked goods at the Suitland Pastry Shop on Silver Hill Road. I shopped at the Bo Peep Shop in Suitland for the kids and at the Lane Shop for me. We patronized People's Drugs, where I could get a free Coke while they filled my prescription. I bought toys and sewing supplies at the Morningside Variety Shop. For the bigger items, I drove into Washington, parked at Hecht's and sometimes lunched at Woodies.

In the evening, we often took in a movie at the Coral Hills Drive-in. Sundays we attended Mass in the multi-purpose room at Morningside School.

Life was simpler then. But it was a new adventure. I'm still here and the adventure continues.

Milestones

Happy birthday to my grandson Conor McHale, Aletheia Fadness, Mark Witherow Sr. and Antonio Jackson, June 21; Gary Fadness, June 22; Edson Cook, June 23; Gloria R. Johnson, June 24; Michael Taylor and Larry Frostbutter, June 25; Angela Booth and Mable Hemmes, June 26; Charles "Chuckie" Henry, Rose Hoffman, Veda Curcio, Shawn Kumra and Cathryn (Cordero) Pracht, June 27; Mike Dudding, Juanita Eppard, Erica R. Webb, EvaMarie Anthony and my granddaughter Leah Katherine Mudd, June 28.

Happy anniversary to Tim and Becki Cordero, their 17th on June 23; Mary and Mike Dawes, their 45th on June 23; and Jack and Kimberly Hay, their 32nd on June 28.

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

BRANDYWINE ROAD BRIDGE CLOSING

BTBCoalition.org Alert—Bridge Closing: The MD 381 Brandywine Road Bridge, which spans over Timothy Branch Tributary, will be closed to all traffic starting on June 15, 2018 until September 2018 (specific date to be announced). It will be closed for the construction of a new bridge replacement at Brandywine Road past the bus lot and Brandywine Elementary. For more information on this project: MDSHA: PLC-PG046_21MD0381 Brandywine Road.

KID FIT BOYS SUMMER CAMP

Kid Fit is now accepting registration for a summer of excitement and fun. The camp is for boys ages 7-13 years old, June—September. Registration fee is \$50; the cost is \$135. The camp provides fitness, sports, games, field trips, mentoring, and more. The camp address is 5010 Brown Station Road, #185, Upper Marlboro, Maryland 20772. Call now for more information call 240-350-5742.

SUMMER READING SKILLS PROGRAMS

Phonics, fluency, comprehension, love of reading, textbook skills and speed reading are offered in Mitchellville at the Largo Community Church, 1701 Enterprise Road, and in Upper Marlboro at the Trinity Episcopal Church,

14515 Church Street. Programs are sponsored by Loyola University Maryland, School of Education, a non-profit organization. Classes are taught by instructors from the Institute of Reading Development.

All programs meet once each week. Tuition varies by program grade; a family discount is available. Call 1-800-903-0162 for more information or to register, Monday-Friday, 8:00 AM-10:00 PM, Saturday 8:00 AM-7:00 PM and Sunday 10:00 AM-6:00 PM. Inquire early because class size is limited.

UPCOMING DINNERS

June 23, 2018, 12:00 PM at St. Philip's Church Hall—13801 Baden-Westwood Road, Brandywine, Maryland. Sponsored by the Peter A. Gross, Sr. Scholarship/Memorial Fund, Inc. Menu includes Chicken Dinner (\$12.00), Fish, Pig Feet or Ribs Dinner (\$14.00), Combination Dinner (\$20.00). Sandwiches and desserts will be on sale. All dinners are served with string beans, sweet potato, potato salad and bread. Pre-order to guarantee your selection.

Contact Michele Chase, 240-882-3369, Vivian Rich, 804-301-9530, and Shirley Cleaves, 302-690-4260. Thank you for your support in advance. *Day of Dinner please call 301-888-1536.*

DONATE YOUR CAR

Donate your car today! Every car is accepted (running or not) and

fast and free pick up is available at your location. You'll receive an IRS tax receipt for your tax-deductible gift in support of the official Purple Heart Car Donation Charity. Visit www.PurpleHeartCarsForVets.org. Serving all Veterans, all Wars, since 1957. "Honoring their sacrifice with our service." Call today (877) 357-9573.

BIRTHDAYS

Happy Birthday to William King, Stephanie Samuel, Jasmine Taylor, Sandra Miley, Ruth Wilson, Rendell Crawford, Cooper Brody Sims, Rita Pinkney, June Fauber, Louise Gordon, Sally Fauber Lucas, Atara Serene Scott-Bourne, Madison Falby, Jazzmyn Simmons, Ayden Anthony Jones, Carol Bell, Beverly Baker, Raymond Porchea, Alston Knight, Samuel Cokes, Kendra Neal, Christopher Quarm, Rodney Tyre, Shiloh Bell, Rahsaan Silas Thomas who are Clinton United Methodist Church members celebrating their birthdays in June.

WEDDING ANNIVERSARIES

Congratulations and Happy Wedding Anniversaries to Joe & Esther Neckere, Nathaniel & Shelia Holmes, Tony Sr. & Beatrice Chapman, Brewer & Pauline Clark, Bob & Sandra Miley, Daniel & Carolyn Glee, Joseph & Nadia Prah who are Clinton United Methodist Church members celebrating anniversaries in June.

Around the County

PGFD Career and Volunteer Fire/EMS Recruitment Expo June 23rd in Largo

By PRESS OFFICER PGFD

Have you ever thought about being a firefighter, Emergency Medical Technician (EMT) or a paramedic? Start your adventure to fulfilling your career dreams by attending the Prince George's County Fire/Emergency Medical Services (EMS) Department "Career and Volunteer Recruitment Expo." The Recruitment Expo is scheduled for Saturday, June 23, 2018, 9 AM-3PM, at the Largo Plaza Shopping Center, 10500 Campus Way South, Largo, Maryland 20774.

The purpose of the Expo is to serve as a recruitment activity that will attract a pool of diverse individuals to apply for job opportunities within the Fire/EMS Department (career, volunteer, civilian); to involve the community in the recruitment process; and to serve as a community outreach event to provide Fire/EMS informational and educational materials and activities.

There will be career, volunteer and civilian members of the Fire/EMS Department on hand to talk about their experiences and answer any questions you may have.

— To learn more, visit www.tinyurl.com/pgfdrecruiter —



IMAGE COURTESY OF PGFD

Congratulations Class of 2018!

The Prince George's Post extends their best wishes to all recent graduates!

Two MedStar Southern Maryland Hospital Center Publications Win Gold Aster Awards For Excellence in Healthcare Communication

By PRESS OFFICER MedStar Southern MD Hospital Center

CLINTON, MD (May 31, 2018)—MedStar Southern Maryland Hospital Center (MSMHC)'s *Connections* associate newsletter and *Health* community magazine and have won Gold Aster Awards. Aster Awards are granted annually for excellence in healthcare communication.

"This is exciting for our hospital, since we care so much about our associates and our community members," said MSMHC President Christine Wray. "Our publications are a big source of pride, as they help associates stay informed and invested in their workplace, and they help our community understand the great things we're doing at MedStar Southern Maryland Hospital Center."

Connections is published monthly and is mailed to associates' homes. It features a Letter from the President, stories on physicians, how the hospital is performing on the latest innovations at MSMHC, spotlights on departments or individuals, how the hospital is fulfilling its SPIRIT Values,* and much more.

Health is a glossy magazine mailed out to more than 200,000 households surrounding the hospital. This magazine is shot by professional photographer Ryan Smith.** The publication also begins with a Letter from MSMHC President Christine Wray. It contains a Patient Testimonial cover story, and features articles promoting the work of the hospital, educational articles on medical conditions and treatments, and a Heart&Soul sec-

tion featuring MSMHC's Cardiology Department. Current and past issues of *Health* are available at medstarsouthernmaryland.org.

"We're thrilled to be the recipient of Gold Aster Awards," said Cheryl Richardson, Director of Marketing at MSMHC. "One of our hospital's SPIRIT Values is Teamwork, and these publications would not be produced without adherence to this Value. Our writer, graphic designers and marketing assistant work with an amazing photographer, and virtually every department in the hospital, to collaborate on these publications. Without everyone here working together so fluidly as a team, we couldn't accomplish all that we do."

To be considered for an Aster Award, healthcare facilities had to submit all advertising/marketing materials developed, produced and/or distributed during the calendar year 2017 to be eligible for the 2018 program. All entries for each category are placed together for judging by a panel of design and healthcare marketing professionals with decades of combined experience. Entries are judged on: Creativity, Layout/Design, Typography, Production, Quality & Overall Effectiveness. For more information, visit www.asterawards.com.

* MSMHC's SPIRIT Values are: Service/Patient First/Integrity/Respect/Innovation/Teamwork.

** For more information on photographer Ryan Smith, visit ryansmithproductions.com or call 267-712-9501.

MedStar Southern Maryland Hospital Center, located in Clinton, Maryland, is a 182 bed acute care hospital serving the Washington, D.C., metro and Southern Maryland area. The hospital is focused on caring for patients and their loved ones utilizing advanced technology under the guidance of expert clinicians. Quality, Safety, Wellness, and Patient Satisfaction are achieved through a spirit of patient centered services that connect us to the community we serve.

Scholarship from A1

trade school. Twenty winners were chosen based on their essays which discussed Student Financial Literacy.

- The SECU-USM Scholarship Program for all graduating high school seniors, current USM students, and students transferring to any of USM's 12 institutions. Twenty winners were chosen based on their essays or videos which focused on issues with Student Loan Debt.
- The Donald Tynes Sr. Scholarship. Named after longtime SECU Board member and former Chairman of the Board Donald Tynes Sr., this scholarship is for Morgan State University sophomores, juniors, and seniors enrolled in the Graves School of Business and Management. Five winners

were selected based on their essays or videos which discussed Commitment and Values.

To see the full list of winners, their home towns, and the schools they will attend in the fall, visit www.secumd.org.

About SECU MD Foundation: *Founded by SECU, Maryland's largest credit union, in January 2018, the SECU MD Foundation's mission is to help people achieve their dreams through education by offering financial wellness programs and various Scholarship Programs. The SECU MD Foundation is a 501(c)(3) tax exempt organization, and was launched by SECU to help grow their charitable programs and build resources for new initiatives. To learn more, visit www.secumdfoundation.org.*

COMMUNITY

The American Counseling Association's Counseling Corner

Making That Car Trip With Kids Less Stressful

Summer family vacations are fun, unless you count that part about driving to the vacation destination with a backseat filled with one or more unhappy kids.

Children can possess a great sense of anticipation but often a low level of patience. An upcoming beach vacation has them excited, but the all-day drive to get there not so much.

With a little planning and preparation, however, even a long car trip can be made more enjoyable, and certainly less stressful, for kids and parents.

An important first step? Have your car ready for the trip. Get your oil, air conditioning and tires checked before heading off. Broken down by the hot roadside is stress producing for everyone.

Next, think entertainment. Put together a package with favorite and new books, magazines, video games, downloaded movies and music. Have the right electronics, and the needed car chargers, so those entertainment choices help the miles go by. Dole out the entertainment items one at a time. And don't turn the whole trip into an electronic cocoon. Family talking, bantering, even mild arguing, is all part of creating the nostalgia of a family road trip.

It's also important to remember that kids' time-to-eat schedules are not going to be the same as yours. The fact that you stopped for lunch only 2 hours ago doesn't mean your backseat buddies aren't starving. Pack a collection of small containers of healthy and filling treats. Skip the high-sugar, high-fat snacks and the resultant sugar high and crash they often produce.

And yes, the kids can sometimes look out the window. Get a road map (yes, they still make them) and mark out the route to your destination. Every once in awhile, get the kids to trace the route, locate where they currently are, and see if they can find something worth seeing up ahead.

If something seems interesting, try actually stopping and seeing it. Make the trip not just getting to a destination, but about things along the way. A scenic overlook, a whacky museum, just a small town with a great local ice cream spot. An occasional stop might add travel time, but it gives the kids a chance for some exercise and can often be an unexpectedly fun experience for the whole family.

Making the drive an interesting part of the vacation can actually reduce stress for both parents and kids, and add to everyone's enjoyment.

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

Capital Area Food Bank Announces Free Summer Meals for Children In Prince George's County

*Funded by USDA, Meals Will Be Provided
To Children Free of Charge*

By PRESS OFFICER
Capital Area Food Bank

WASHINGTON, D.C. (June 14, 2018)—The Capital Area Food Bank today announced that it will once again provide free summer meals to children in Prince George's County. The Free Summer Meals Program (FSMP), for which the food bank will be an acting program sponsor, is funded by the US Department of Agriculture.

Over 137,000 residents of Prince George's County struggle to get the food they need; of those, 15% are children. Food insecure children are more likely to experience stomachaches, headaches, colds, ear infections, and fatigue. They are sick more often, recover more slowly, and are more likely to be hospitalized.

During the school year, The Capital Area Food Bank operates afterschool and weekend meals programs called Kids Cafe® and Weekend Bag. Both of these programs fill meal gaps, supplementing school-based federal free or reduced price breakfasts, lunches, afterschool snacks and dinners. Meal service is extended in the summertime with many sites offering daily breakfasts, lunches, snacks and suppers. Additionally, the CAFB's Weekend Bag program provides bags of pantry staples and

fresh produce for children and their families over the weekend when school is out of session.

Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. For the most up-to-date information about where to find free Summer Meals, including approximate meal times, please visit <http://www.fns.usda.gov/summerfoodrocks>.

The Capital Area Food Bank is the largest organization in the Washington metro area working to solve hunger and its companion problems: chronic undernutrition, heart disease and obesity.

By partnering with nearly 450 community organizations in D.C., Maryland and Virginia, as well as delivering food directly into hard to reach areas, the CAFB is helping 540,000 people each year get access to good, healthy food. That's 12 percent of our region's mothers, fathers, sons, daughters, sisters, brothers, and grandparents. To learn more, visit: capitalareafoodbank.org, or find the Capital Area Food Bank on Facebook at [facebook.com/CapitalAreaFoodBank](https://www.facebook.com/CapitalAreaFoodBank), and Twitter at [@foodbankmetrodc](https://twitter.com/foodbankmetrodc).

Hogan-Rutherford Administration Announces \$40 Million to Fight Heroin and Opioid Epidemic

Prevention, Enforcement, and Treatment and Recovery Efforts to Expand in FY 2019

By PRESS OFFICER
Before It's Too Late MD

ANNAPOLIS, MD (June 12, 2018)—Maryland's Opioid Operational Command Center, the Maryland Department of Health, and the Governor's Office of Crime Control & Prevention today announced \$40 million in new funding to fight the heroin and opioid epidemic.

"Over the past year, we have seen our state and local partners escalate efforts to combat the heroin and opioid crisis. Now, it's critical that we continue our fight, and this continued funding supports our drive to do just that," said Governor Hogan. "This is about saving lives—and it will take all of us working together to turn the tide of this epidemic."

The funding for Fiscal Year 2019 includes \$29.4 million from the Hogan-Rutherford administration, \$10 million from the federal 21st Century Cures Act, and \$1.2 million from the Governor's Office of Crime Control & Prevention.

"Every day, the opioid crisis is evolving. Although we are making progress in reducing prescription opioid-related deaths, illicit fentanyl floods our streets. It's important that we remain focused and resolute in our coordinated efforts," said Clay Stamp, executive director of the Opioid Operational Command Center. "Our local jurisdictions are inspiring—because it's there,

at the local level, in neighborhoods, schools, and communities—where we are making the biggest impact."

The Maryland Department of Health was awarded a \$20 million grant under the 21st Century Cures Act from the U.S. Department of Health and Human Services, administered by the Substance Abuse and Mental Health Services Administration (SAMHSA), to be used for the prevention and treatment of opioid abuse over two years—FY19 is the second year of funding.

The funds from the Governor's Office of Crime Control & Prevention will be used to continue the collaboration and coordination between federal, state, and local law enforcement.

Maryland's opioid crisis is evolving and so is the state's response to it, which includes addressing the epidemic from every possible angle. Education and prevention go hand-in-hand with treatment and recovery, and enforcement, and all are essential components of the state's efforts to turn the tide in this heroin and opioid crisis.

Efforts that will receive enhanced funding in FY19 include:

- \$4 million total distributed to local Opioid Intervention Teams (as noted in table below) for each jurisdiction to determine how best to fight the opioid epidemic, which may expand on current preven-

tion, enforcement, and treatment efforts

- \$2.5 million to fight the opioid crisis through prevention and education, and treatment and recovery efforts

Prevention and Education

- \$1 million for a public awareness campaign to reduce stigma and increase patient-physician communication
- \$700,000 to establish harm reduction outreach teams
- \$200,000 to continue program that creates school-based teams for early identification of the problems related to substance use disorders

Enforcement

- \$850,000 to continue heroin coordinator program, which helps to make the link between law enforcement and treatment
- \$380,000 to expand law enforcement assisted diversion (LEAD) to treatment programs
- \$370,000 to increase monitoring and regulatory oversight of controlled substances prescribers and dispensers

Treatment and Recovery

- \$18.5 million to increase reimbursement rates for behavioral health providers as outlined in the Heroin and

Opioid Prevention Effort (HOPE) and Treatment Act of 2017

- \$2.8 million to expand access to crisis beds and residential treatment services statewide
- \$2.2 million to improve access to naloxone statewide
- \$2 million to support implementation of 24-hour crisis stabilization center in Baltimore City
- \$1.7 million to support peer support specialist and SBIRT (Screening, Brief Intervention, and Referral to Treatment) services, with a focus on hospitals, correctional facilities, and other high-risk populations
- \$1.5 million to increase access to medications that support recovery from substance use disorders
- \$350,000 to expand and improve the statewide crisis hotline
- \$200,000 to support Montgomery County School System recovery and academic program

FY19 Funding by Jurisdiction

As in FY18, local Opioid Intervention Teams (OITs) will receive \$4 million total for each jurisdiction to determine how to best fight the opioid epidemic, as noted in the table below.

See FUNDING Page A6



Voting from A1

received from the Prince George's County Board of Elections or by clicking the Find Your Polling Place link at: elections.maryland.gov. Voters who have moved, but have not updated their address with the Prince George's County Board of Elections, should search for the polling place for their new address or contact the Prince George's County Board of Elections. It is important for voters to vote in the polling place for their new address because only those contests for which voters are eligible to vote will be counted.

How Do I Vote?

Maryland elections are conducted with a paper-based voting system. Voters will cast votes by marking and scanning paper ballots. Most voters will use a pen to mark a paper ballot by hand and voters unable to mark a ballot by hand will use a ballot marking device. All voters will insert their marked paper ballots into a scanner. Instructions will be available to help voters familiarize themselves with the ballot and how to vote. Voters may also ask an election judge to explain how to vote on the voting system, but a voter must vote alone, unless the voter is unable to do so because of disability, inability to write, or inability to read the ballot.

For absentee and provisional voting, voters are issued a paper ballot. Absentee voters, who choose to receive their ballot electronically, print their own paper ballot to mark by hand. Voters fill in the oval next to each candidate and ballot question response they select. An online ballot marking tool is also available. Using the tool, voters mark their ballot using their computer, then print their paper ballot and return it by mail. At the Prince George's County Board of Elections, absentee ballots are fed into a scanning unit which reads and tabulates the selections made by voters. All provisional ballots and absentee ballots are reviewed in a public meeting after the election and counted or rejected according to State law and regulation.

How Can I Get an Absentee Ballot?

Voters may request to receive their absentee ballot by mail, electronically, or by

fax. Visit elections.maryland.gov/voting/absentee.html to request an absentee ballot. The deadline to request a mailed or faxed absentee ballot is Tuesday, June 19, 2018. The deadline to request an electronic absentee ballot is Friday, June 22, 2018. Voters who request an electronic absentee ballot will be notified by email that their ballot is ready for download, then instructed to enter unique identifying information before printing their ballot, voting instructions, and return envelope template. If a Prince George's County voter misses the above deadlines, but still wants to vote by absentee ballot, the voter or the voter's agent must apply in person at the Prince George's County Board of Elections before 8pm on election day. Visit elections.maryland.gov/voting/absentee.html for more information.

Voted absentee ballots may be delivered to the Prince George's County Board of Elections by 8:00 pm on election day or mailed on or before election day and received by the local board by Friday, July 6, 2018. All absentee ballots are reviewed, regardless of whether or not the absentee ballots will impact the outcome of an election.

What is a Provisional Ballot?

A provisional ballot is a safeguard to ensure that individuals who believe they are registered and eligible to vote are able to vote. Voters required to vote by provisional ballot will be asked to complete a provisional ballot application, and then issued a paper ballot. It is important that voters complete the entire provisional ballot application because the information on the application is used to determine whether the provisional ballot will be counted.

All provisional ballot applications are reviewed, regardless of whether or not the provisional ballots impact the outcome of an election. A provisional ballot will only be counted after the Prince George's County Board of Elections has reviewed the provisional ballot application and determined that the individual is in fact registered and eligible to vote the provisional ballot. Additional information about provisional voting is available at: elections.maryland.gov/voting/provisional_voting.html.

For more information, please contact the Prince George's County Board of Elections at (301)341-7300 or visit our website at <http://elections.mypgc.us>. You may also contact the State Board of Elections at 1-800-222-VOTE (8683) or elections.maryland.gov.

Designated Early Voting Centers:

- Accokeek VFD Training and Activity Center, 16111 Livingston Road, Accokeek, MD 20607
- Baden Community Center, 13601 Baden-Westwood Road, Brandywine, MD 20613
- Bowie Gymnasium, 4100 Northview Drive, Bowie, MD 20716
- College Park Community Center, 5051 Pierce Avenue, College Park, MD 20740
- Kentland Community Center (New), 2413 Pinebrook Avenue, Hyattsville, MD 20785
- Laurel-Beltsville Senior Activity Center, 7120 Contee Road, Laurel, MD 20707
- Suitland Community Park School Center, 5600 Regency Lane, Forestville, MD 20747
- Southern Regional Technology and Recreation Complex, 7007 Bock Road, Fort Washington, MD 20744
- Upper Marlboro Community Center, 5400 Marlboro Race Track Road, Upper Marlboro, MD 20772
- VFW Post 8950, Hansen Hall (New), 9800 Good Luck Road, Lanham, MD 20706
- Wayne K. Curry Sports and Learning Center, 8001 Sheriff Road, Landover, MD 20785.

For a complete listing of candidates running in the 2018 Primary Election, visit <https://elections.maryland.gov/elections/2018/index.html>, and select the "2018 Gubernatorial Primary Candidate Listing" link.

COMMENTARY

Marc Morial, President and CEO
National Urban League



Advice to Graduates: Pursue a PhD in Common Sense

“Education must not simply teach work. It must teach life.” —W.E.B. DuBois

This time of year brings great pride and congratulations for graduates at all levels, from high school to doctorates. But the most important degree I can recommend is a PhD in common sense, with a concentration in thriving and surviving in 21st-Century America.

Common sense is genius wrapped in work clothes. And to achieve it, we must learn four lessons.

First lesson: Don't ever forget from whence you came. Along the long journey of life, one need only recognize that as graduates of 2018, you're standing on the shoulders of those who came before. As you celebrate your success after many years of hard work, financial sacrifice, long nights—in many cases working and going to school at the same time—there are many out there from your hometowns and neighborhoods, maybe in your own family, who will not have the opportunities you have today. This nation has too many children who are born into and grow

up in poverty. This nation has a problem of mass incarceration. This nation still has too much gun violence. To whom much is given, much is expected, demanded and required. Go back to your high school, to your community, to the young people, and let them see your success. Let them hear your story. Let them understand what you had to do to get to today.

Lesson two: Pursue excellence in every instance. It is still an unfortunate fact that to be Black, you've got to be better. Your grandmother and mother will tell you that time and again. But you can be the best. Say no to mediocrity. Say no to half-stepping. Say no to foot-dragging. Be excellent. And remember, excellence is not perfection. No one is perfect. What excellence means is the pursuit of perfection and the faith that in all of our endeavors, you have given everything that God has given you to accomplish to achieve and to pursue your goals and your dreams.

Lesson three: In this nation today, racism is real. But you are not going to let racism break your spirit. Whether it's Starbucks or Waffle

House. Whether it's Trayvon Martin or Michael Brown or Eric Garner. Whether it's a student taking a nap from studying too hard in a student lounge at Yale university. Implicit and explicit bias is still a part of American life. It's in the criminal justice system, where people of color who serve longer sentence than white men who commit same crimes. It's in the scourge of hate crimes that have spiked over the last two years. It's in the leaders talking about building walls when we should be talking about building bridges. Racism is real. But you're not going to let it break your spirit. Frederick Douglass didn't let racism break his spirit, and he didn't let Lincoln's hand shake when he signed the Emancipation Proclamation. Racism didn't break the spirit of Harriet Tubman, who carried members of her family through the back woods on the Eastern Shore of Maryland, time and time again, to freedom. Racism didn't break the spirit of Thurgood Marshall in 1954 when he persuaded the Supreme Court to declare unanimously that school segregation is unconstitutional. Racism didn't break the spirit of Booker T. Washington or W.E.B. DuBois. Remember that Rosa sat so Martin could march, so Barack could run, and Barack won so you can soar.

Finally, America respects economic power and political power. Now that you have a college degree, it's time for you to build your assets. Building assets means investing in things that appreciate in value. Yes, you need a car but even the fanciest car doesn't appreciate in value. Fancy handbags and fancy shoes don't appreciate in value. Glam and glitter do not appreciate in value. Real estate does. Stock portfolios do. I know many of you

are saddled with student loan debt. But don't ever think any dime you invested in yourself was a dime wasted. If it is within your vision for yourself and the skill set that God has given you, build a business. Hire more people. Grow that business and sell that business and build a new business. Economic power is what we need.

This nation understands political power. We shirk our duty and our responsibility when an election comes and we don't vote. We surrender our power to others when an election comes and we don't vote. We need to send a message to the people who lead this country that we do not want a divided America. We do not want an America of walls; we want an America of bridges. We do not want an America of hate; we want an America of cooperation and an America of love. We want an America where everyone, regardless of race, creed, color, religion, orientation, or national origin is respected and honored as one of God's children. That's the America we want.

Of all the honors I've been humbled to receive in my life, and all the things I've learned from attending great institutions, the most important degree I got is the PhD in common sense I got from my mama. It came from these four lessons: Remember from whence you came. Pursue excellence. Racism is real but will not defeat us. And America respects economic power and political power and while we do not worship it, and we will build it each and every day of our lives.

**Congratulations to the
Class of 2018**

Child Watch

by *Marion Wright Edelman*



Senator Robert Kennedy

On the night Dr. Martin Luther King, Jr. was killed, Senator Robert F. Kennedy, who had announced his decision to run for president, was campaigning in Indiana when the news came of Dr. King's assassination. He movingly shared the terrible news with the waiting crowd of mostly Black people, urging them not to hate and reminding them that a White man had killed his brother too, and spoke even in that terrible heartbreaking moment about his vision for what America could be:

“[Y]ou can be filled with bitterness, with hatred, and a desire for revenge. We can move in that direction as a country, in great polarization—Black people amongst Black, White people amongst White, filled with hatred toward one another. Or we can make an effort, as Martin Luther King did, to understand and to comprehend, and to replace that violence, that stain of bloodshed that has spread across our land, with an effort to understand with compassion and love ... What we need in the United States is not division; what we need in the United States is not hatred; what we need in the United States is not violence or lawlessness; but love and wisdom, and compassion toward one another, and a feeling of justice toward those who still suffer within our country, whether they be White or they be Black ... We can do well in this country. We will have difficult times; we've had difficult times in the past; we will have difficult times in the future. ... But the vast majority of White people and the vast majority of Black people in this country want to live together, want to improve the quality of our life, and want justice for all human beings who abide in our land.”

It was a spontaneous message of compassion and hope and nonviolence that epitomized Senator Kennedy as the human being he was and leader he had become after his brother's tragic assassination. Our dark, deep despair at Dr. King's death was leavened only by the fact that we still had Robert Kennedy who if elected president might not only end the war in Vietnam but finish waging the needed war against poverty that should have no room in rich America. But two months and two days later, Robert Kennedy died from an assassin's bullet on my birthday, June 6, 1968. I never wore the beautiful bracelet my fiancé Peter Edelman, Senator Kennedy's legislative assistant, had bought at the Ambassador Hotel in Los Angeles as a birthday present.

As I walked into St. Patrick's Cathedral in New York City where Robert Kennedy's body lay in state, a weeping Charles Evers, slain civil rights leader Medgar Evers' brother, clung to me asking over and over, “What are we going to do now?” Riding the train from New York City to Washington, D.C. bearing Robert Kennedy's body, I was deeply moved by the stricken faces of young and old, Black and White who lined the train route and mirrored my stricken heart. The single most poignant moment for me was when the hearse carrying Robert Kennedy's body to rest near his brother John Kennedy at Arlington National Cemetery crossed Memorial Bridge and paused for a

brief time at the Lincoln Memorial allowing the poor people still in Resurrection City from the Poor People's Campaign to bid farewell while singing the Battle Hymn of the Republic. It was Robert Kennedy's last campaign.

The day after Dr. King was murdered Robert Kennedy gave us another message that fifty years later is as true and urgent as ever. He spoke about the “mindless menace of violence in America which again stains our land and every one of our lives”: “It is not the concern of any one race. The victims of the violence are Black and White, rich and poor, young and old, famous and unknown. They are, most important of all, human beings whom other human beings loved and needed. No one—no matter where he lives or what he does—can be certain who will suffer from some senseless act of bloodshed. And yet it goes on and on.

“We glorify killing on movie and television screens and call it entertainment. We make it easy for men of all shades of sanity to acquire weapons and ammunition they desire ... This much is clear; violence breeds violence, repression brings retaliation, and only a cleaning of our whole society can remove this sickness from our soul. For there is another kind of violence, slower but just as deadly, destructive as the shot or the bomb in the night. This is the violence of institutions; indifference and inaction and slow decay. This is the violence that afflicts the poor, that poisons relations between men because their skin has different colors. This is a slow destruction of a child by hunger, and schools without books and homes without heat in the winter.

“When you teach a man to hate and fear his brother, when you teach that he is a lesser man because of his color or his beliefs or the policies he pursues, when you teach that those who differ from you threaten your freedom or your job or your family, then you also learn to confront others not as fellow citizens but as enemies ... Our lives on this planet are too short and the work to be done too great to let this spirit flourish any longer in our land.”

Although Senator Robert Kennedy's life was snuffed out before he could finish the work he set out to do, he left a powerful legacy and charge for those who seek to fulfill his vision and change America's violent course. “Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance.”

Marion Wright Edelman is President of the Children's Defense Fund whose Leave No Child Behind® mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. For more information go to www.childrendefense.org.

Benjamin L. Cardin

United States Senator for Maryland



Cardin Seeks Specifics, Urges Continued Diplomacy Following North Korean Denuclearization Summit

WASHINGTON, D.C. (June 12, 2018)—U.S. Senator Ben Cardin (D-Md.), a senior member of the Senate Foreign Relations Committee, released the following statement Tuesday after the completion of a summit between President Trump and North Korean leader Kim Jong Un in Singapore:

“This is the beginning of a process toward an important objective—the complete, verifiable, permanent denuclearization of the Korean Peninsula. And it is through diplomacy that we can ultimately achieve that goal. We've seen North Korean leaders make commitments in the past, and not lived up to them.

“The specifics are too few right now to see a crystal clear path forward, but there is a potential path. We now must seize the opportunity to end North Korea's weapons program and prevent them from being able to restart it through verification and monitoring.

“Moving forward, I am looking for North Korea to make a complete declaration as to their

nuclear weapons and missile programs, verify that those programs are frozen, allow international inspectors in to see exactly what is going on, and to agree to the removal of nuclear weapons and related materials from the country. And importantly, we need to hear a com-

“... We need real, verifiable progress toward ending Pyongyang's nuclear program and bringing security and stability to the Korean Peninsula and the East Asia region.”

mitment as to what they'll do in the future backed up by routine international inspections.

“Any agreement put to Congress—which the Administration has committed to and must follow up on—needs to address these issues with solid commitments: removal, inspections, verification, and importantly, underscoring that before any nuclear-related sanctions relief can take place, demon-

strable progress toward those goals is underway.

“In the context of all of this, there are many other issues to address before we could ever have a normal relationship with North Korea, including Pyongyang's atrocious violations of the North Korean people's human rights and their non-nuclear belligerent behavior abroad. We start with denuclearizing North Korea and ending hostilities on the peninsula, but we cannot ignore other important issues longer term.

“So today was a start. I am mindful that Kim Jong Un has achieved a major, long sought objective: international legitimacy through a meeting with the President of the United States. President Trump's effusive, repeated praise for the brutal dictator notwithstanding, in exchange for that meeting, we need real, verifiable progress toward ending Pyongyang's nuclear program and bringing security and stability to the Korean Peninsula and the East Asia region. That work must begin without delay.

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The Prince George's Post

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BUSINESS AND FINANCE

Paying at the Pump is Taking Up More of Motorists' Paychecks

Motorists Are Spending \$69 More a Month for Gas This Summer, But That Won't Deter or Stop Summer Travel, Says AAA

By PRESS OFFICER
AAA Mid-Atlantic

WASHINGTON, D.C. (June 13, 2018)—Consumers are spending \$69 more a month to fill-up compared to last summer, according to AAA. Gasoline expenses are accounting, on average, for seven percent of an American's 2018 annual income, a one and half percent increase since the summer of 2017. In the Washington metro area, spending on gasoline represented a larger share of income of residents of Washington, D.C., Prince George's County, Maryland and Fredericksburg, Virginia, notes AAA Mid-Atlantic.

With a retail average price of \$3.03 per gallon as of yesterday, consumers in the District of Columbia are spending \$60.60 more per month to fill-up compared to last summer, or 5.9 percent of a resident's annual income, a one-percent increase compared to the summer of 2017.

Compared to last summer, consumers in Montgomery County are spending \$72.75 more a month for a fill-up (or 4.3 percent of a resident's annual income, for a 0.9 percent increase). Meanwhile motorists in Prince George's County are spending \$71.06 more a month to fill their gasoline tanks (that equates to 5.5 percent of a resident's annual income, comprising a 1.1 percent increase over the summer of 2017). The statewide retail average in Maryland was \$2.88 a gallon on June 12.

Across the Potomac River in Virginia, consumers in Fairfax County are spending \$71.31 more per month to fill-up compared to last summer, or 3.7 percent of a resident's annual income, a 0.8 percent increase compared to the summer of 2017. In terms of gas spending in Fredericksburg, residents find themselves spending—\$73.42 more per month to fill-up compared to last summer, or 7 percent of a resident's annual income, a 1.43 percent increase compared to the summer of 2017. Yesterday's statewide retail average price was \$2.69 per gallon. Across the Washington metro area spending

on gas represented a larger share of low-income earners than high-income earners, as gasoline prices rise.

With strong summer consumer gasoline demand expected in the months ahead, AAA says motorists can expect little relief at the pump with the national gas price average ranging from \$2.85 to \$3.05 per gallon through Labor Day.



PHOTOGRAPH BY RUNRON, MOREGUEFILE.COM

“Motorists can expect to spend at least \$250 more on gas this season, but that won't stop them from traveling. Summer is synonymous with road trips and vacations and we are not going to see Americans giving up this pastime this year,” said Jeanette Casselano, AAA spokesperson. “The higher gas prices may just encourage travelers to shorten their driving distances. While others may pinch pennies by eating out less or finding more free family-fun activities while on vacation.”

According to a nationwide AAA survey conducted earlier this year, only one in three (33 percent) respondents said they would change travel plans if gas prices hit \$3, while nearly half (47 percent) say \$3.50 would be a game changer for their summer plans. Of those survey respondents in the northeast, one quarter (25 percent) of respondents said they would change travel plans if gas prices hit \$3, while nearly four in ten respondents (39 percent) say \$3.50 would be high enough for them to change their summer plans.

“Rising gasoline prices really hit the ‘hip-pocket’ nerve of motorists, dispropor-

tionately impacting low-income individuals and younger Americans. Consumers quickly alter their discretionary spending habits when pump prices go up, as they have of recent,” said John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. “When it comes to the pain at the pump experienced by area motorists and consumers, Washington, D.C. is one of the most expensive places on the East Coast to purchase gasoline. In terms of profitability, Washington, D.C. also tops the list of the ‘best earning metro markets’ in the country with a profit margin of 47 cents per gallon.”

Don't Let Your Tank Break Your Bank.

For when you are behind the wheel this summer, AAA offers these tips to improve your driving to get better gas mileage:

- Observe the speed limit. Not only is it safer, it can help you save money.
- Lose the weight. The heavier your car, the more fuel it uses.
- Accelerate gradually. Avoid jackrabbit starts.
- Drive during cooler parts of the day. Cooler, denser air can boost power and mileage.

• Maintain recommended tire pressure. Low pressure reduces fuel economy and can damage tires.

The Outliers

Gas prices have shown some positive downward movement at the start of the month, but it is too early to determine if this is a trend. AAA has identified the following outliers that have the ability to drive gas prices—up or down—in the coming months.

• OPEC: This year, global demand has outpaced global supply, which has driven the cost of crude oil to near-three year highs of \$72/bbl in May. Since Memorial Day, there have been conflicting reports that OPEC—which made a pact with other large producers to cut crude production in 2017 to help drain the thenglut of global supply—may or may not increase production to help ease supply concerns. The speculative news is already having a volatile impact, driving the price

See GAS PRICES Page A9

Practical Money Matters

7 Steps to Thriving Financially As a New Graduate

By HUGH NORTON

Leaving college and entering the “real world” can bring about a mixture of excitement and anxiety. I remember feeling as if the possibilities were endless, but also feeling uncertainty about where or how to start the next phase of my life.

You may have countless opportunities ahead of you and will also likely face a few new challenges—including managing income, expenses and (often) student loans. Wherever you are, getting your finances in order could help you be better able to focus on enjoying life as a new grad.

By taking the following steps on the path to achieving financial independence, you'll be setting yourself up for a stronger financial future.

1. Create a budget

No matter what your future income might be, it's important to put a realistic budget in place based on what your current income is in order to live within your means. For example, if you make \$2,000 per month, your expenses, savings and investments combined should not exceed that number. While budgeting typically means setting limitations, you may be surprised how much freedom the certainty of having a budget can give you.

To start, follow this step-by-step guide to creating a monthly budget:

- **Calculate your income.** The first step is to calculate all of your monthly income from your work pay, side-gigs, regular financial support you may get from family and/or any other funds coming in on a regular basis.
- **Evaluate your expenses.** List all of your expenses, including rent, food, transportation, loan payments, entertainment, etc. Taking an objective look at the list, break your expenses into “wants” versus “needs.” When calculating, don't forget to put money aside for taxes if you take on contract or freelancing work.
- **Track, trim and target.** Once you start tracking, you may be surprised to learn where your money goes. Take a hard look at your expenses and start eliminating unnecessary spending by evaluating your wants. Sometimes reducing expenses is easier than cutting costs. Remember, your budget is a living document and you can always make adjustments and reevaluate as necessary.

There are many free tools at your disposal to help you create and stick to a budget. Online resources and apps can help you keep track of your income and expenses, making it easier to stick to your budget. To get started, try this Budgeting Calculator.

2. **Prioritize paying off your student loans**
Whether you have a student loan or other loan, you will drastically reduce the amount of money you will pay over the term of the loan by making extra payments towards the balance on those that have the highest interest rates. It may be tempting to defer or pay the minimums on your student loans, but the longer you wait to pay them off, the more interest will accrue. Making more than the minimum payment, even by a little, will help you reach your goal faster.

3. Build a safety net

You should aim to have three to six months of basic living expenses in your savings account as an emergency fund. You never know when you might need a car repair, lose your job or have to handle an unexpected financial emergency. These expenses could put you in a tough place if you don't have a safety net, forcing you to miss loan payments

(and incur penalties or fees) or take on interest-accruing debt.

4. Take control of your credit

Having a good credit score can help you get approved for a loan when you go to buy a car or home. A higher score can also save you money by helping you get a lower interest rate on loans and credit lines. Paying bills on time and only using a small portion of your available credit on credit cards are two good first steps to building a healthy credit history.

5. Optimize your savings

One of the easiest ways to build up your savings is to automate the process where possible. If your employer offers a retirement savings plan, you may be able to put a portion of your paycheck directly into the account each month. Some employers also match a portion of your contributions, meaning extra money going into your retirement account.

If you don't have an employer-sponsored account, you could still set up automatic transfers to a savings account. Or, if you get paid via direct deposit, you may be able to automatically have part of your paycheck directly deposited into a savings account.

Ideally, you might aim to save 15 to 20 percent of your income—more if circumstances allow. If you can't put that much aside right away, you could start with a smaller percentage and then increase it slightly every few months as your income-to-expenses ratio allows.

6. Invest in your future

Once you have an emergency fund, sufficient savings and feel financially stable, you can look into investing your money. Starting to invest early in your life can lead to great long-term gains, as you'll have decades during which your earnings can compound.

There are numerous apps that can help you save and invest your money, including ones that automatically review your checking account and invest the money you don't need right now. You can also research investment options to find the best fit for your financial situation before making a commitment.

7. Reward yourself

Financially preparing yourself for post-graduate life doesn't necessarily mean living as frugally as possible. Rather, you should strive to strike a balance between financial stability and enjoying the kind of lifestyle that allows you to live within your means and take steps towards reaching financial independence, while on occasion rewarding yourself for your accomplishments.

Try to build wiggle room into your budget so you can treat yourself. Rewards don't have to be extravagantly expensive, but determining what's important to you and finding a balance between discipline and fun can lead to long-term success while budgeting.

Bottom line: Life as a new grad can be exciting and daunting. Taking some simple steps to ensure that you're on the right track financially can make the transition as smooth as possible and set you up for a strong financial future.

Hugh Norton directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

This article is intended to provide general information and should not be considered health, legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

Higher Salaries and More Jobs May Be Coming for U.S. Workers

(StatePoint)—Small and mid-size business owners are feeling more optimistic than they have for a long time, suggests a new survey, and experts say this could mean positive things for the overall economy—including for workers' salaries and job-seekers' prospects.

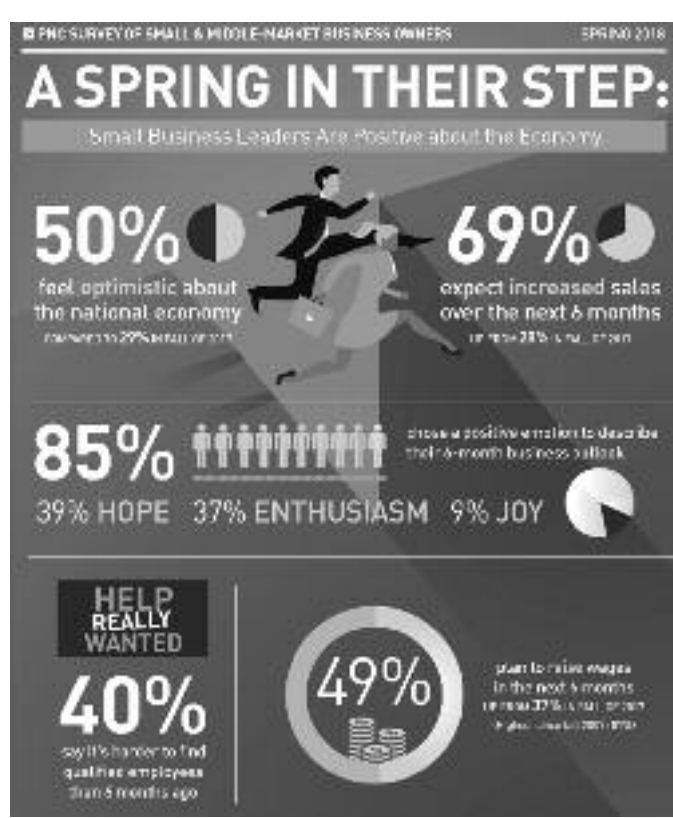
According to the PNC Economic Outlook, optimism is running at historic highs in all categories that the semiannual survey of small and medium-size business owners evaluates. This is reflected by the 85 percent of respondents who selected a positive emotion to describe how they feel about the business climate during the next six months, (from the time of the survey): hope (39%), enthusiasm (37%) and joy (9%).

The survey also points to some good news for the Amer-

ican workforce: 49 percent of business leaders anticipate increasing their employee compensation in the next six months and 32 percent expect to add full-time staff. However, four out of 10 respondents say it's harder to hire qualified employees today compared to six months ago, with the biggest challenge being lack of experience or skill.

“Small businesses are a key source of economic activity and employment, and owners' perceptions can be a good indicator of what's to come,” says Gus Faucher, chief economist of The PNC Financial Services Group, Inc. “Our overall findings confirm that U.S. economic expansion will likely continue throughout 2018.”

GRAPHIC COURTESY OF STATEPOINT MEDIA



Funding from A3

low. This amount does not include other grants and additional funding distribution.

Some jurisdictions have chosen to continue FY18 projects in FY19. Efforts have been centered on naloxone, public awareness, education and training, referral and connection to treatment and re-

covery support services. For example, in the first three quarters of FY18, half of the state's jurisdictions expanded access to naloxone, and nearly one million individuals were exposed to messaging and information through public service announcements, websites, social media, and mailings. Jurisdictions reported hosting a total of 148 educational or

training events, and nearly 2000 individuals were connected to treatment and recovery support services.

For more information on the FY19 funding awards by jurisdiction, visit <http://beforeitstoolate.maryland.gov/hogan-rutherford-administration-announces-40-million-to-fight-heroin-and-opioid-epidemic/>.

Before It's Too Late is the state's effort to bring awareness to this epidemic—and to mobilize resources for effective prevention, treatment, and recovery. Marylanders grappling with a substance use disorder can find help at BeforeItsTooLateMD.org and 1-800-422-0009, the state crisis hotline.

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OUT on the TOWN

SUMMER LIVING

3 Awesome Backyard Summer Party Ideas

(StatePoint)—Throwing a party and need an idea? With just a little planning, you can turn your ordinary backyard into anything you want it to be.

A Water Park

Who says you need a pool to cool off on hot days? Create a backyard water park with stations like Slip 'n' Slide, sprinklers, inflatable water play pools and water balloons. Serve guests popsicles, funnel cake, hotdogs and other waterpark treats. Be sure to have plenty of beach towels on hand and a designated area for those guests who'd prefer to stay dry.

A Movie Theater

Host a film night under the stars by moving your home theater outside. Create "stadium seating" by putting blankets towards the front of the viewing area, reclining chairs behind those, and then regular lawn chairs in the back. Decorate your backyard in theme with the movie you are screening and serve popcorn.

To get the real movie theater experience, use a high-quality projector, such as those from Casio, which combine a laser and LED light source to produce optimal visuals. Their Intelligent Light Control feature senses ambient light and automatically adjusts the projection brightness accordingly to ensure that no matter the time of day or lighting conditions, you'll have good visuals.

With these same ideas and just a few snack and decoration swaps, you can host your friends for any big televised event!



PHOTOGRAPH COURTESY OF STATEPOINT MEDIA, ©SHAITH/STOCK.ADOBE.COM.

Go all out at your cook-outs and outdoor parties this summer by creating some unique fun for your guests!

Summer Camp

Relive the camp experience with some friendly competition. Assign all your guests to teams and then start keeping score. A prominent score board with the current stats and some motivating music will keep guests on top of their game. Include classic feats of strength and coordination like tug-of-war and a three-legged race, but don't be afraid to branch out to include games that use the mind, such as trivia. Complete the day with an awards ceremony.

Take your backyard party to the next level. Pick a theme and go all out to create a fiesta your guests won't soon forget.

OPEN TO THE PUBLIC



Allen Pond Park

PHOTO COURTESY OF THE CITY OF BOWIE

There's something for everyone at **Allen Pond Park**, home to the Bowie Skate Park, Bowie Ice Arena, and Opportunity Park, which offers 100% accessible experiences at its tot lot. The park features fields for organized sports, walking and biking trails, boat rentals, picnic sites for rental, and a fishing pier over the 10-acre stocked Allen Pond. Many of the city's events are hosted at the park, such as open-air concerts at the Robert V. Setera Amphitheater and popular community festivals like BowieFest and the International Festival. Allen Pond Park is open daily, sunrise to sunset.

Allen Pond Park: 3330 Northview Dr., Bowie, MD 20716
301-809-3011 • <https://www.cityofbowie.org/Facilities/>

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ERIC D. SNIDER'S IN THE DARK

..... Movie Review



Solo: A Star Wars Story

Solo: A Star Wars Story
Grade: B-
Rated PG-13, action violence and whatnot
2 hrs., 14 min

While I've always liked the original *Star Wars* trilogy, I don't have the depth of knowledge (i.e., memorization) that some do, so there are probably references in the Han Solo prequel, *Solo: A Star Wars Story*, that I didn't catch. That's besides the obvious ones, which kind of poke you in the face, as when Lando Calrissian (Donald Glover) tells Han Solo (Alden Ehrenreich), "You can't make the Kessel Run in less than 20 parsecs!" (POKE POKE)

But the only time that furnishing an origin story for a minor detail struck me as wholly ridiculous was when Han learns his new Wookiee friend's name and says something to the effect of, "Chewbacca? You need a nickname. I'm not saying that every time!" You know, Han, you can probably just start calling him "Chewie." We're not going to wonder how or why you came up with it.

Anyway, this is a mostly successful *Star Wars* adventure with a few great action sequences and memorable new characters, written by original franchise scribe Lawrence Kasdan and his filmmaker son Jake. The credited director is Ron Howard, though of course you know he replaced Phil Lord and Christopher Miller midway through production and reshot Darth-only-knows how much of their footage. (Lord and Miller are credited as executive producers.) There are a few moments that feel distinctly like the work of the pranksters

who made *21 Jump Street* and *The LEGO Movie* more than of the journeyman who made, say, *The Da Vinci Code*, but it's not the fractured mess it could (and maybe should) have been.

It's actually quite sleek most of the time, starting with Han as a juvenile delinquent on the shipbuilding planet Corellia, where he hot-wires hover cars while making plans to escape to a better life with his girlfriend, Qi'ra (Emilia Clarke), which is pronounced Kyra (parents and their crazy spellings, amirite?). When Han and Qi'ra are separated by circumstances, he joins the imperial air force to become "the best pilot in the galaxy," gets tossed out for being unwilling to follow orders, and ends up a soldier for the not-yet-completely-evil-but-well-on-its-way Empire.

Han's goal is to return to Corellia and Qi'ra; to that end, he teams up with a band of smugglers—Tobias Beckett (Woody Harrelson), his wife Val (Thandie Newton), and a congenial multi-armed alien named Rio Durant (Jon Favreau)—to steal a quantity of valuable fuel called coaxium and deliver it to Dryden Vos (Paul Bettany), one of the many crime lords who rule this lawless corner of the galaxy. This leads to a tremendous set piece involving a good old-fashioned train heist on a nifty mountain railway that's just begging to be a Disney ride.

But who cares about things that aren't Chewbacca or Lando or the *Millennium Falcon*? Han's first meetings with the tall hairy beast and the suave playboy and the not-yet-junky spacehip are satisfying additions to the mythology, and we even get to hear Han speak some of Chewbacca's language.

ROTTENTOMATOES.COM

Board the *Millennium Falcon* and journey to a galaxy far, far away in *Solo: A Star Wars Story*, an all-new adventure with the most beloved scoundrel in the galaxy. Through a series of daring escapades deep within a dark and dangerous criminal underworld, Han Solo meets his mighty future copilot Chewbacca and encounters the notorious gambler Lando Calrissian, in a journey that will set the course of one of the *Star Wars* saga's most unlikely heroes.

(Where did he learn it? Shut up, that's where.) Glover's performance as Lando is lovably weird—part Billy Dee Williams impersonation, part Glover's own spin on the cape-wearing Lothario. Lando also has one of the *Star Wars* universe's best robot companions, L3 (Phoebe Waller-Bridge), a fed-up female droid with wide hips who fights for robot equality (a topic I don't think these films have ever addressed before).

The film drags in the middle section (during the Kessel Run, ironically) but picks up steam in the last act, when it also starts laying groundwork for other installments, including the beginnings of the Rebellion. For unlike the other standalone prequel, *Rogue One*, *Solo* leaves enough time between itself and *A New Hope* to allow for sequels—meaning we might actually see some of these new characters again.

It means we'd see more of Alden Ehrenreich as Mr. Solo, too, a prospect that yields only tepid enthusiasm. Ehrenreich isn't bad, just a little bland, stuck with the impossible task of playing a slightly younger version of an iconic character. You can see him matching Harrison Ford's mannerisms here and there, but unlike Glover and Lando, he never makes Han his own. It doesn't help that the Kasdans' story for Han has him reacting more than acting. He achieves his objective—reuniting with Qi'ra—fairly early; after that he's just along for the ride, not really committed to or driven by anything in particular. He needs a mission he's passionate about ... which we already know isn't going to happen until he meets Luke and Leia. Sigh. At least *Solo* answers two questions we've long had about the series: Have Han and Chewbacca seen each other naked, and is it possible for humans to have sex with robots? And the answer to both is yes! What a time to be alive.

Summertime Means Fresh, Local Produce!

Warmer weather means the start of hot summer days, road trips and vacations, and spending time outdoors. It also marks the availability of local, fresh garden produce. Your local farmers markets have just what you need for those refreshing summertime recipes.

Markets are now in full swing—view the County listing below. View the list online and learn more about the County's agricultural industry by visiting University of Maryland Extension's **Fresh. Local. Fun.** website at <https://www.farmpgc.com/>. Check it out and shop your local farmer's market today!



PHOTOGRAPH BY KYLEJONES, MORGUEFILE.COM

Bowie Farmers Market

Sundays: 8am–12pm, May 14–Oct. 29
15200 Annapolis Rd. (Bowie H.S. Parking Lot), Bowie, MD 20715
<http://www.facebook.com/BowieFarmersMarket.org>

Cheverly Community Market

Every other Saturday: 8am–12pm, Jun. 2–Oct. 20
Holiday Markets: Nov. 17 and Dec. 8, 8am–12pm
6401 Forest Rd. (Community Center), Cheverly, MD 20785
<http://cheverlycommunitymarket.com>

College Park Farmers Market

Saturdays: 8am–1pm, May 5–Nov. 17
5211 Campus Dr. (swimming pool/ice rink parking lot), College Park, MD 20740

Downtown College Park Farmers Market

Sundays: 10am–2pm, Apr.–Nov.
4500 Knox Road (in front of City Hall), College Park, MD 20740.
FREE PARKING Sundays at the garage next to City Hall.
<https://www.facebook.com/DowntownCollegeParkFarmersMarket/>

Farmers Market at Maryland

Wednesdays: 11am–3pm, Apr. 4–Nov. 14
3900 Campus Dr. (Tawes Plaza Garden), College Park, MD 20742
<http://farmersmarket.umd.edu/>

Glenn Dale Farmers Market

Saturdays: 9am–1:00pm, Apr. 29–Nov. 17
5626 Bell Station Rd. (Marietta House), Glenn Dale, MD 20769
<http://www.facebook.com/GlennDaleFarmersMarket/>

Greenbelt Farmers Market

Sundays: 10am–2pm, May 13–Nov. 18
(closed Labor Day weekend)
25 Crescent Road (parking lot behind the Municipal Building), Greenbelt, MD 20770
<https://www.facebook.com/GreenbeltFarmersMarket/>

Hollywood Farmers Market

Saturdays: 9am–1pm, Apr. 21–Nov. 17
9801 Rhode Island Ave., College Park, MD 20740
<http://www.hollywoodmarket.org/>

Hyattsville Micro Farmers Market

Every 3rd Friday: 4pm–8pm, May 18–Sept. 21
4310 Gallatin St., Hyattsville, MD 20782
<http://www.hyattsville.org/591/Farmers-Market>

Laurel Farmers Market & Bazaar

Thursdays: 9am–2pm, Jun. 7–Oct. 25
378 Main Street, Laurel, MD 20707
<https://www.facebook.com/groups/LaurelMarket/?fref=ts>

MedStar Southern MD Hospital Center Farmers Market

Wednesdays: 12pm–4pm, Jun. 6–Sept. 26
7503 Surratts Rd (Across from the tennis courts on Hospital Dr), Clinton, MD 20735

Oakcrest Farmers Market

Fridays: 3pm–7pm, Jul. 6–Sept. 7
1300 Capitol Heights Blvd., Capitol Heights, MD 20743
<https://www.facebook.com/oakcrestfarmersmarket/>

Our Local Bounty St. Thomas Church Farmers Market

Saturdays: 8am–noon, Jun. 2–Sept. 29
Harvest Bounty Festival: Nov. 17, 12pm–4pm
14300 St Thomas Church Rd, Upper Marlboro, MD 20772
<http://stthomasccroom.org/ourlocalbounty/>

Riverdale Park Farmers Market

Thursdays: 3pm–7pm, Jan.–Dec.
(Winter market indoors, Jan.–Mar.);
Holiday Market: Saturday Dec. 15, 12pm–8pm
4650 Queensbury Road, Riverdale Park, MD 20737
<https://www.facebook.com/RPFMarket/>

USDA (Beltsville) Farmers Market

Thursdays: 9:30am–2pm, Jun. 7–Oct. 18
5601 Sunnyside Avenue, George Washington Carver Center (Parking Lot B), Beltsville, MD 20705

Fresh. Local. Fun. PGC, branded by UMD Extension office in Prince George's County, educates the greater community about the County's agriculture industry. This resource connects residents, agricultural producers, farmers markets, food retailers, restaurateurs, and county agencies to each other for the purpose of promoting agricultural economic development and healthy food access in Prince George's County.

Calendar of Events

June 21–June 27, 2018

Pickleball!

Date and time: June 21, 2018, 10:00AM–12:00PM
 Description: Great exercise, camaraderie, and fun!! Join us for an easy to learn game of Pickleball, the latest in rage in racquet sports. Pickleball combines the elements of badminton, tennis and table tennis. Come ready to have fun, dress comfortably, and don't forget your hand towels and water! No registration is required.
 Cost: FREE! with valid M-NCPPC ID
 Ages: 60 and better
 Location: Glenarden Community Center
 8615 McLain Avenue
 Glenarden, MD 20706
 Contact: 301-772-3151; TTY 301-699-2544

Accokeek Summer Solstice Celebration

Date and time: June 21, 2018, 7:00 PM–9:00PM
 Description: Grab a Kona Ice snowcone (proceeds support the Accokeek Foundation's educational and interpretive programs), toast a marshmallow, make a s'more over the bonfire, enjoy some sun tea, and celebrate the longest day of the year! We'll be honoring the summer season with DIY activities like solstice herb potions and suncatcher mandalas, and will be offering behind-the-scenes tours of the National Colonial Farm.
 Cost: General Public: \$5; Members/Volunteers: FREE
 Ages: All ages are welcome
 Location: Accokeek Foundation, National Colonial Farm
 3400 Bryan Point Road,
 Accokeek, Maryland 20607
 Contact: 301-283-2113

Xtreme Teens: Game Night

Date and time: June 22, 2018, 6:00PM–9:00PM
 Description: Talk to your friends in person instead of using technology. Learn a new game. This time is going to be tech-free. Reconnect with games like UNO, Taboo, Twister, Monopoly, and many more! This is also a great chance to get staff assistance with school assignments. Snacks will be served as well.
 Cost: FREE! with M-NCPPC Youth ID
 Ages: 10–17
 Location: Columbia Park Community Center
 1901 Kent Village Drive
 Kentland, MD 20785
 Contact: 301-341-3749; TTY 301-699-2544

Yoga in the Parks at Good Luck Community Center

Date and time: June 23, 2018, 8:30AM–9:30AM
 Description: Yoga is an excellent form of exercise regardless of your age or practice level. It combines body movements, breathing, and mental relaxation to build strength, relieve stress, and to maintain health and well-being. Learn basic moves to strengthen your body, increase flexibility, and free your mind.
 Cost: FREE!
 Ages: 13 and older
 Location: Good Luck Community Center
 8601 Good Luck Road
 Lanham, MD 20706
 Contact: 301-552-1093; TTY 301-699-2544

Celebrate Our Local Bounty

Date and time: June 23, 2018, 12:00PM–4:00PM
 Description: Join us as we celebrate and support the great work of our local farmers and gardeners. Learn from experts on herb, flower, and vegetable gardens. Buy fresh-grown produce and products from local vendors and enjoy a glorious day outside. While you are here, take a FREE tour of the museum.
 Cost: FREE!
 Ages: All ages are welcome
 Location: Surratt House Museum
 9118 Brandywine Road
 Clinton, MD 21401
 Contact: 301-868-1121; TTY 301-699-2544

Great American Backyard Campout

Date and time: June 23, 2018–June 24, 2018, 10:00AM–10:00AM
 Description: Designed for first time campers, park naturalists will guide participants from tent up to tent down. The campout teaches environmentally friendly camping practices while providing activities such as day and night hikes, animal programs, two meals, campfires, s'mores, stargazing, and family time.
Reservations are required.
 Cost: \$12 per camper
 Ages: All Ages
 Location: Patuxent River Park
 16000 Croom Airport Rd
 Upper Marlboro, MD 20772
 Contact: 301-627-6074; TTY 301-699-2544

Summer Concert Performance:

The Young Senators Reloaded
 Date and time: June 24, 2018, 7:00PM–8:00PM
 Description: Bring your blankets or lawn chairs and join us for an R&B performance at Robert V. Setera Amphitheater by The Young Senators Reloaded.
 Cost: FREE
 Ages: All ages
 Location: Allen Pond Park
 3330 Northview Dr.
 Bowie, MD 20716
 Contact: 301-809-3078

Jazz on the Lawn:

Bruce Ewan, with Special Guest Don Vilanova
 Date and time: June 27, 2018, 7:00PM
 Description: Bring a blanket or lawn chair, food, and enjoy some of the area's top jazz musicians. Concerts are FREE!
 Cost: FREE
 Ages: All ages are welcome
 Location: Riversdale House Museum
 4811 Riverdale Road
 Riverdale Park, MD 20737
 Contact: 301-864-0420; TTY 301-699-2544

BGE Provides 500,000 LED Light Bulbs to Maryland Food Bank to Help Food Pantry Customers Save Energy

By PRESS OFFICER
BGE

BALTIMORE, MD (June 12, 2018)—BGE, in support of EmPOWER Maryland, is providing 500,000 ENERGY STAR certified LED light bulbs to the Maryland Food Bank in 2018 for distribution to food pantry customers. This initiative is part of a three-year plan to donate 1.5 million LEDs to income-eligible customers across the BGE service area. Food pantry clients will receive the energy efficient bulbs throughout the year to help reduce their energy usage and costs—freeing up resources for life's other necessities.

"BGE's partnership with the Maryland Food Bank will give customers access to valuable resources, including information about energy saving programs BGE offers through EmPOWER Maryland," said Alexander Núñez, senior vice president of regulatory and external affairs for BGE. "The LEDs donated this year will save BGE customers more than \$1.8 million in energy costs annually and more than \$26 million over the lifetime of the LEDs."

"Every month, too many

Maryland families and individuals are forced to make tough choices between paying their bills and putting food on the table," said Maryland Food Bank President & CEO Carmen Del Guercio. "We're honored to have partners like BGE that find innovative ways to support our mission, because even small actions—providing access to more efficient lighting—can help a family that is struggling to make ends meet."

The donation supports EmPOWER Maryland and is part of BGE's Smart Energy Savers Program which, in addition to many other offerings, provides discounts on LEDs through participating retailers to help customers reduce energy usage, save money, and protect the environment. Since 2009, BGE has helped customers save more than 3.3 million megawatt-hours of electricity and provided \$505 million in rebates to BGE customers.

The BGE Smart Energy Savers Program is a suite of programs that enable customers to control energy use, leading to more efficient use of electricity and lowering energy bills from where they otherwise would be.

Collectively, the programs help contain the cost of energy and improve reliability. The programs also help to reduce peak demand and slow the growth in energy consumption to lessen the need for more power plants. BGE offers energy-saving solutions for renters, homeowners, large and small business customers, nonprofits and institutional customers. EmPOWER Maryland programs are funded by a charge on your energy bill. EmPOWER programs can help you reduce your energy consumption and save you money. Go to BGESmartEnergy.com to learn more about EmPOWER and how you can participate.

BGE, founded in 1816 as the nation's first gas utility and headquartered in Baltimore, is Maryland's largest natural gas and electric utility. The company's approximately 3,200 employees are committed to safe and reliable power delivery to more than 1.25 million electric customers and nearly 675,000 natural gas customers in central Maryland, as well as enhanced energy management, conservation, environmental stewardship

and community assistance. J.D. Power's 2017 Electric Utility Business Customer Satisfaction StudySM ranked BGE highest in customer satisfaction with business electric service in the east among large utilities. The company also has an estimated annual economic impact of \$5 billion of output in its service area, supporting more than 9,500 local jobs and producing \$923 million in labor income. BGE is a subsidiary of Exelon Corporation (NYSE: EXC), the nation's leading competitive energy provider. Like us on Facebook and follow us on Twitter, YouTube and Flickr.

The Maryland Food Bank is a nonprofit hunger-relief organization, leading the movement to end hunger throughout Maryland. For nearly 40 years, the Maryland Food Bank has partnered with communities across the state to distribute food to individuals and families in need. Through carefully-crafted programs, the food bank aims to meet the immediate needs of Marylanders while simultaneously working to find long term ways to reduce hunger statewide. Currently distributing more than 102,000 meals per day—nearly 37 million meals annually—the Maryland Food Bank will continue to expand its efforts until hunger ends. To learn more about the Maryland Food Bank, visit www.mdfoodbank.org.

June is Flood Awareness Month in Prince George's County. Here are some preventative steps you can take to reduce your risk.

- Prevent flooding by keeping gutters clean, installing a sump pump with a battery backup, and waterproofing your basement.
- Know if you live behind a levee as this increases your risk of flood. Use sandbags when necessary and heed evacuation notices. Sign up for alerts at alert.mypgcc.org.
- Flood damage is rarely covered under your homeowner or renters policy. Check out the National Flood Insurance Program, where County residents can receive up to a 25% discount.

More information on how to be "Be Flood Smart" can be found at the County's Department of the Environment website: https://www.princegeorgescountymd.gov/363/Flood-Management?utm_medium=email&utm_source=govdelivery

Earth TALK™ Greener Gadget Makers

Fairphone Barely Beats Out Apple as Greenest

Dear EarthTalk:
 How do the big gadget-making companies (Apple, Samsung, etc.) stack up these days regarding their environmental footprint?

—Doug Greco,
 Newark, NJ

While some gadget-makers are already prioritizing greener sourcing and operations, others have a long way to go. The international environmental advocacy group Greenpeace has been keeping track of the tech industry's progress on sustainability for more than a decade, and its advocacy over the years has helped pushed several leading players to take stock of their operations and plan for a greener future.

Back in 2006, Greenpeace released its

first annual *Guide to Greener Electronics*, in which it ranked the top 10 leading electronics manufacturers of the day according to their track records on their use of toxic substances and efforts on takeback and recycling programs. Nokia and Dell got top honors, each scoring a seven out of 10 overall, while Apple finished near the bottom with a score of just 2.7.

My how things have changed. The 2017 edition, which ranks 17 companies based on adoption of renewable energy, sustainable design and recycling, and use/elimination of hazardous chemicals, has Apple near the top with an overall report-card style "B-" grade. Only Fairphone, a tiny upstart that focuses on designing a phone and supply chain that doesn't exploit workers or harm the environment, scored better with an overall "B" grade.

Greenpeace gives a lot of the credit for Apple's rise from the bottom to green leadership to CEO Tim Cook. "Under Cook, Apple not only recognizes unequivocally that climate change is a real problem but has publicly committed Apple to power its data centers and other operations with 100% renewable energy to address it," reports the group. "Apple became the first company to extend this commitment to its entire global supply chain in 2014, and has since made impressive progress, securing commitments from 14 suppliers to power their operations with enough renewable energy needed to manufacture Apple devices or components."



IMAGE CREDIT: MASSIMO MERCURIALLI, FLICKRCC
Fairphone, a tiny upstart that focuses on designing a phone and supply chain that doesn't exploit workers or harm the environment, topped Greenpeace's most recent list of the greenest electronics manufacturers—although a green-minded Apple wasn't far behind.

Greenpeace is further impressed with Apple's recently announced goal to transition the sourcing of the materials that go into its devices from a "100% closed-loop"—meaning the company will reuse and recycle parts and materials and eliminate the need to rely on the mining of new materials. "Apple's leadership in reducing the impact of its supply chain on the planet is helping redefine expectations of corporate responsibility, playing a catalytic role in driving better performance by other companies," gushes Greenpeace.

That said, the latest iterations of many of Apple's products are not designed with repair and upgrade as a priority, forcing users to buy new models when problems start to crop up. "Such a design strategy may help Apple's profits in the short term, but risks jeopardizing Apple's environmental reputation and the customer loyalty that has come with it," Greenpeace warns.

Meanwhile, Dell and HP scored a C+ while Lenovo and Microsoft each got a C-. Acer, LG, Sony and Google got a D+. Huawei and ASUS got Ds and Samsung got a D-. Amazon, Oppo, Vivo and Xiaomi bottomed out the 2017 list with a failing grade of F.

Look for the 2018 edition of Greenpeace's guide this coming October, just in time for the holidays.

CONTACTS: U.S. National Center for Atmospheric Research, ncar.ucar.edu/; Initiative on Extreme Weather and Climate, extremeweather.columbia.edu/; "Influence of Anthropogenic Climate Change on Planetary Wave Resonance and Extreme Weather Events," www.nature.com/articles/srep45242.

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Church (301) 627-5088

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Sunday Worship: 10:00 a.m.

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Morning Worship Celebration - 10:30 a.m.
Wed. Night Bible Study - 7:45 p.m.
Elder Willie W. Duvall, Pastor

Have a Safe Weekend

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301-627-0900

Gas Prices from A6

of crude down to \$64/bbl and up to as high as \$65/bbl levels in June. OPEC may announce a decision on increasing supply at its next meeting on June 22 in Vienna, Austria. Should OPEC and its partners increase supply, motorists would likely see pump prices decrease in late summer.

• **Hurricanes:** Hurricane season is underway (June 1–November 30). According to the National Oceanic and Atmospheric Administration (NOAA), there is a 75 percent chance of a "near- or above-normal" level of major storms this year. Moreover, NOAA's forecasters predict a 70 percent chance of 10-16 named storms—of which five to nine could become hurricanes with winds of at least 74 miles per hour. The mere threat of a storm could force oil and gasoline companies, especially along the Gulf Coast, to halt gas operations, potentially leading to spikes in gas prices and limited regional supply.

• **Exports:** Gasoline exports from the U.S. have grown throughout 2018. In fact, the Energy Information Administration's (EIA's) final measurement for March 2018 showed that exports hit 951,000 b/d and became the highest March rate on record. This trend is likely to continue throughout the summer, growing closer to one million b/d, which could help boost gas prices domestically because of robust demand. More than half of the U.S.

gasoline exports go to Mexico, according to EIA.

• **Demand:** According to the EIA's latest reading for consumer gasoline demand, March 2018 saw nearly 9.45 million b/d, representing the strongest demand measurement for a March on record and a one percent increase from last year. AAA expects the high and potentially record-breaking consumer demand trend to continue through the summer, pushing prices higher.

Motorists can find current gas prices along their route with the free AAA Mobile app for iPhone, iPad, and Android. The app can also be used to map a route, find discounts, book a hotel, and access AAA roadside assistance. Learn more at AAA.com/mobile.

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