

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 86, No. 47 November 22 — November 28, 2018 Prince George's County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents



Happy Thanksgiving from The Prince George's Post

National Harbor Honored Veterans on November 11 With Unveiling of America's Team: Protecting Your Freedom

Five sculptures representing each branch of the U.S. military joined prestigious outdoor art gallery

By PRESS OFFICER
Bendure Communications, Inc.

NATIONAL HARBOR, Md., (Nov. 12, 2018)—On Sunday, November 11, five-term U.S. Senator John Warner, who was also Secretary of the Navy, was on hand at National Harbor to assist with the unveiling of five sculptures created to honor the United States' five branches of military. The event took place on the Belvedere, a plaza located at the intersection of Waterfront Street and American Way in National Harbor's Waterfront District. The sculptures have become part of a permanent outdoor art collection that has been carefully curated over National Harbor's 10 years.

"The military statues were commissioned to honor those who have served," stated Milton Peterson, chairman and principal of Peterson Companies. Peterson himself served as a lieutenant in the Army Corps of Engineers based at Fort Belvoir. Art at National Harbor has been extremely important to him and he has amassed a growing collection of sculpture and murals that can be seen along the National Harbor entrance, waterfront and along American Way. The military sculptures face the water with a metal sculpture of the American flag just overhead behind them.

Each branch of the military sent an active duty person to provide some history on their branch and then a veteran of that branch unveiled the statue. Also in attendance was the organization Hero Dogs, a local group that provides service dogs to veterans, with some of their puppies in training.

"National Harbor has had a long time commitment to the military and has hosted multiple events throughout the years for veterans, active duty and their families," continued Peterson. "It was an honor to have so many of our active military and

veterans here on Veterans Day." On Sunday the Capital Wheel provided free rides for active duty military, veterans and their families with a military I.D.

The military sculptures were created by Ivan Schwartz of StudioEIS in Brooklyn, NY. Schwartz is a world-renown artist working as a sculptor, painter and inventor. Most recently, he's worked with the History Channel on a Save Our History series. He has produced works for public commissions, presidential libraries, museums and sports stadiums. His other works at National Harbor include eight sculptures along American Way—Louis Armstrong, George Washington, Winston Churchill, Abraham Lincoln, Frederick Douglass, Rosie the Riveter, and more.

For more information, visit www.nationalharbor.com.



PHOTOGRAPH CREDIT: VICKI BENDURE
The five sculptures representing the United States' five branches of military were created by Ivan Schwartz of Brooklyn, NY.

Maryland Lawmakers Demand Answers From Regents

By BROOKS DUBOSE
Capital News Service

ANNAPOLIS, Md., (Nov 15, 2018)—Lawmakers on Thursday admonished the chancellor and chair of the University System of Maryland Board of Regents for the panel's lack of transparency and overreach in a controversial decision to retain the University of Maryland, College Park football coach and athletic director, while accepting the university president's resignation.

The House Appropriations Committee asked repeatedly for Chancellor Robert Caret and newly appointed board Chair Linda Gooden to explain the decision-making process into how the body concluded that retaining Head Coach DJ Durkin and Athletic Director Damon Evans, in the wake of the death of Maryland football player Jordan McNair, was the right decision.

"There were several reports ... on this incident that I find particularly horrifying," said Delegate Kirill Reznik, D-Montgomery. "The Board of Regents did not want (DJ Durkin) to lose his job, because he had a bright future. ... I also suspect that, and as do you and everyone else here, that Mr. McNair had a bright fu-

ture (that) was no less valuable than Mr. Durkin's."

"We agree (retaining Durkin) was a poor decision," said Gooden, who has served on the board for almost a decade before becoming chair on Nov. 7.

"It was not a unanimous decision. When the entire board looked at the entire body of work, they believed he (Durkin) could move forward. That was a mistake. Dr. Loh took the exact right action and released him."

University of Maryland President Wallace Loh fired Durkin on Oct. 31, one day after the regents recommended that the embattled coach return to the team and Loh announced his early retirement, slated for June.

At the hearing, the committee asked Gooden and Caret whether Loh had been forced to retire early.

"You're not going to like this answer," Caret said, declining to discuss the matter further.

"I'm a little aghast at that," said Delegate Ben Barnes, D-Prince George's and Anne Arundel.

Loh told the panel how he ultimately fired Durkin, and indicated he was forced to accept the regents' recommendations, despite university bylaws dictating that the university president is re-

sponsible for all personnel decisions, not the Board of Regents.

"I completely accept that the board has authority to hire and fire a president," Loh said. "So, when there is a recommendation to the president—well I'm not so sure under the circumstances ... whether I really had a choice in the matter."

The hearing comes five months after McNair, 19, a red-shirt freshman, collapsed following a team workout on May 29. He died two weeks later of complications from heat stroke suffered at the workout.

"This hearing was called because of a tragedy," said committee Chair Maggie McIntosh, D-Baltimore. "Our hope today is to walk through the events and shed some light and increase transparency" on what has happened since McNair's death.

In the intervening months, McNair's death has sparked two external investigations—both eventually overseen by the Board of Regents—into the circumstances surrounding his death and allegations of a "toxic" culture in the Maryland football program, stemming from several ESPN reports. Durkin and two trainers—Steve

Nordwall and Wes Robinson—were placed on administrative leave on Aug. 11.

Walters Inc., a sports training consulting firm, released a report on Sept. 21 highlighting several mistakes made by the football team's training staff while treating McNair. The university fired Nordwall and Robinson on Nov. 7.

House Speaker Michael Busch, D-Anne Arundel—a surprise attendee to the hearing—asked how the Board of Regents could conclude that Durkin would be retained, while Loh was penalized—essentially forced into retirement.

"I don't know what (Durkin) could have said (to the regents) that could have convinced them that he should stay on as head football coach," Busch said, praising Loh for his "courageous decision" to fire Durkin.

Gooden and Caret refused multiple requests by the committee to reveal the regents' vote total.

"I was wondering if you could tell us what the vote was on keeping the coach (Durkin)," said Delegate Shelly Hettleman, D-Baltimore County.

A majority of the board voted in favor of the recommendations, said Gooden, who was not in attendance when the vote was called. She declined to say what

See MARYLAND Page A8



PHOTOGRAPH COURTESY OF DARNALL'S CHANCE HOUSE MUSEUM

No Nibbling Allowed at the Gingerbread House Contest and Show at Darnall's Chance House Museum!

See information and more gingerbread house photos on page A6!

The Humane Society of the United States Assists P.G. County Authorities in the Rescue of More Than 125 Farm Animals

By PRESS OFFICER
Humane Society of the United States

WASHINGTON, DC (Nov. 15, 2018)—On November 15, 2018, the Humane Society of the United States assisted the Prince George's County Animal Services Division in seizing more than 125 animals from an alleged large-scale cruelty situation in Prince George's County, Maryland. The species found on the property include geese, chickens, peafowl, pigs, cattle, goats and rabbits.

Prince George's County officials served a search and seizure warrant on the property at approximately 10 a.m. During the execution of the warrant, more than 125 animals were seized. The animals appeared to suffer from neglect and were living in filthy conditions.

Two veterinarians assessed the animals to document their current condition and identify any animals in need of immediate medical treatment and ensure they receive it. Many of the animals were

classified as too thin. The animals will be cared for in place during the legal process. Provisions are being made for their care, including upgrades in bedding and housing, as well as providing feed.

"As our team worked through the sleet and rain today, it was heartbreaking to see these animals exposed to the elements and appearing to suffer from neglect," said Emily Hovermale, Maryland state director for the Humane Society of the United States. "We are thankful to Prince George's County Animal Services Division for helping these animals and for requesting our assistance."

"We are grateful for the support from the Humane Society of the United States in assisting us in protecting the welfare of these animals under such extreme conditions," said Rodney Taylor, associate director of Prince George's County Animal Services Division. "We are committed to helping save the lives of all animals in need and encourage anyone that sees an animal in distress to contact our office to investigate."



PHOTO CREDIT: MEREDITH LEE/THE HSUS

The species found on the property include geese, chickens, peafowl, pigs, cattle, goats and rabbits.

INSIDE

Fresh Art Wraps 15 Traffic Boxes in Hyattsville

This project is the first of its kind for wrapping signal boxes in the State of Maryland: introducing visual art to traffic signal boxes as an innovative tool to address blight, encourage economic development, and enliven community space.

Community, Page A3

ChildWatch: Lessons in Servant Leadership

And for 90 years he has been a singular and unwavering voice calling across generations for a nation and world where every child of God is welcomed, respected and empowered to realize their God-given potential.

Commentary, Page A4

Education: How to Take Advantage of National Scholarship Month

To help students and families get the most out of scholarship season, Sallie Mae, the nation's saving, planning, and paying for college company, is offering six tips.

Business and Finance, Page A5

Movie Review: The Hate U Give

Working in the movie's favor is the winning lead performance by Amandla Stenberg, the bright talent who played Rue in *The Hunger Games* and has been starring in so-so adaptations of YA novels (*Everything, Everything*, *The Darkest Minds*) ever since.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I drink a lot of coffee and I'm wondering how bad this is for the environment? And how I can make sure I'm feeding my 3-cup-a-day habit in the greenest way possible?

—Denny Mahon, Worcester, MA
Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Festival of Lights is back! With Festival Spectacles!!

Bring a twinkle to your holidays at this spectacular drive-through event featuring dazzling displays with more than 2.5 million lights throughout the park! You won't want to miss the giant, 54-foot LED musical tree!

And be sure to get your Festival Spectacles (\$1) at the gate, a surprise for your eyes! Watch as the lenses magically transform every point of light in the holiday displays into magical floating holographic images.

The Festival begins the day after Thanksgiving, Nov. 23, and runs through Jan. 1 at Watkins Regional Park, daily, 5 to 9:30 p.m. Free on Christmas.

Admission is \$10 per car or van; multi-visit pass (3 times), \$20; mini-bus or limo, \$20; bus, \$30. And, don't forget: Festival Spectacles, \$1.

Credit Cards are now accepted.

To order in advance, visit PARKS DIRECT and search for keyword "Festival" under Ticketing.

Make a Difference! Bring canned goods for local food banks.

People

Anna Norris, of Camp Springs, was honored by her family with a Surprise 85th Birthday Party on Oct. 20 at St. Philip's Fellowship Hall.

Kevin Austin formerly lived in Skyline. He was a Capitol Police Officer. I've received reports that he has died and I'll run an obit in next week's column.

Sister Haimanot has returned from an extended visit to Rome where the Daughters of St. Anne have their motherhouse. They now have a convent in Skyline, with a grotto of Our Lady of Lourdes in the back yard. They also have a daycare—I drop by twice a week to read to the kids.

Patrick Sexson, my great-nephew, was transferred by Booz Allen only weeks ago to Marysville, Calif. He moved his wife and two young daughters from a lovely neighborhood in Waldorf. Now they live 40 miles south of Paradise where the still-raging fires have claimed more than a hundred lives. I worry about

Patrick and his young family. Say a prayer for him and all involved in these terrible wildfires.

MVFD firefighters practice extricating

Members of the Morningside Volunteer Fire Department went to Smith's Junkyard for extricating training dealing with different kinds of motor vehicle accidents. This training helps keep firefighters up to date on the newest techniques. It also helps prepare them to extricate from a wrecked vehicle as a team.

Not being really up on junkyards, I went online and found Joseph Smith & Sons in Capitol Heights which brags that they are "that friendly DC area Scrap Yard you have been looking for." I'm glad they help educate our volunteer firefighters.

Hansel & Gretel Tea Party

Visit Darnall's Chance when it's decorated like a gingerbread house. Come to a Tea Party, Saturday, Dec. 15, 2 p.m. Listen to the story of Hansel and Gretel, enjoy tea and dessert, and participate in a holiday craft activity.

For ages 5 years and up. Registration fee required for all attendees, children and adults. Capacity is limited; reservation and payment required in advance. Fees: Resident, \$17; non-Resident, \$22. Information, 301-952-8010. The historic Darnall's Chance is in Upper Marlboro, on a hill overlooking Schoolhouse Pond.

Oxon Hill Food Pantry offers free nutrition classes

The Oxon Hill Food Pantry has been awarded a grant from the Anthem Foundation for its program, "Encouraging Healthy eating." The purpose is to provide participants with low fat/calorie food items, recipe ideas and a nutrition class.

The class will be taught by Michele Burton, Amerigroup representative, and held Dec. 4, 10 to 11 a.m. and Dec. 13, 6 to 7 p.m., at 4915 St. Barnabas Rd., Temple Hills, site of the Pantry. Free, and open to the public. Call Kathy Gabrielsen for info, 301-326-3263.

Juanita Eppard, taught at Morningside School

Juanita D. Eppard, 87, who taught 1st and 2nd grades at Morningside and Owens Mills elementary schools, died Oct. 28 at her home in Hollywood, Md. She was born in Wayne, W.V. In 1950 she married William Harvey Eppard Sr.

They moved to Pickett Drive in Morningside in the '50s and then to Ridgecrest Drive in Skyline. She earned her degree and master's from the U. of Maryland and spent 29 years teaching in Prince George's. She was a founding member of Skyline Citizens Association.

She was a prolific quilter and won many ribbons at the St. Mary's County Fair.

Her husband of 57 years died in 2007. Survivors include sons Bruce and William Jr.; sister, Sally Lahn; three grandsons and a great-granddaughter. Services were at Hollywood United Methodist Church.

Alejandro DeLeyos, worked at the White House

Alejandro Loza "Jun" DeLeyos, 72, who worked at the White House for three U.S. Presidents, died Oct. 31. He was born in the Philippines, joined the Navy in 1966, served for 22 years, and then worked for 16 years at the White House. He participated in Filipino-American groups.

He is survived by his wife Ofelia; sons Ricky, Jay and Bing; and four grandchildren. Mass of Christian Burial was at St. Columba, in Oxon Hill, with burial at Arlington.

Milestones

Happy birthday to Ben Gryskewicz and Mike Waby, Nov. 24; Ray Call, Avanna Williams and Andrew Gryskewicz, Nov. 25; Julie Koch-Michael and Darryl Moss, Nov. 26; Arthur Rose, Nov. 27; Thomas Shipman, Sr., Nov. 28; Devin Kane Blade, Nov. 29; Karen Windsor, Alexis R. Paige, Ramona Britt, Patricia Branch and Kimberly White, Nov. 30.

Happy anniversary to Gary and Ivy Kline on Nov. 28.

Advent begins December 2.

Around the County

Bowie State Holds Off West Alabama 41-35 For NCAA Region 2 First Round Win

By GREGORY C. GOINGS
Bowie State Sports Information

BOWIE, Md. (Nov. 17, 2018)—After capturing their first CIAA championship a week ago, the Bowie State University Bulldogs (10-2) received a birth into the NCAA Division 2 Super Region 2 playoffs for the second consecutive season and defeated West Alabama, 41-35, to advance onto the second round against Valdosta State.

In the first quarter, Martin Tyriq scored on a 9-yard touchdown pass from Harry Satterwhite, to put West Alabama on the board at 7-0. At the 10-minute mark in the second quarter, Bowie State's Jordan Crockett caught a 9-yard touchdown pass from Amir Hall to put the Bulldogs on the board, 7-7. Hall followed that up with a 3-yard touchdown run, strengthening the Bulldogs lead, to 14-7. West Alabama's Jonnas Spivey recorded a 38-yard pass from Satterwhite, to tie the game, 14-all. Gene Carson connected on a field 18-yard field goal, giving Bowie State a 17-14 advantage at the halftime.

Carson connected on another field-goal, this time from 18 yards to give the Bulldogs lead at 20-14 at the 9:08 mark of the third quarter. At the

7:34 mark, BSU's Bryan Ellis rushed for a 3-yard touchdown (his career first), giving Bowie State more breathing room at 27-14. The Tigers of West Alabama responded with 1:51 left in the quarter, with Tyler Rogers 14-yard score, closing the Bulldogs lead, 27-21.

In the fourth quarter, Christian Saulsberry quieted the 1,531 Bowie State fans in attendance, with a 17-yard touchdown pass from Satterwhite, giving West Alabama, the 28-27 lead.

However, Hall had answered by running for a five-yard touchdown, giving Bowie State back the lead, 34-28. With 9:08 remaining on the Bulldog Stadium scoreboard, Roger Richardson intercepted a UWA pass and returned it 36-yards, putting Bowie State up, 41-28. Tyler Rogers scored from two yards out at the 5:09 mark of the fourth quarter, to narrow Bowie State's lead, 41-35, but fortunately for the Bulldogs, the clock ran on West Alabama as the Bulldogs claimed the victory and advanced Bowie State to the second round for the first time in school history.

See **BOWIE STATE** Page A4

Give Back to Your Community on Giving Tuesday, November 27

Excellence in Education Foundation for PGCPs

Countdown to Giving Tuesday!

UPPER MARLBORO, Md., (November 9, 2018)—After Black Friday and Cyber Monday, get ready to support the Excellence in Education Foundation for PGCPs on Giving Tuesday (Nov. 27)! The foundation awards dozens of scholarships to deserving students each year. Ways to help: Set up one-time or recurring donations online, use the AmazonSmile link to donate 0.5% from certain purchases to the foundation or designate the Excellence in Education Foundation on your United Way workplace giving campaign form.

New Horizons Supported Services, Inc.

Giving Tuesday

UPPER MARLBORO, Md., (Nov 8, 2018)—Giving Tuesday is an effort to transform the holiday season from take, take, take to give. Please donate to New Horizons to truly change lives! You can be a part of this global movement by clicking the DONATE button on nhssi.org or by sending in your donation. Our goal is to raise \$500. Thank you for giving back!

The Ivy Community Charities of Prince George's County, Inc.

Giving Tuesday—After Work Social

SUITLAND, Md.,—Join The Ivy Community Charities of Prince George's County, Inc., for this year's #GivingTuesday—After Work Social and fundraising event at SoBe Restaurant and Lounge, 10621 Greenbelt Road, Lanham, Maryland 20706 from 5–9 p.m.

As we celebrate this holiday season we participate in Black Friday & Cyber Monday, but let us not forget #GivingTuesday. This is the day we give back to our communities and those in need of our support.

The Ivy Youth and Family Center of The Ivy Community Charities of Prince George's County, Inc., is committed to strengthening families and empowering our youth. The Center is financed and operated by funds received from both public and private sources, by gifts from individuals and groups, by fundraising activities, grants, in-kind services and by members of The Iota Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Inc.

This is a free event, donations will be accepted at <https://fundrazr.com/Support/ICCPGC> on the day of the event.

Learn more about The Ivy Community Charities of Prince George's County at <https://www.iccpge.org>.

Decisive Communications to Attend Job Fair November 29 at Andrews Air Force Base

Maryland-based Telecommunications Company seeking to fill experienced and entry-level positions

By PRESS OFFICER

Decisive Communications

COLUMBIA, Md., (November 14, 2018) Decisive Communications, a turn-key solution based organization that provides a full suite of services in the telecommunications industry, will be participating in a job fair hosted by Andrews Air Force Base on Thursday, November 29, from 10 a.m. to 2 p.m.

This job fair is only open to military members and their families from 10–11 a.m. After this time, the fair will be open to the public until 2 p.m. WHERE: AAFB, Camp Springs, MD; Bay District Volunteer Fire Dept. Social Hall, 1889 Arnold Ave, Andrews AFB, Md. 20762

Decisive Communications is seeking to fill experienced and entry-level positions including field

technicians, construction positions, administrative positions and other positions at various locations as it continues to grow its services in Maryland, Virginia, and the Washington, D.C., Metro Area.

Ranked as one of the fastest-growing companies in the United States by Inc. Magazine, Decisive Communications now has locations in 14 states up and down the eastern seaboard, from New England to Florida.

Interested candidates will be able to speak with Human Resources representatives and discuss potential career opportunities.

Decisive Communications is a turn-key solution based organization providing a full suite of services in the telecommunications industry. Visit <http://www.decisiveinc.com>.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

CLINTON UNITED METHODIST CHURCH

Sunday, November 11, 2018 Veterans were honored at our church. Veterans Day was originally called Armistice Day, commemorating the signing of the agreement that ended World War I, at 11:00 a.m. November 11, 1918. This federal holiday was changed to Veterans Day in 1954. At this time, it became a day to honor all men and women who served in the armed forces in the United States. We are very appreciative and thankful for your service.

Our speaker for the 10:30 a.m. service was Retired Captain Cameron A. Barron, USN who was born in Jackson, Mississippi. After graduating from Lanier High School, he matriculated at Tennessee State University. He majored in chemistry and received his BS degree in 1956.

In September of 1956, he took his military oath in Memphis, TN, and entered the Aviation Officer Candidate program in Pensacola, Florida where he received his commission. In 1958, he earned his wings of gold and was off to see the world.

In 1972, Cameron switched from the Aviation community into the Intelligence community and was assigned a 1635 designator. For eight years he served as an Information Officer for the U.S. Naval Academy. After completing many naval seminars, schools, and symposiums he retired from the naval service in 1991.

His career included assignments overseas and CONUS. Some of his significant assignments include: Executive Officer of the Naval Investigative Service HQ; Commanding Officer Naval Investigative Service Unit, in Baltimore, Maryland; and Commanding Officer of Naval Intelligence Processing Unit, in Suitland, Maryland.

He is a member of many professional and civic organizations including Omega Psi Phi Fraternity, Reserve Officer Association, Naval Officer Association, National Naval Officer Association, a 33rd degree mason and a Certified Lay Servant.

Cameron A. Barron has been attending Clinton United Methodist Church since it began however, his membership

began in 1967. He is married to Betty Rivers and they reside in Washington, DC with their daughter Erica.

JAMES & VERA JOHNSON SONS

Busy day for the Johnson boys. Cameron's team played in their league championship and came up short 12-6. Cameron received a special award given by his team to the athlete who showed the most camaraderie and excels academically. At the Maryland State AAU Banquet, Brendan was honored for his performance in track and field last summer at National Championships. James their father stated that he was blessed to be able to share the moment with them.

Congratulations to Cameron and Brendan for a job well done. Cameron and Brendan reside in Baltimore with their parents James and Vera Johnson. Cameron and Brendan Johnson are the grandsons of Ernest Johnson who resides in Temple Hills, Maryland.

BOWIE STATE UNIVERSITY

Congratulations to the Bowie State University Football Team for winning their first CIAA Championship. The Bulldogs received a berth into the NCAA Division II Super Region 2 playoffs for the second consecutive season on Sunday, a day after they captured their first Central Intercollegiate Athletic Association (CIAA) title.

“SISTERHOOD OF GRACE”

Please join the United Methodist Women of Union United Methodist Church for their Annual Advent Prayer Breakfast Sunday, December 2, 2018 from 8:00 a.m. to 9:30 a.m. The address is 14418 Old Marlboro Pike, Upper Marlboro, Maryland. Please reply by November 25, 2018 to Marville Wilson at marville3@hotmail.com or Lynda Bookhard at Bookhard@hotmail.com.

“Wishing Everyone a Happy And Blessed Thanksgiving”

M-NCPPC, Department of Parks and Recreation Thanksgiving Holiday Schedule

Department of Parks and Recreation community centers, arts and sports facilities will operate on the following schedule on Friday, November 23, 2018, with administrative offices remaining closed:

Indoor Pool ComplexesOPEN
Outdoor Pool ComplexesCLOSED
Regional ParksOPEN

Historic Sites/RentalsRentals ONLY
Community Centers and Arts CentersOPEN
Senior Activity Centers.....CLOSED
Sports FacilitiesOPEN

For more details, see the full Holiday Schedule at <http://www.pgpc.com/1341/Holiday-Schedule>.

COMMUNITY

The American Counseling Association's Counseling Corner

Holiday Celebrating Without the Guilt

The holidays are a fairly emotional time of the year for most of us. For some people, the holiday period brings memories of warm family gatherings and happy times. For others, it may bring feelings of depression related to loved ones who have passed on, or simply of childhood memories and experiences that weren't very pleasant.

While our memories and experiences of holidays past are not something we can change, we can try to ensure that the current holidays don't add to any emotional burden we may already have. That may sound complicated, but actually all it means is having a little more awareness of the emotions we face at this time of the year, and of taking a little more control of our lives and actions so that we don't end up feeling bad about this year's holiday season.

An easy starting point? Pay more attention to your food and drink intake. Yes, Thanksgiving dinner and holiday parties offer many opportunities to over-indulge. But, you are the one in control of your actions and choices. Limiting yourself to one helping of dessert, or refusing Uncle Waldo's constant offers of more wine, doesn't mean that you're depriving yourself, but rather simply enjoying the holiday in moderation.

And, most importantly, you won't feel guilty the day after, or face January with the problem of an expanded waistline. For most of us, the holiday period can be a stressful time. Your job is to try and be sensible and not add more anxiety and stress to what you may already be feeling.

That's especially true when it comes to holiday parties. Yes, these are additional opportunities to be tempted by too much of too many wrong things to eat, but far too often a bigger problem is the opportunity to consume too much alcohol. All it takes is one office party and one drink too many and suddenly you've said or done something that you'll not only regret the next day but that may negatively affect your career.

Yes, you want to enjoy this holiday season, but it's important to remember that you, at all times, are the one in control of you. Keeping your actions sensible and reasonable doesn't mean you can't have a great time, but hopefully can mean you won't have anything to regret.

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

Fresh Art Wraps 15 Traffic Boxes in Hyattsville

Vinyl Art Wraps Enliven Cabinets Across City

By PRESS OFFICER
The Hyattsville Community
Development Corporation

HYATTSVILLE, Md., (November 8, 2018)—The Hyattsville Community Development Corporation (CDC) with grant support from the Maryland Department of Housing & Community Development (DHCD) and organizational support from the Maryland State Arts Council (MSAC), in coordination with the Maryland State Highway Administration (SHA), are pleased to announce the installation of artists' designs on fifteen state-operated traffic signal cabinets throughout the City of Hyattsville. Traffic signal cabinets, also known as "traffic boxes," are the steel structures located near every signalized intersection that are often subject to graffiti and vandalism.

This project was designed to use small scale murals to address blight and enhance the visual landscape along our commercial corridors. This installation comes on the heels of the program's pilot installation of eleven cabinets throughout the County. 15 out of 22 cabinets in the City of Hyattsville were selected for their visibility, the presence of graffiti or vandalism, and the approval of SHA.

Artists' designs were selected over the summer by a jury comprised of local artists and city residents and officials. They are Rashad Ali Muhammad (Clinton), Joel Traylor (Temple Hills), Julie Ainsworth (University Park), Jennifer Axner (City of Hyattsville), Jessica Arends (City of Hyattsville), and a group of middle school students taught by Ms. Ellen Jasinski of an informal homeschool co-op named St Michael's (Hyattsville). The Call-for-Artists was open to artists, graphic designers, illustrators, or photographers who work or live within the County. 31 artists submitted



PHOTOGRAPH CREDIT HYATTSVILLE CDC

"Niqaqi" by Rashad Muhammad, at Baltimore Avenue and Hamilton Street

a total of 63 design options, which were then juried into 7 designs for 15 installation locations.

"Each traffic box features art that is visually appealing, dynamic and exciting: the art puts the community's character and identity on display," says Delegate Alonzo Washington (District 22). This project is the first of its kind for wrapping signal boxes in the State of Maryland: introducing visual art to traffic signal boxes as an innovative tool to address blight, encourage economic development, and enliven community space. Adds Stuart Eisenberg, Hyattsville CDC Executive Director: "This type of public art program sets a precedent in Maryland. With a recent statutory revision to the State Highway Administration's procedures, we look forward to expanding this program with the support of local leaders and officials." The CDC invites area municipalities,

agencies and businesses' to partner in future iterations of the project throughout the County.

This project furthers the CDC's public art programming goals and deepens its portfolio, where visually unappealing infrastructure is enlivened with eye-catching art: The CDC recently coordinated 2 murals at the West Hyattsville Metro Station with Metro Art in Transit, and in 2012, co-commissioned a vinyl bus-wrap for the County TheBus Route 17 (rebranded as the Route 1 Ride) with partner Maryland Milestones on behalf of Route 1 Communities. Projects like these, commissioned with the generous support of county, state, municipal, and small business leaders, add to the County's tapestry of over 200 public artworks.

To learn more about the Program, visit <https://hycdc.org/traffic-box> or call 301-683-8267 or e-mail jfair@hyattsvillecdc.org.

County Executive Visits the Royal Bafokeng Nation of South Africa—Prince George's Sister County

By PRESS OFFICER
Prince George's County Maryland

UPPER MARLBORO, Md., (November 15, 2018)—Prince George's County Executive Rushern L. Baker, III, just returned from a week long trip to South Africa to visit Prince George's sister jurisdiction, The Royal Bafokeng Nation. The relationship between Prince George's County and the Royal Bafokeng Nation began following Apartheid during County Executive Wayne K. Curry's Administration over 20 years ago. The Royal Bafokeng Nation is the ethnic homeland of the Bafokeng people, a Setswana-speaking traditional community in North West Province of South Africa.

"For over twenty years, Prince George's County has had a special sister-county relationship with the Royal Bafokeng Nation of South Africa," said County Executive Baker. "It was an honor to be hosted by King Leruo Molotlegi and to learn about the Bafokeng Nation's best practices of governance while sharing the successes of my administration over the past eight years. The King and I have a shared interest and passion in educating our youth and I loved touring one of their college campuses. Every Prince Georgian should learn

about this special place, its people, its history, and their relationship to our County should always be a revered bond."

Representatives from the Royal Bafokeng Nation, including King Molotlegi, have been to the County several times during the Baker Administration, specifically to visit numerous Prince George's County Public Schools and learn about our education efforts. Out of due respect for the sister-county relationship, County Executive Baker wanted to visit the Royal Bafokeng Nation before departing office on December 3rd.

This is County Executive Baker's ninth international trip. Previously County Executive Baker accompanied Governor O'Malley on trade and investment missions to India (2011) and Brazil (2012). County Executive Baker traveled twice to China (2014 and 2015), and once to Cuba (2016) and Korea (2017). He has also traveled twice to Okinawa, Japan to give commencement addresses for military graduates of the University of Maryland University College.

Additional details and highlights of this trip to South Africa include:

- An official meeting was held with the new Chancellor of Witwatersrand University, in Johannesburg. The Chancellor recently visited Prince George's County early in the year and there is a growing relationship between Witwatersrand University and the University of Maryland. Prince George's County has committed to helping the Witwatersrand University attract participants and input as it builds its new African Center for the Study of the United States.
- The Royal Bafokeng Nation has developed proprietary technology that they use to manage projects and to keep its constituents informed. Using a tool that is similar to Prince George's County's CountyStat, this technology could be useful to Prince George's County moving forward. As part of the transition, the Baker Administration will share the capabilities of this technology with the incoming administration.
- A visit to the Lebone School represented the King and County Executive's joint interest in advancing education. In addition, information from their visit to an arts and culture area could serve as an adaptive model to work in Prince George's County.



PHOTO COURTESY OF PRINCE GEORGE'S COUNTY MARYLAND

County Executive Baker and Royal Bafokeng Nation King Molotlegi.

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COMMUNITY



PHOTO CREDIT: ELYZABETH MARCUSSEN

Retired Navy Capt. Paul Mullenhoff of Bowie talks to a classroom of fifth-grade students at Hilltop Elementary School about his service in the Navy.

Veterans Support Hospice's We Honor Veterans Program With Visit to Hilltop Elementary

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

GLEN BURNIE, Md., (November 13, 2018)—For the fourth year, local active duty and veteran military personnel volunteering on behalf of Hospice of the Chesapeake visited the fifth-grade class at Hilltop Elementary School in Glen Burnie, Maryland, on Nov. 7 to talk and read to fifth-grade students about their military service and why the nation celebrates Veterans Day.

The three Navy veterans who visited four classrooms included retired Navy Capt. Paul Mullenhoff of Bowie, retired Navy Capt. Bill Malicki and Vietnam War Navy Veteran Vince Zegowitz of Pasadena. They also were joined by an active duty member of the Army from Fort George G. Meade. After introductions by the school's music teacher, David Shepherd, and a bit of background about their guests' role in the military, the visitors then read books about veterans, shared medals, ribbons

and mementos, and answered a barrage of questions from the students.

In one classroom, Malicki mentioned that he flew in the clear nose of a Neptune reconnaissance aircraft while serving in Vietnam prompted the teacher to display it on the classroom's smart board, which prompted a ripple of "wow" across the desks. In Zegowitz's classroom, a student told him her grandfather served in World War II, which prompted Zegowitz to marvel at his longevity and then told the young girl that if she hadn't thanked him for his service she should. "I know he would appreciate hearing that, especially from you."

The visit is part of a month-long effort of Hospice of the Chesapeake's We Honor Veterans program to help the community understand how important it is to thank veterans for their service while they are living as well as to understand their unique healthcare needs. Part of this effort includes coordinating

10 group Honor Salutes. As of this date, there have been visits to nine assisted and senior-living centers, with more than 100 veterans being honored by active duty and retired personnel as well as U. S. Naval Academy midshipmen.

The organization created the Honor Salute program to honor veterans who are being cared for in their final stages of illness with a ceremony to recognize them for their service to our country and to acknowledge the many personal sacrifices each of them made to ensure our freedom. The brief but poignant ceremony has become a hallmark of its commitment to those who have served in the military and has made a tremendous impact on patients and their families.

Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. For more information, please visit www.hospicechesapeake.org.

Catholic Charities DC Announces Holiday Giving Opportunities

A variety of service projects are now available to help those in need

By PRESS OFFICER
Catholic Charities DC

WASHINGTON, DC (November 14, 2018)—In advance of the upcoming holiday season, Catholic Charities of the Archdiocese of Washington today announced several service projects aimed at helping the most vulnerable in the District of Columbia and Southern Maryland. A variety of opportunities are available to anyone looking to support those in need.

Projects include:

- **Southern Maryland Food Bank Online Food Drive:** Starting at just \$15, donors can help provide families struggling with food insecurity with a warm holiday meal through the Southern Maryland Food Bank. Each dinner basket purchased will include all the provisions for a delicious dinner for a family of four. To purchase a basket, please visit catholiccharitiesdc.org/somdfood-drive.
- **The Coats of Many Colors Drive:** Catholic Charities will host its sixth annual Coats of Many Colors coat drive, inviting supporters to donate new or gently used coats to ensure that those in need can stay warm as tem-

peratures drop. The drive will run from November through February in several locations in DC and Southern Maryland. For more details, visit catholiccharitiesdc.org/coats.

- **Annual Holiday Angel Tree:** Every year, Catholic Charities' Angel Tree provides hundreds of presents to local children by connecting generous donors with a child or family in need at Christmas. All of the families who participate in the Angel Tree are involved in Catholic Charities' programs and actively working to break the cycle of poverty. Starting on Thursday, November 15, donors can register to provide gifts for a child and/or family to ensure that they are able to have a happy holiday. To register, visit catholiccharitiesdc.org/angeltree.
- **SHARE Food Network:** The SHARE Food Network, a social enterprise of Catholic Charities, offers anyone the chance to purchase healthy groceries at a substantial discount (typically 50%). Special seasonal grocery packages will be available for purchase in November and December. In addition, supporters are invited to donate and/or vol-

unteer so that SHARE can continue to provide affordable, nutritional grocery options to those that need them throughout the holiday season. For more information about SHARE, please visit catholiccharitiesdc.org/SHARE

In addition to seasonal giving initiatives, Catholic Charities provides a wide range of volunteer and donation opportunities all year long. For more information about giving back to the community through Catholic Charities, visit catholiccharitiesdc.org/volunteer.

Catholic Charities DC is the largest independent social services agency in the Metropolitan D.C. area. As the charitable arm of the Archdiocese of Washington, Catholic Charities invests in communities by providing critical services to hundreds of thousands of people in need throughout the District of Columbia and Montgomery, Prince George's, Charles, Calvert, and St. Mary's Counties in Maryland. The organization works tirelessly to give help that empowers and hope that lasts to those it serves regardless of background, belief, or circumstance. For more information, visit www.catholiccharitiesdc.org.

COMMENTARY

Marion Wright Edelman
President, Children's Defense Fund



ChildWatch:

Lessons in Servant Leadership

"The way through chaos, calamity, and confusion is not by adding chaos, calamity, and confusion. That multiplies what's hurting us and undermining us. The Hebrew and Christian Bibles insist from the first chapter to the last chapter you cannot overcome evil with evil, you have to overcome evil with good. Depart from evil, do not be overcome by evil. An eye for an eye leaves everyone blind. A tooth for a tooth means that therefore soon everyone is toothless. You cannot bind up the wounds of people in our land by pouring sand into the wounds."

"You cannot change wrong with wrong."

—Reverend James Lawson, speaking at the Children's Defense Fund

This past week the Children's Defense Fund (CDF) was blessed with a visit from one of the greatest nonviolence practitioners in our nation and world, Rev. James Lawson. He shared lessons in leadership with CDF staff from our greatest American prophet, Dr. Martin Luther King, Jr., who called Rev. Lawson "the leading theorist and strategist of nonviolence in the world." In some of the recent elections Americans once again reaffirmed their desperate hope for positive, principled leadership in times of chaos, calamity, and confusion. Rev. Lawson has long been an example of exactly this kind of leadership.

Rev. Lawson has been for me and countless others a peerless teacher, role model, and leader of nonviolent direct action. He guided Dr. King and thousands of young leaders of all races and ages seeking racial and economic justice. He is our living embodiment of effective social change and exemplifies and taught us Christ's and Gandhi's nonviolent values and strategies to combat our nation's recurring birth defects of slavery, Native American genocide, exclusion of women and non-propertied White men from our political and economic processes. And for 90 years he

has been a singular and unwavering voice calling across generations for a nation and world where every child of God is welcomed, respected and empowered to realize their God-given potential.

Rev. Lawson is the son and grandson of Methodist ministers and received his own ministry license during his senior year of high school. He was educated at Ohio's Baldwin-Wallace College, Oberlin College and Vanderbilt Divinity School, but he was also schooled by the 13 months he served in federal prison after being arrested for refusing to enter the military when drafted—or in his words, refusing to "put on somebody's military uniform for the purpose of using arms against other human beings." It was in prison that he reread the writings of Gandhi and theologian Howard Thurman. Afterwards he spent three years as a Methodist missionary in India, where he first read about Dr. King and the Montgomery Bus Boycott—a milestone in the movement brewing at home in the United States that he would help lead.

Rev. Lawson and Dr. King met in person in 1957 after Rev. Lawson returned to the U.S. and was studying at Oberlin's Graduate School of Theology. Dr. King urged him to come south to join the Civil Rights Movement, arguing that there was no other clergyman with his experience and knowledge of nonviolence. Rev. Lawson replied that he had been thinking about it and would come as soon as his studies were complete, but Dr. King convinced him to come immediately. In January of 1958 Rev. Lawson moved to Nashville to nurture, challenge and prepare the students of the Nashville movement, producing some of the great leaders of the national Civil Rights Movement including Congressman John Lewis. Rev. Lawson served as Director of Nonviolent Education for the Southern Christian Leadership Conference (SCLC). Rep. John Lewis later wrote: "Jim Lawson knew...that we were being trained for a war unlike any this nation had seen up to that

time, a nonviolent struggle that would force this country to face its conscience. Lawson was arming us, preparing us, planting in us a sense of rightness and righteousness."

He has never stopped doing that and our nation has never stopped needing him and benefiting from his unwavering nonviolent moral voice. Rev. Lawson continues to mentor and prepare communities for nonviolent struggle and direct action organizing. Movements start from the bottom up not from the top down and as Rev. Lawson said at CDF this week, "There is no substitute for the community struggle." He has been part of the movements for racial justice, reproductive choice, a living wage, the rights of hotel and other service industry workers, undocumented immigrants and those who are gay, lesbian, bisexual, and transgender. He has worked across our nation with students, including the Dreamers who pushed for the DREAM Act to grant legal status to immigrant children. And he is a role model for me and generations of younger servant leaders as he continues to teach and preach and inspire at CDF's Haley Farm, our training ground for servant leaders.

At another CDF meeting Rev. Lawson quoted this old beloved prayer: "Grant by Thy grace that we may not be found wanting in the hour of crisis when the battle is set. May we know on which side we ought to be. And when the day goes hard and cowards steal from the field and heroes fall around the standard, may our place be found where the fight is fiercest. If we faint, may we not be faithless. If we falter, may we not fall. And when we fall, may it be while loving you and our neighbors and facing the foes." It remains a benediction for our times and for his remarkable life. I am so grateful for Jim Lawson's example, stamina, extraordinary intellect and generosity of spirit to so many and am so glad to have him as friend, mentor and teacher. He has been God's unwavering messenger of hope and justice for all of God's children.

Bowie State from A2

Hall finished the game completing 31-of-48 passes for 360 yards and one touchdown also paced Bowie State in rushing yards with 51 and one score. Crockett had a BSU personal-best day, leading all receivers with 131 reception yards on seven receptions and one touchdown. Lansana Sesay matched Crockett's receptions (seven), tallying 86 yards while Gilbert Lunsford added five catches for 50 yards.

On defense, Tre'veon King recorded a game-high ten tackles followed by Richardson with seven and Tevin Singleton with six. Thomas Riddick and Derrick Tate recorded five tackles each. As a defensive unit, Bowie State recorded 62 tackles, one sack, and three interceptions.

Satterwhite led West Alabama (8-4) on offense with 289 passing yards while Rogers accounted 55 rushing yards and scored two touchdowns. West Alabama's Qua Boyd was the teams' reception leader with 97 yards on eight catches. Danny Rambo paced West Alabama with seven tackles while teammates Terry Samuel and Jordan Jones were responsible for six and five tackles in the loss.

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P.O. Box 1001 15207 Marlboro Pike
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Email: pgpost@gmail.com
Contents © 2018, The Prince George's Post

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Legal Advertising Assistant Robin Boerckel	Web Manager Kyler Quesenberry

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

BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Will I Get Spousal Benefits?

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

Dear Rusty:

What percentage, if any, should I be able to collect on my husband's Social Security benefits? He started at his full retirement age and I'm turning 62 in 3 months (born 1957). I did work and am eligible to collect on my own work record. Half of his benefit would be approximately \$300 more a month than I would collect with my own benefit. I am not currently working and do not have plans to go back to work. When I called the SS office to make an appointment, I asked this same question and the person I spoke with said I couldn't collect on my spouse. I have a friend who told me his wife did get some extra benefit from his Social Security and she also worked. **Signed: Inquiring Mind**

Dear Inquiring: Not everyone is automatically entitled to spousal benefits, and everyone doesn't get 50% of the higher earning spouse's benefit amount. Whether or not you are eligible depends upon how much your benefit on your own work record is at your full retirement age, compared to half of your husband's benefit at his full retirement age (FRA). And if you take benefits at age 62, both your own benefit and your spousal benefit will be reduced. Born in 1957, your benefit at age 62 from your own work record will be reduced by 27.5% from what it would be at 66 ½ (your full retirement age). Because you're taking the spousal benefit early (you'll be deemed to be filing for spousal benefits when you claim your own) you won't get 50% of your husband's FRA benefit, rather it will be reduced. Here's how you can figure out your total benefit at age 62, and whether you will get a spousal benefit in addition to your own.

First, find out what your benefit amount would be if you wait until your full retirement age to claim (you can get this from Social Security or by creating your own "My Social Security Account" online at www.ssa.gov). Since you say your husband claimed at his FRA, compute one half of his current benefit, and then compare your FRA benefit amount to one half of his benefit amount. If half of his is less than your FRA benefit, you won't get a "spousal boost." If half of his is more than your FRA benefit, you will get a spousal boost, but it will be reduced because you're taking it at age 62 instead of at your FRA. At age 62, rather than half of your husband's benefit you would get about 34% of his benefit, and the difference between that amount and your own reduced age 62 benefit is your spousal boost. That spousal boost, if any, will be added to your age 62 benefit amount to arrive at your total Social Security benefit at age 62. And that total amount will be less than 50% of your husband's benefit. Since Social Security has already told you that you aren't entitled to a spousal benefit, it's probable that your own FRA benefit amount is more than 50% of your husband's FRA amount.

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

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

Dominion National to Cover Non-Opioid Treatment Alternative To Control Dental Pain

By PRESS OFFICER
Dominion National

ARLINGTON, Va. (November 12, 2018)—Dominion National, a leading dental insurer and administrator of dental and vision benefits headquartered in Arlington, Va., announced a new initiative to lead the fight against the opioid epidemic. Effective January 1, 2019 Dominion will cover certain non-addictive opioid treatment alternatives, including EXPAREL. The covered procedure is called the "infiltration of sustained release therapeutic drugs." More patients are requesting non-opioid alternatives for post-operative pain control, including oral surgery procedures such as wisdom teeth extractions. Sustained release therapeutic drugs, such as EXPAREL, are injected at the surgical site during the procedure and can relieve pain for the first few days after surgery.

According to a recent article in the American Journal of Preventive Medicine, dentists prescribed 18 million opioid prescriptions between July 1, 2016 and June 30, 2017.¹ According to the National Survey on Drug Use

and Health (NSDUH), 11.4 million Americans misused opioids in 2017.²

"Opioid misuse and abuse has reached alarming levels and we want to make alternative treatments as accessible as possible for our customers and providers," said Dominion President Mike Davis. "Non-opioid pain treatment options have proven to be effective and we believe we will see a lot of adoption."

1 Guy, G. P. & Zhang, K. Opioid Prescribing by Specialty and Volume in the *U.S. American Journal of Preventive Medicine* (2018). doi:10.1016/j.amepre.2018.06.008.

2 National Survey on Drug Use and Health (NSDUH), Sept 2017.

Dominion National, incorporated in 1996, is an agile and innovative provider and administrator of dental and vision benefits. Dominion serves over 900,000 members, including leading health plans, employer groups, municipalities, associations and individuals among its diverse client base. For more information, please visit DominionNational.com or follow Dominion National on Facebook, LinkedIn or Twitter.

EDUCATION:

How to Take Advantage of National Scholarship Month

(StatePoint) Bargain hunters will spend November tracking down Black Friday deals to save on holiday shopping, but savvy higher education shoppers know November is also National Scholarship Month, a perfect time to find free money for college.

To help students and families get the most out of scholarship season, Sallie Mae, the nation's saving, planning, and paying for college company, is offering six tips:

- **Get an early start.** Apply for scholarships your junior year of high school and every year in college. Approximately 50 percent of available scholarships are for students already enrolled in college. There are also many scholarships available for graduate school.
- **Don't miss out.** To qualify for \$150 billion in financial aid, including scholarships, complete the Free Application for Federal Student Aid (FAFSA). Schools use the FAFSA to put together financial aid packages, states use it to determine eligibility for state aid, and it's required for many scholarship applications. Some aid is awarded on a first-come, first-served basis, so the earlier families fill out the FAFSA, the better.
- **Remember, not everything is a deal.** Never pay for scholarships and be wary of "guaranteed" money. Don't be lured in by sites or organizations that charge a fee to access scholarship applications. School counselors and school financial aid offices can recommend reputable options.
- **Even small savings count.** Many scholarships may just be for a few hundred dollars, but these can add up and can be

used for a variety of college expenses. Apply for as many as possible — you'll be surprised by how much you can earn.

- **Take advantage of doorbusters.** Some scholarships awards are as easy as showing up and registering. Sallie Mae, for example, offers a \$1,000 monthly sweepstakes for those who sign up for its free college planning tools. To commemorate National Scholarship Month, the company is increasing the award in November to \$5,000.
- **Keep an eye out for unique gifts.** Scholarships are not limited to athletics and academics. There is free money for

college for just about any interest, including awards for left-handed students, skateboarders, and bakers.

To find additional tips and to register for Sallie Mae's Scholarship Search, home to 5 million scholarships collectively worth more than \$24 billion, or the recently launched Graduate School Scholarship Search, home to 850,000 graduate school scholarships worth more than \$1 billion, visit www.salliemae.com. After filling out a brief profile, students are matched with relevant scholarships, their award amounts, application requirements, and deadlines. The tool automatically sends updates when it identifies new matches.

"Scholarships are one of the most prevalent funding sources families use to help pay for college," said Martha Holler, senior vice president, Sallie Mae. "The key is knowing where to find them, and how to apply."



PHOTO CREDIT: (C) VADIMGUZHVA / STOCK.ADOBE.COM

November is National Scholarship Month, a perfect time to find free money for college.

15 Maryland Hospitals Improve in National Patient Safety Score Card; Maryland Maintains Low Health Care Costs

By PRESS OFFICER
Maryland Health Care Commission

BALTIMORE, Md., (November 8, 2018)—On November 8, the Leapfrog Group released the Fall 2018 Leapfrog Hospital Safety Grades. Also on that day, the Network for Regional Healthcare Improvement released a report on health care affordability which compares health care costs in Maryland with other states. These reports show that Maryland is making improvements in patient safety, while also maintaining significantly lower costs of health care than other regions in the United States.

In the Leapfrog report, eight hospitals received a letter grade of "A" (Anne Arundel Medical Center, Greater Baltimore Medical Center, Johns Hopkins Bayview Medical Center, MedStar St. Mary's Hospital, Peninsula Regional Medical Center, The Johns Hopkins Hospital, **University of Maryland Charles Regional Medical Center, and University of Maryland St. Joseph Medical Center**). Eleven Maryland hospitals received a "B" grade. Of special note, Howard County General Hospital, The Johns Hopkins Hospital, **University of Maryland St. Joseph Medical Center**, Mercy Medical Center, and Suburban Hospital maintained high grades (A's & B's) for all three report periods, Fall 2017, Spring 2018, and Fall 2018.

Commission Chair Robert Moffit observed, "I commend the 19 hospitals that received high grades and I encourage the 25 other hospitals to continue their efforts to improve. Maryland hospitals are making serious progress, and blessed with an abundance of professional talent, they can lead the nation in delivering safe and high quality medical care." Improvement is possible, as 15 hospitals improved their patient safety grades compared to the Spring 2018 release of this report.

The Network for Regional Healthcare Improvement's (NRHI) Getting to Affordability project publishes this report, funded by the Robert Wood Johnson Foundation, by using commercial market insurance claims to analyze health care costs in six areas in the United States: Oregon, Utah, Colorado, Minnesota, St. Louis, MO, and Maryland. In comparison to these other regions, Maryland's health care costs are,

on average, 20 percent lower than costs in five other regions in the United States. These results align with other recently published reports on health care costs, including the Health Care Cost Institute's Health Marketplace Index, which highlighted Baltimore as the metro area with the lowest health care prices. The NRHI report goes further to explore why costs differ and reveals how varied care delivery patterns and local prices contribute to the cost differences between regions. With three national total cost of care benchmark reports complete, trends are emerging, and statistics show that each state has a different story to tell. This consistent data is driving multi-stakeholder collaboration to address costs on both a local and national level.

Maryland Health Care Commission (MHCC) supplies some of the data included in the Leapfrog Hospital Safety Grades reports. MHCC collaborates with NRHI on the Affordability report, providing data from Maryland's Medical Care Data Base as well as expertise and advice on data analysis and methodology. These national reporting efforts compliment Maryland quality, safety, and cost data that the MHCC makes available to consumers at <https://healthcarequality.mhcc.maryland.gov/> and at WeartheCost.org.

Executive Director Ben Steffen added, "MHCC's collaboration has enabled Leapfrog and NRHI to increase transparency in the Maryland health care system. The Leapfrog results show steady improvement in patient safety and the NRHI report shows that Maryland's risk-adjusted total cost of care for the privately insured was below the other regions for the third year in row."

Leapfrog Hospital Patient Safety Grades Background

The Leapfrog Group generates national Hospital Patient Safety Grades biannually. Hospital safety grades are calculated based on medical errors, accidents, injuries, and infections. Leapfrog produced grades for 40 acute care hospitals in Maryland. To view patient safety grades for all Maryland hospitals, visit hospitalsafetygrade.org. The Leapfrog Hospital Safety Grades allow Maryland consumers and businesses to compare Maryland hospitals against hospitals in the region and the nation.

Prior to Fall 2017, Maryland hospitals were not included in Leapfrog's report due to the federal waiver exempting Maryland hospitals from participating in the Centers for Medicare and Medicaid Services (CMS) Inpatient Quality Reporting Program. Beginning in 2017, the MHCC generated the missing measures from the Maryland Hospital Inpatient Discharge Data Set, which is maintained by the Maryland Health Services Cost Review Commission (HSCRC). Leapfrog used these results in combination with patient experience measures, and hospital associated infection measures from the Centers for Disease Control and Prevention (CDC) to produce composite hospital patient safety scores ranging from A to F.

NRHI Affordability Report Background

"Data is the Spark, Collaboration is the Fuel" is NRHI's third report comparing the total cost of care for those with private insurance in various U.S. regions. The report uses the average cost of healthcare for comparable populations as its benchmark and compares each state to that average. Like other recent studies highlighted in national media, "Data is the Spark, Collaboration is the Fuel" finds that healthcare costs vary widely between states. The NRHI report dives deeper to explore why costs differ and reveals how varied care delivery patterns and local prices contribute to the cost differences between Colorado, Maryland, Minnesota, Oregon, St. Louis, and Utah. With the publication of this report, NRHI now has three sets of regional cost comparisons. Learn more about NRHI's Getting to Affordability project.

The Network for Regional Healthcare Improvement (NRHI) is a national membership organization of regional health improvement collaborative (RHICs) and partners representing more than 30 states and territories across the US. Our members work in and across their regions to collaborate and transform healthcare with the goal of achieving better health, and high-quality affordable care. This report was developed with support from the Robert Wood Johnson Foundation. For more than 45 years the Robert Wood Johnson Foundation has worked to improve health and health care. We are working alongside others to build a national Culture of Health that provides everyone in America a fair and just opportunity for health and well-being. For more information, visit www.rwjf.org.

OUT on the TOWN

OPEN TO THE PUBLIC



Festival of Lights at Watkins Regional Park

PHOTO CREDIT: M-NCPPC

Bring a little twinkle to your holidays at this spectacular drive-through event featuring dazzling displays with more than 2.5 million lights throughout the park! You won't want to miss our giant, 54-foot LED musical tree!

The 32nd Annual Festival of Lights runs Friday, November 23, 2018–Tuesday, January 1, 2019, from 5–9:30 p.m. daily. \$10 per car or van; \$20 for mini-buses and limos; \$30 for buses; \$20 for multi-visit passes for cars and vans (good for three visits); \$40 for multi-visit passes for mini-buses or limos (good for three visits). The festival is FREE on December 25. On December 3, we will host a FREE Appreciation Night for the residents of Prince George's County for their support of the Department of Parks and Recreation programs year around!

NEW for 2018!! We now accept credit cards, and you can now purchase your tickets in advance online. Visit PARKS DIRECT and search for keyword "Festival" under Ticketing.

- Festival of Lights Greeting Cards are available for purchase.
- Interactive printed Program with Fun Facts and I-Spy games.
- Get your Festival Spectacles at the gate for just \$1! A surprise for your eyes!! Watch as the 3D type glasses magically transform every point of light in our holiday displays into a fun holiday design including snowflakes and candy canes!

Please bring canned goods for donation to local food banks.

Last holiday season, 22,809 vehicles embarked on the trip to see the lights at Watkins Regional Park. There are 16 Wizard of Oz displays to coincide with the theme of the wildly popular Wonderful Wizard of Oz Playground, voted the #1 Coolest Park in the United States. New displays were also added to coincide with the Farm and the Nature Center, and RBG lights were added to the drive-through archway, to create a cool wind tunnel effect!

Watkins Regional Park: 301 Watkins Park Drive, Upper Marlboro, Maryland • 301-699-2456
• <http://www.mncppc.org/742/Festival-of-Lights>

ERIC D. SNIDER'S IN THE DARK Movie Review

The Hate U Give

The Hate U Give
Grade: B-
Rated PG-13, moderate
profanity including two
F-words, thematic elements
2 hrs., 13 min

It takes its time getting there, but you know *The Hate U Give* is going to turn serious on us because it starts with our narrator, 16-year-old Starr Carter (Amandla Stenberg), telling us about the time when she was 9 and her dad gave her The Talk—not the sex talk, but the one black parents give their children to help them avoid being shot by police during routine traffic stops.

From then until her own run-in, Starr has a tranquil if

complicated life, living with her parents (Regina Hall and Russell Hornsby) and siblings in the bad part of town while attending a fancy, mostly white private school in a nice neighborhood. At school, she does everything she can not to give anyone a reason to think of her as "ghetto," which means tamping down her use of black slang or other cultural signals. She has a white boyfriend, Chris (K.J. Apa), who's never been to her house. On the weekends, she hangs out with her neighborhood friends but conscientiously avoids getting into the drug- and gun-related problems many of them have. Starr's father used to be one of them, working for local drug

kingpin King (Anthony Mackie) before going straight. (King's gang is called the King Lords, which doesn't speak well for his creativity.)

After much exposition—it's based on a novel (by Angie Thomas), and it has a novel's languid pace—the story arrives at the inciting incident when Starr's friend Khalil (Algee Smith) is pulled over by police and ends up shot dead, with Starr in the passenger seat. Khalil's behavior during the traffic stop—not taking the situation seriously, assuming it'll be fine because he didn't do anything wrong, not standing where the cop tells him to stand—is almost comically reckless, as if he has no idea that young men like him get killed all the time in situations exactly like this—like it's his first day being black. That lapse in credibility is symptomatic; the film, directed by George Tillman Jr. (*Soul Food*, *Notorious*, *Faster*) from a screenplay adaptation by Audrey Wells (*Under the Tuscan Sun*), is often didactic and two-

dimensional, coming across like a Black Lives Matter *Afterschool Special*, albeit an especially heartfelt one. There isn't a lot of nuance or complexity here.

The rest of the film is about the aftermath of Khalil's death, including Starr's struggle over whether she should become an outspoken activist or keep maintaining a low profile. Her school friends know the shooting happened in her neighborhood but not that she knew the victim, and she'd like to keep School Starr separate from Home Starr as long as she can. (Rest assured, one of the film's messages is that living a double life is unhealthy.) The incident becomes a rallying point, the funeral evolving into a march on city hall to demand that the cop be held responsible (fat chance, of course). Starr's whitest, blondest friend, Hailey (Sabrina Carpenter), plays the "cops' lives matter too" card, with expected results. Starr has an uncle named Carlos (Common) who is a police officer and can provide the perspective of a black cop, but the movie's heart isn't in it and Common seems embarrassed.

Working in the movie's favor is the winning lead performance by Amandla Stenberg, the bright talent who played Rue in *The Hunger Games* and has been starring in so-so adaptations of YA novels (*Everything, Everything*, *The Darkest Minds*) ever since. *The Hate U Give*, the title of which comes from a Tupac Shakur song, is her best yet, showcasing her down-to-earth charisma and natural sincerity. A strong cast (except for Common) supports her, and the movie is further elevated by its wholesome family dynamics and inspiring depictions of righteous activism. She was given the name Starr to remind her to be a light in the darkness, and the film's focus on channeling one's anger into productive action gives it a matching sense of optimism, even if the story is too glossy and pat to be wholly effective.



ROTTENTOMATOES.COM

Starr Carter is constantly switching between two worlds: the poor, mostly black, neighborhood where she lives and the rich, mostly white, prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Now, facing pressures from all sides of the community, Starr must find her voice and stand up for what's right. *The Hate U Give* is based on the critically acclaimed *New York Times* bestseller by Angie Thomas and stars Amandla Stenberg as Starr, with Russell Hornsby, Regina Hall, Common, Anthony Mackie and Issa Rae.

Calendar Spotlight

19th Annual Gingerbread House Contest and Show

Friday–Sunday, November 23–25, and 30, 2018, 12 Noon–5 p.m.;
Friday–Sunday, December 1–2 and 7–9, 2018, 12 Noon–5 p.m.

For a sweet treat, come and view an amazing display of edible gingerbread houses. Visitors will have the opportunity to vote for the Viewer's Choice Competition.

Groups of 10 or more are welcome by appointment.

Cost: \$1 per person (cash only)

Darnall's Chance House Museum

14800 Governor Bowie Oden Dr.,

Upper Marlboro, MD 20772

Contact: 301-952-8010; TTY 301-699-2544



PHOTOGRAPHS COURTESY OF DARNALL'S CHANCE HOUSE MUSEUM

SMALL BUSINESS SATURDAY®

Saturday, November 24, 2018 is Small Business Saturday®—a day to celebrate and support small businesses and all they do for their communities. Please join the SBA and organizations across the country in supporting your local small business by shopping at a small business. (<https://www.sba.gov/about-sba/sba-initiatives/small-business-saturday>)

Green Friday & Small Business Saturday Weekend Extravaganza

Date and Time: Friday, November 23, 2018 and Saturday, November 24, 2018, 11 a.m.–4 p.m. each day

We hate Black Friday—the commercialism, the cost, and the unhappy crowds. Let's celebrate community instead! Shop green, shop small, or don't shop at all—Community Forklift gives you an excuse to stay away from the mall! Instead of ordering plastic junk online or fighting crowds to buy presents, come by our warehouse to relax with friends, support local businesses, and even learn how to *MAKE* presents. You can handle your holiday shopping while enjoying music, holiday treats, and more! Blacksmithing Demos on Saturday: Join The Blacksmiths' Guild of the Potomac in the courtyard for demonstrations of traditional blacksmithing, and shop an array of their hand-forged items!

Cost: FREE

Ages: All ages are welcome

Location: Community Forklift, 4671 Tanglewood Drive, Edmon-

ston, MD 20781

Contact: 301-985-5180 x302, events@communityforklift.org

Small Business Saturday

Date and Time: Saturday, November 24, 2018, 11 a.m.–6:00 p.m.

Description: Join us at Janemark Winery & Vineyard for Small Business Saturday on November 24th for an afternoon of wine, live music, shopping from local vendors, and a delicious meal from a local food truck. As a family-owned small business, Janemark appreciates your support!

Cost: FREE

Ages: All ages are welcome

Location: Janemark Winery & Vineyard, 15200 Baden Naylor

Road, Brandywine, Maryland 20613

Contact: 301-535-9126

Small Business Saturday Celebration

Date and Time: Saturday, November 24, 2018, 12–6 p.m.

Description: Unwind after the Thanksgiving Holiday, take the family somewhere fun, and shop local businesses to get a head start on that holiday list! Join us for our Small Business Saturday Celebration on November 24th! We'll be featuring local vendors such as Clayhaven Studio, K&T Kettle Corn and produce, Explore Couture, P.A. Bowen Farmstead, Oh My Darlin' Boutique, Wicks & Spirits, Brackish Waters, and more! There will be live music, a food truck, wine tastings, and our special seasonal mulled spiced wine. No tickets needed, event is open to the public. We hope to see you there—cheers!

Cost: FREE

Ages: All ages are welcome

Location: Robin Hill Farm and Vineyards, 15800 Croom Rd,

Brandywine, MD 20613

Contact: 301-643-5619

Calendar of Events

November 22–November 28, 2018

Story Explorers: Native American Storytelling

Date and Time: Friday, November 23, 2018, 2 p.m.
Description: Experience Native American “pourquoi” stories.
Cost: FREE
Ages: Ages 5–12
Location: Hyattsville Branch Library (Temporary location), 6502 America Blvd., Hyattsville, MD 20782
Contact: 301-985-4690

Xtreme Teens: Friendsgiving

Date and Time: Friday, November 23, 2018, 7–10 p.m.
Description: Did you have a good Thanksgiving, but have more leftovers than you can shake a turkey leg? Well, you're in luck because we're hosting a “Friendsgiving” using some of the leftover turkey to make some extra special holiday dishes. Bring your creativity and a friend! Contact the teen director to sign up your dish.
Cost: FREE! with your M-NCPPC Youth ID
Ages: 10–17
Location: Beltsville Community Center 3900 Sellman Road, Beltsville, MD 20705
Contact: 301-937-6613; TTY 301-699-2544

Junie B. Jones in Jingle Bells Batman Smells

Date and time: Saturday, November 24–Sunday, December 23, 2018, every Saturday and Sunday at 1:30 p.m. 10:30 a.m. matinees on December 15 and 22.
Description: Based on the children's books by Barbara Park, this play follows the feisty and irrepressible Junie B. Jones as she plays Secret Santa to her least favorite classmate, Tattletale May. With plenty of laughs and life lessons, this story is the perfect holiday treat for the whole family.
Cost: \$12. Get tickets by phone at 301-694-4744, online at marylandensemble.org or at the MET box office.
Ages: Family Friendly, ages 3+
Location: Maryland Ensemble Theatre, 31 West Patrick St, Frederick, Maryland 21701
Contact: 301-694-4744

Trainspotting Day

Date and Time: Sunday, November 25, 2018, 10 a.m.–4 p.m.
Description: Join train enthusiasts as they watch trains speed by on Amtrak's busiest day of the year (10 a.m.–4 p.m.). Special guests ... Santa and Mrs. Claus! Tell them your biggest wish (12–3 p.m.).
Cost: FREE
Ages: All ages are welcome
Location: The Old Town Welcome Center and Bowie Railroad Museum 8614 Chestnut Avenue, Bowie, MD 20715
Contact: 301-809-3089

Cancer Prevention Overview

Date and time: Monday, November 26, 2018, 6:30 p.m.
Description: Dr. Rita Gupta, medical oncologist at Doctor's Community Hospital, will provide an overview of what you can do to prevent cancer and stay healthy.
Cost: FREE
Ages: Adults
Location: Oxon Hill Branch Library, 6200 Oxon Hill Rd., Oxon Hill, MD 207450
Contact: 301-839-2400

Native American Sand Art

Date and time: Tuesday, November 27, 2018, 4 p.m.
Description: Create your own masterpiece with sand art in the style of Native American artwork.
Cost: FREE
Ages: Ages 5–12
Location: Hyattsville Branch Library (Temporary location), 6502 America Blvd., Hyattsville, MD 20782
Contact: 301-985-4690

Singing and Songwriting with/for Baby, with Mary Amato

Date and Time: Three Wednesday nights: November 28, December 5, and December 12, 2018, 6:15–7:15 p.m.
Description: Explore the power and poignancy of your own voice in this special class for new parents and parents-to-be. We'll learn chants and lullabies—some designed to soothe baby, others designed to soothe you! We'll also learn songwriting techniques and create our own signature songs. No musical experience necessary.
Cost: \$75, contact info@cpae.org, or mail to CPAE, P.O. Box 784, College Park MD 20741
Ages: For expecting and/or new moms and/or dads. You may bring the baby, but no older siblings or walking toddlers, please.
Location: College Park Arts Exchange, The Old Parish House, 4711 Knox Road, College Park, MD 20740
Contact: 301-864-8666, info@cpae.org

The Monument Quilt Project Workshop

Date and Time: Wednesday, November 28, 2018, 6:30–9:30 p.m.
Description: Join FORCE: Upsetting Rape Culture for a workshop at Montpelier Arts Center where survivors and supporters will share their stories and workshop participants will create messages of support on 4' x 4' red quilt squares. Completed quilt squares will join thousands more in city and town centers to create a public space of healing and conversation. The monument quilt will be displayed on the National Mall, May 31–June 2, 2019. All materials are provided.
Cost: FREE. Call to reserve a space. Space is limited.
Ages: Adults
Location: Montpelier Arts Center 9652 Muirkirk Road, Laurel, MD 20708
Contact: 301-377-7800, 410-792-0664; TTY: 301-699-2544

A Community Conversation: Reinventing Power

Date and Time: Wednesday, November 28, 2018, 7 p.m.
Description: Lives were changed by the renewable energy industry, while exploring the clean energy industry from innovation to installation. Sponsored by Friends of the Laurel Library and the Prince George's Sierra Club Group.
Cost: FREE
Ages: Adults
Location: Laurel Branch Library, 507 7th Street, Laurel MD 20707
Contact: 301-776-6790

Create a Healthy Holiday Workplace

By COMMUNICATIONS OFFICER
National Center for Chronic Disease Prevention and Health Promotion

The holiday season is kicking off, and with it comes a marathon of office parties, potlucks, and gift exchanges. Here are a few tips for bringing healthy holidays to your workplace.

Creating Healthy Holidays at Work

Ready, get set, go. The holiday season is kicking off, and with it comes a marathon of office parties, potlucks, and gift exchanges. Help employees enjoy the holidays with their coworkers. Here are a few tips for bringing healthy holidays to your workplace.

Spotting Challenges Ahead of Time

Temptation lurking around every corner—During the holidays, it seems more sweets and homemade treats pop up in the break room, on countertops, and in coworkers' offices than during the rest of the year. It's enough to make your employees throw up their hands and say, “I'll wait until after the holidays to eat healthy again!”

Stress mounting by the minute—With parties, entertaining, gift-giving, and office cookie swaps, the demands on your time and wallet may seem endless. People can feel overwhelmed and have a hard time remembering why this season is supposed to be fun.

Busy calendar leaving no time for physical activity—The extra tasks make it tempting to hold off self-care with the promise to renew it in the new year. Your employees may believe they barely have time to cram in all the holiday planning and celebrations, causing them to skip workouts.

Plan How to Handle Holiday Traps

Employers are in a unique position to offer solutions to promote the health and safety of their employees. The use of effective workplace health programs and policies can reduce health risks and improve the quality of life for 155 million workers in the United States.

With employees in America spending more than one-third of their day on the job, your workplace health program can make a difference this holiday season. Think of it as a gift that keeps on giving year-round.

Consider suggesting ways to increase opportunities for healthy behaviors such as eating healthy foods and getting physical activity:

Offer healthy food and drink choices. If you have an office potluck or party, offer low-calorie, low-sugar options like fruit and sparkling water for everyone to enjoy. Small changes can make a difference. “For example, the benefits of shifting from white bread to whole-wheat bread, or from soda to seltzer water, can add up. Remember, every food and beverage choice is an opportunity to move toward a healthy eating pattern,” reports the 2015–2020 Dietary Guidelines for Americans Eighth Edition.

Provide support to reduce and manage stress. The Centers for Disease Control and Prevention's Workplace Health Resource Center offers a variety of stress-busting ideas. As an example, a resource called Stress in the Workplace: Managing Job and Workplace Stress suggests several ways to beat workplace stress, including:

- Maintaining or building relationships by reaching out to coworkers, family, and friends for support
 - Continuing to be physically active and eat healthy to maintain strength
 - Drinking in moderation, if you choose to drink alcohol
 - Getting enough sleep
 - Managing time and tasks to avoid making too many commitments or feeling overwhelmed.
- Help employees keep on track with physical activity.
- If you have an onsite gym, consider keeping the gym open longer during the holidays or adding extra classes, from kickboxing to yoga. Physical activity can help employees feel better physically and mentally when faced with holiday season challenges.
 - No gym? You can still encourage employees to take a healthy break by providing organized walks outside the workplace if possible. They can invite buddies to join them and enjoy some social time, too.

Earth TALK™ Greening Your Coffee Habit

Dear EarthTalk:

I drink a lot of coffee and I'm wondering how bad this is for the environment? And how I can make sure I'm feeding my 3-cup-a-day habit in the greenest way possible?

—Denny Mahon, Worcester, MA

About half of Americans over age 18 (some 150 million of us) drink coffee in some form—drip, iced or in an espresso or latte—every day, with three cups a day a typical average. These 450 million daily cups represent about one-fifth of the total daily global coffee consumption of 2.25 billion cups a day.

Traditionally grown in shady groves under the canopy of fruit trees, coffee has been one of the greenest crops there is. But modern demand, coupled with the so-called “Green Revolution” to boost yields by any means necessary, has dictated that coffee production follow the same monocultural path as other key commodity crops. Indeed, nowadays most of the coffee we drink comes from plantations where it is grown in full sun without competition from other crops and with lots of chemical inputs. The result has been widespread deforestation across the tropics (and a resulting devastation to biodiversity) to make room for more highly profitable coffee plantations.

Another big environmental problem with coffee production is water waste. A landmark 2003 study by Dutch researchers found that some 37 gallons of water are used (and subsequently wasted) to produce a single cup of coffee. And yet another hurdle for the coffee industry to overcome is the exploitation of workers, which in recent decades led to the birth of a “fair trade” movement to try to ensure economic justice in the industry.

So how do we make sure our coffee habit isn't making these situations worse? Look for one or more certification labels on the coffee you buy. The “Rainforest Alliance Certified” frog logo shows you that the coffee in question comes from farms that provide habitat for tropical birds while paying workers fair wages. Meanwhile, the “Fair Trade USA Certified” globe with two baskets symbol means that the coffee you're buying was produced using sustainable

methods by workers and farmers who are not only paid fair wages but also get access to education, health care, clean water and job training. Yet another certification to look for is the Smithsonian Migratory Bird Center's “Bird-Friendly” mark which denotes that the coffee for sale is 100 percent shade-grown, fair trade and organic. UTZ Certified and Counter Culture Direct Trade Certified coffees are also produced and distributed without harming the environment or exploiting workers.

How you make your coffee also impacts the environment. The good old “pour over” method rivals the French press not only in simplicity but also in eco-friendliness given that neither rely on electricity. At the other end of the spectrum are the Keurig-type coffee makers, each cup of which yields not only your coffee but also an empty

wasted plastic K-Cup pod to clog up your local landfill. If you can't give up the convenience of your Keurig coffee maker at home—or you don't have a choice at the office—at least source coffee that comes in compostable pods. Woken Coffee, for instance, comes in 100% compostable pods that can be tossed into food and yard waste bins after use to become part of someone else's topsoil.

CONTACTS: Rainforest Alliance Certified Coffee, www.rainforest-alliance.org/articles/rainforest-alliance-certified-coffee; Smithsonian Migratory Bird Center's “Bird-Friendly” Coffee, national-zoo.si.edu/migratory-birds/bird-friendly



IMAGE CREDIT: KRIS KRUG, FLICKRCC.

Your coffee habit is likely contributing to deforestation and the loss of biodiversity in the tropics.

coffee; Fair Trade Certified, www.fairtrade-certified.org; UTZ Certified, utz.org; Counter Culture Direct Trade Certified, counterculturecoffee.com/sustainability; Woken Coffee, <https://woken.coffee>.

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TAKE THE PLEDGE

Prince George's County is #1 in Maryland for Recycling for the second year in a row! Let's keep it up and celebrate America Recycles Day on November 15th.

- Commit to reduce, reuse, recycle and buy recycled. Take the #BeRecycled Pledge at www.americarecyclesday.org.
- Learn what materials can be recycled in the County with our Toolkit at bit.ly/wastetoolkit.
- Encourage one family member or one friend to take the pledge and recycle more, trash less!

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Maryland from A1

the specific vote totals from the 17-member board were, but said it was "not unanimous" and that not all members were in attendance, but there "was a quorum."

Later, Delegate Marc Korman, D-Montgomery, asked whether Gooden and the regents would agree to make vote totals public moving forward.

"That's something that we're talking about ... something we'll look at," Gooden said "I won't promise that today."

The regents' have previously made vote counts public. For example, the vote to change the name of the university's football stadium was a 12-5 vote.

"It's not acceptable" that the regents haven't announced the vote, Korman said in an interview with Capital News Service after the hearing. "We just need to change how the Board of Regents operates legislatively so that ... vote totals on major personnel decisions are public and available, just as a lot of other major decisions they would do are available under the Open Meetings Act."

He continued: "I think on this particular situation, individual regents should step up and explain how they voted. They should probably feel obligated to do that, given how significant the decision is and how it was reversed ultimately."

In a statement, University of Maryland Student Government Association President Jonathan Allen expressed his deep concern with the board's "decision-making process and lack of transparency."

"This was on display once again at today's hearing," Allen wrote. "The University of Maryland's student body, campus, community, and citizens of the state of Maryland deserve answers."

McIntosh and Korman said legislation could be introduced in the upcoming 2019 General Assembly session to address the regents' transparency issues.

"I think on a go-forward basis you could do that (introduce legislation) to make the votes more transparent," Korman told Capital News Service. "I don't think we can legislate that they come out now and say how they voted. I think there should be some public expectation that they do that on their own, and I think some will, frankly, if they're offered the opportunity."

McIntosh further questioned whether the board—an institution that has been in place for three decades—was even capable of fulfilling its duty to oversee the universities and colleges within the system.

"For past 30 years we've got many things right," Gooden said. "Clearly we got this one wrong. ... We stepped out of our lane and it didn't serve any of us well."

After the board concluded its second probe—into the football team's culture—including Durkin and his staff's conduct, then regents Chair James Brady recommended on Oct. 30 that the university retain Durkin and Evans. Loh announced his June resignation that same day.

This announcement was followed by an immediate wave of public criticism. University of Maryland students planned a protest, while stakeholders and politicians, like Comptroller Peter Franchot and Gov. Larry Hogan, criticized the decision.

A day later, on Oct. 31, Loh went against the board's recommendations and fired Durkin.

The state House committee then announced the hearing to learn more about the report on Maryland football's culture and "subsequent decisions of the University System of Maryland Regents to dismiss President Wallace Loh while retaining Head Coach DJ Durkin and Athletic Director Damon Evans," according to an Oct. 31 release.

Following Brady's resignation on Nov. 1, Gooden was elected to replace him last week.

"The chair, the former chair (Brady) made the completely wrong call in his initial vote, but I think made the right decision to come out, admit it, and resign," Korman said.

At a press conference on Aug. 14, two months after McNair's death, University of Maryland President Wallace Loh took "moral and legal responsibility" for McNair's death. It was announced that strength and conditioning coach Rick Court—who was repeatedly mentioned in the report as participating in alleged abusive behavior—would resign.

Court was accused of insulting players and hurling weights at them, among other abusive behaviors.

"If throwing weights is motivational, then I'm a rocket scientist," Busch said.

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