

The Prince George's Post



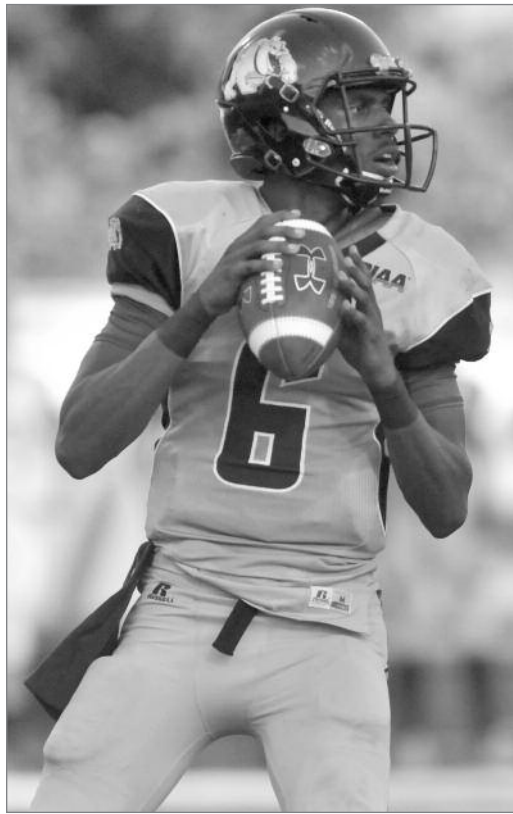
A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

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Amir Hall 2018 Harlon Hill Candidate

By GREGORY C. GOINGS
Bowie State Sports Information

LITTLE ROCK, Ark. (November 20, 2018)—A total of 37 student-athletes from across the nation have been nominated for the 2018 Harlon Hill Trophy as the Division II College Football Player of the Year and Bowie State senior quar-



PHOTOGRAPH CREDIT BOWIE STATE SPORTS INFORMATION

Bowie State senior quarterback Amir Hall

terback Amir Hall is one of those nominees. Hall, the CIAA All-Time Career Passing Touchdown Leader 99 and CIAA All-Time Career Passing Yards Leader (10,711 and counting) was a 2017 finalist for the award.

Nine nominees hail from Super Region 1, nine from Super Region 2, eight from Super Region 3 and 11 from Super Region 4.

The sports information directors at the 166 NCAA Division II football-playing institutions nominate and vote on the award. The 37 initial candidates will be placed on regional ballots and the top two players from each of the four NCAA regions will advance to the national ballot when regional voting concludes on Monday, November 26.

The winner of the 2018 award will be announced on Friday, December 14 and the winner will be honored at the Little Rock Touchdown Club awards banquet on January 10, 2019.

The sports information directors at their respective schools initially nominate candidates. The SIDs in those Super Regions vote for their top five candidates. The winner is then determined in a nation-wide vote of the Division II sports information directors.

The group of 37 candidates includes 13 quarterbacks, nine running backs, eight wide receivers, three defensive ends, three linebackers and one defensive back.

The list features 21 seniors, 10 juniors, four sophomores and two freshmen.

The Hill Trophy is named for the late Harlon Hill—the former University of North Alabama standout—who excelled with the Lions from 1950–53 before going on to fame in the National Football League with the Chicago Bears.

Prince George's County Health Department Receives \$12 Million CDC Cooperative Agreement to Improve Chronic Disease Health Care in Southern Maryland

Five-year cooperative agreement funds clinical and public health interventions to help over a million residents in underserved areas prevent or manage diabetes, heart disease and stroke

By PRESS OFFICER
Prince George's County MD

LARGO, MD (November 20, 2018)—The Centers for Disease Control and Prevention (CDC) has awarded the Prince George's County Health Department a \$12 million, five-year cooperative agreement to improve access to chronic disease care for an estimated 1.2 million residents in Prince George's, Calvert, Charles and St. Mary's counties. The cooperative agreement will fund strategies that establish or strengthen the integration of clinical practice with evidence-based public health programs to improve treatment resources, prevention programs and overall health outcomes for patients at high-risk for diabetes, heart disease and stroke.

"I want to congratulate our Health Department for securing this important grant," said County Executive Rushern L. Baker, III. "My administration has always been focused on improving access to healthcare. A healthier Prince George's County is good for our residents, the county and the state. I am extremely proud of the work that our Health Department has done over the last 8 years to address health disparities and this grant will help us

continue our efforts for years to come."

These chronic diseases continue to be among the leading causes of death statewide. Heart disease caused over 2,000 deaths in 2017 in the four-county area; stroke and diabetes caused over 850 deaths. Unmanaged chronic disease contributes substantially to health care costs; approximately 10% of people living with chronic disease in this region of southern Maryland are responsible for 80% of the region's chronic disease health care costs. Some of the common barriers to care for patients in this region include transportation, health literacy, lack of finances or health insurance coverage, and lack of emotional or social support.

"Working with nearly two dozen leading public and private health care and medical organizations across the state, the Prince George's County Health Department will harness this opportunity from the CDC and lead an ambitious effort to boost the health care infrastructure for underserved patients who need more help fighting or avoiding these debilitating and deadly diseases," said Prince George's County Deputy Health Officer Ernest L. Carter. "We plan to prioritize patients who are high-

utilizers of health systems due to frequent hospitalizations and who live in more rural areas where access to care is limited compared to other areas of the state."

Some of the strategies include innovative uses of technology, such as establishing a bi-directional patient referral system between health care systems and CDC-recognized public health programs, and adopting telehealth programs to tackle barriers to participation and retention in these programs. The project also involves implementing tailored messaging to reach underserved communities with the goal of increasing awareness of chronic diseases and the benefits of lifestyle change programs.

Partners:

- Calvert County Health Department
- Charles County Health Department
- Chesapeake Regional Information System for our Patients
- Community Care Coordination Team
- Existing CDC-recognized Diabetes Prevention Programs

See CHRONIC Page A8

FULFILLING THE PROMISE
and Celebrating History

COUNTY EXECUTIVE-ELECT

Angela ALSOBROOKS

PRINCE GEORGE'S COUNTY

Inaugural Prayer Service

SUNDAY, DECEMBER 2, 2018
5:00PM-7:00PM

Ebenezer AME Church
7707 Allentown Road | Fort Washington, MD 20744

Rev. Dr. Grainger Browning, Jr., Pastor
Rev. Dr. Jo Ann Browning, Co-Pastor

Special Guest
BISHOP VASHTI MCKENZIE
African Methodist Episcopal (AME) Church

All are welcome (Free to attend)

Design by Orlita G. Design | www.allorlitadesign.com

Prince George's County Memorial Library System Names New Chief Executive Officer

By PRESS OFFICER
PGCMLS

LARGO, Md., (November 16, 2018)—Prince George's County Memorial Library Board of Trustees is pleased to announce that Ms. Roberta Phillips has been selected as the new Chief Executive Officer for the Library System. The Library Board at their November 15 meeting confirmed her selection and made the official appointment. Ms. Phillips will begin in the position in mid-January 2019.

"The Board is extremely impressed with Roberta's experience, knowledge and commitment," said Board President Samuel Epps IV. "Her leadership style, record of innova-



PHOTO COURTESY OF PGCMLS

Roberta Phillips

tion, fiscal management, team building, and community involvement makes her the leader that the Board was seeking to head the Library System."

Roberta Phillips is currently serving as the Director of Planning and Projects for the award-winning Richland Library in Columbia, South Carolina and previously served as Director of the Orangeburg County Library in Orangeburg, South Carolina. The Richland Library comprises a main location and 11 branch locations serving approximately 415,000 people. During her tenure at Richland Library, Ms. Phillips worked on strategic plan initiatives, community engagement and special projects. Most notably, Phillips coordinated interiors, space planning, and customer experiences for 12 building projects with three new facilities and nine renovations, including the renovation of their 240,000-square-foot Main Library.

Named a "Mover and Shaker" by *Library Journal* in 2013, Ms. Phillips was recognized for her work with a broad range of library customers, both in school and public libraries, and her commitment to

customer-focused services, including enhancing collections and sharpening customer service approaches, has been instrumental in the library field. Her keen eye for design and innovation through project management, paired with her growing expertise in the principles of service design, are evident in all of the facilities she has helped to create. Phillips received a Master of Library and Information Science from Wayne State University in Detroit and a Bachelor of Arts in Education from Michigan State University.

"I am honored to have the opportunity to serve as the new CEO for the Prince George's County Memorial Library System. Libraries have the responsibility to advance our communities and affect lives in meaningful ways. Together we will explore imaginative ways through engagement, enrichment and education, to create our preferred future for all residents of Prince George's County!"

The mission of Prince George's County Memorial Library System is to help customers discover and define opportunities that shape their lives.

INSIDE

Maryland Coach Named US Youth Soccer Boys Recreation Coach of the Year

"...[Mohamed] Ouchikh is praised for his avid promotion of sportsmanship, teamwork and positive parent involvement. ... His coaching philosophy is "to develop young players to become athletes and most importantly, good people."

Community, Page A3

Cardin, Van Hollen, and Brown Effort to Name Wayne K. Curry Post Office Building in Largo Heads to President's Desk

"Naming this building in his honor—in the heart of the County he cared so deeply about—will be a daily reminder of the lasting vision, contribution and legacy of Wayne K. Curry. ..."

Commentary, Page A4

Statewide Pitch Competition Makes a Stop at the P.G. County Economic Development Corporation

"At the EDC, we're all about small business growth," said Coleman. "We're proud to host the StartUP Maryland Pitch Competition as it gives our small businesses much needed and much deserved visibility."

Business and Finance, Page A5

Santa Flies Into Historic Airport and Greets Public at College Park Aviation Museum

Children of all ages can add a festive seasonal flair to their holiday cards or letters with a special postmark to commemorate the Santa Fly-In event and the 100th anniversary of airmail. USPS will offer an assortment of holiday and Air Mail stamps.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Does the Scott brand's "tube-free" toilet paper really save much paper or is it just another form of corporate greenwashing?

—Matt Potamkin, Milwaukee, WI

Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Victorian Christmas at the Dr. Mudd House

The Dr. Samuel A. Mudd House Museum invites you to their 17th Annual Victorian Christmas Celebration.

Outside the House, visitors will find Civil War soldiers interpreting an earlier time, in the 1800s. Inside, Victorian splendor! Tour with costumed docents (by candlelight in the evening), meet Mr. and Mrs. Santa Claus, view a superb collection of antique dolls and enjoy refreshments and Christmas music.

The House is at 3725 Dr. Samuel Mudd Road, off Poplar Hill Road, in Waldorf.

Dates & times: Friday, Nov. 30, 4–8 p.m.; Saturday and Sunday, Dec. 1 & 2, 11 a.m. to 8 p.m. both days. Admission: \$8, adults; children under 16, \$3. For more information, call 301-274-9358 or go to drmudd.org.

Neighbors

The volunteers at the Morningside Fire Department had a great Thanksgiving dinner, thanks to some Skyline Citizens Association members and others in the neighborhood. □

Thank you to Jonathan Hutto, of Skyline, for tearing down lots of signs from poles. They're all illegal!

19th Annual Gingerbread House

For a sweet treat, come to Darnall's Chance and view an amazing display of edible gingerbread houses. (No nibbling allowed!) Visitors have the opportunity to vote in the Viewer's Choice Competition. Fri. Nov. 30; Fri.–Sun., Dec. 1–2 and 7–9. Noon to 5 p.m. each day.

Fee: \$1. Historic Darnall's Chance is in Upper Marlboro, on a hill overlooking Schoolhouse Pond. For information: 301-952-8010.

Festival of Lights

Enjoy 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 at the gate. A surprise for your eyes! Watch as the lenses magically transform

every point of light in our holiday displays into magical floating holographic images!

The Festival runs through Jan. 1 at Watkins Regional Park, 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. Festival Spectacles, \$1. Bring canned goods for local food banks.

Breakfast with Santa in Morningside

Have breakfast with Santa at the Morningside Fire Department on Saturday, Dec. 15, 9 a.m. Fee: to be announced. Call the Town Hall at 301-736-2300.

Healthy eating

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

The program will be held Dec. 4, 10–11 a.m. and Dec. 13, 6–7 p.m., at 4915 St. Barnabas Rd., Temple Hills, site of the Pantry. Free, and open to the public. Info: Kathy Gabrielsen, 301-326-3263.

Changing landscape

The Belnor Senior Residence, a 122-unit new construction, affordable senior apartment complex, is open. It's at 3800 St. Barnabas Road with excellent accessibility to Marlow Heights and transit, while backing up to a wooded area, walking path, and stream. Green design features include Energy Star appliances, efficient individual HVAC units, and low VOC materials for improved indoor air quality. Amenities include a two-story clubroom, library, fitness center, putting green, community garden, and green house.

Help wanted at the VFD

Morningside Volunteer Fire Dept. seeks administrative members. From their web page: "Seeking admin volunteers of any age, any education level,

any experience, any background. Here are some examples: community engagement, mentoring young members, recruitment, program management, data entry, data evaluation, supply requisition and monitoring." Info: go to morningsidevfd27.com.

Forever

This is the last month to buy Forever Stamps for 50¢! In January, the first-ounce Forever goes to 55¢, a 10% increase. The additional-ounce Forever Stamp falls from 21¢ to 15¢.

Kevin Austin, of the Capitol Police

Kevin Wayne Austin, 54, who retired in 2012 as a sergeant in the United States Capitol Police, died of a massive heart attack on Nov. 5. He was born in Australia, son of Ralph and Margaret Austin.

He grew up in Prince George's and once lived on Lori Street in Skyline. He earned a degree in Criminal Justice from the U. of Maryland and served 25 years with the Capitol Police.

He composed music, wrote poetry, loved motorcycling, hiking and fishing.

Survivors include his son Conner Austin, his parents, sister Sandra Caruso and brother Edwin Austin. A celebration of his life was at the Upper Marlboro First Baptist Church.

Joyce Cowan, Principal at Glassmanor

Joyce A. Cowan, 90, a retired Prince George's schoolteacher and principal, died Sept. 20 at a hospice in Greenbelt. She lived in Suitland, taught 16 years at North Brentwood Elementary and was principal at Glassmanor Elementary in Oxon Hill for 10 years.

Milestones

Happy birthday to Mary Doyle, Susan McKay and Jon Foster, Dec. 1; John Anthony, Jr., Vonn Branch and Tyonda Simms-Taylor, Dec. 2; Louise Lantz, Mary Straud and Sen. Mike Miller, Dec. 3; Mark Witherow Jr. and La'Keshia Johnson, Dec. 4; Denise (Eskew) Simms, Dec. 5; Virginia Rosch, Dec. 6; Sandra Mickey and Brian Doyle, Dec. 7.

Around the County

News and Announcements from Cheverly

By PRESS OFFICER
Cheverly Maryland News

New Department Hours for Cheverly Police Department's Administrative Offices

CHEVERLY, Md. (November 20, 2018)—To show our commitment to better serving the Cheverly Community, we would like to announce the new, extended hours for the Cheverly Police Department's Administrative Office.

Starting Monday, November 26, 2018, the hours for the Department's

Administrative Office will be as follows:

Monday–Friday: 7 a.m.–7 p.m.*

Saturday: 8 a.m.–4 p.m.*

Sunday: Closed

**These hours exclude any Federal or Town holidays*

We appreciate the continued support and look forward to bringing new ideas that will benefit both the community and the department.

For up-to-date news and announcements regarding the department, please follow us on Facebook, Twitter, and Instagram.

PACKAGE THEFT PREVENTION TIPS

From the Cheverly Police Department

- Consider choosing a shipping method that requires a signature
- If you are going out of town, ask the Post Office to hold your mail until you return
- Request a specific delivery date and time from the shipper
- Use tracking numbers and delivery notifications.
- Have packages delivered to your work place or, to a friend or neighbor who will be there to receive them.
- Provide delivery instructions to the shipper so that packages can be left at a safe location at your home that is out of sight from the street.
- Consider having your packages shipped to specialized locker locations
- If your package does not arrive as scheduled, contact the sender immediately!
- See something? Say something! Call (301)-789-5090 to report suspicious activity

Lending a Helping Hand



PHOTO COURTESY CHEVERLY MD

The Cheverly Police Department would like to thank Mr. Stanford, from the Public Works Department, for helping a citizen retrieve their keys from a runoff drain.

Hogan Administration Awards More than \$2.5 Million to Combat Violence Against Women

Funding Through STOP Violence Against Women Grant Program

By PRESS OFFICER

Governor's Office of Crime Control and Prevention

ANNAPOLIS, Md. (November 20, 2018)—The Governor's Office of Crime Control and Prevention (GOCCP) today announced more than \$2.5 million in grants from the federal STOP Violence Against Women Grant Program. STOP, which stands for Services, Training, Officers, Prosecutors, is awarded to public and non-profit organizations that serve victims of sexual assault, domestic violence, dating violence, and stalking.

"There is no more important job than keeping our citizens safe," said Governor Larry Hogan. "This funding will help connect women who have been victims of a crime to the vital services and resources they need to recover and rebuild their lives."

Under federal guidelines, 25 percent of the funding is allocated to prosecution; 25 percent to law enforcement; 30 percent to victim services/non-profits; five percent to court entities; and 10 percent is allocated at the state's discretion. Funding from the program may be used for such services as crisis intervention, therapy, prosecution of domestic violence and sexual assault cases, staff training, advocacy and accompaniment, temporary shelter, and sexual assault forensic examinations.

"This is an important program that helps and supports women who have been victimized by crime," said V. Glenn Fueston, Jr., GOCCP Executive Director. "The funding announced today will help those organizations and agencies to strengthen their programs and strategies to reduce domestic violence, dating violence, sexual assault, and stalking in Maryland. Making Maryland safer is a comprehensive approach in which we are all working together."

- Awards were made to the following entities: **Prince George's County**
- Mary's Center for Maternal and Child Care, Inc.—\$20,000
 - Prince George's County Circuit Court—\$20,000
 - District Heights Police Department—\$32,097
 - Prince George's County Sheriff's Office—\$70,000
 - Prince George's County State's Attorney's Office—\$95,000

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

CHRISTMAS GALA

South County Economic Development Association, Inc. and South County Institute for Economic Development, Inc. presents its 15th Annual Awards Christmas Gala. "Celebrating a brighter future now!" This will be an evening of networking and enjoyment Sunday, December 9, 2018 from 6:30–10:30 p.m. at Harborside Hotel, 6400 Oxon Hill Road, Oxon Hill, Maryland 20745. Telephone number is 301-749-9400. Cost is \$75.00 per person.

For more information and to purchase tickets, sponsorships, and ads: call 301-538-4419 or visit www.scedainc.org or info.sced.md@gmail.com.

"SCIED, a 501(c)(6) organization was established in 1996, works to build a wholesome community in which the entrepreneurial spirit will flourish and soar. They support business development and retention, summer employment, academic excellent in our schools, safe streets, as well as adequate transportation infrastructure and facilities."

"SCIED, their 501(c)3 charitable arm, was established in 2001 to assist economically disadvantaged groups, particularly seniors, women, youth and veterans to raise educational and skill levels in order to enhance their employability and entrepreneurial opportunities."

Keynote speaker at the Gala will be Ms. Melonie Johnson. She is President and Chief Operating Officer, of MGM National Harbor, Prince George's County, Maryland. Ms. Johnson has a wealth of outstanding leadership and experience in the gaming industry, along with her financial expertise and strategic thinking.

CHRISTMAS AT GRACE

You are invited to attend Christmas at Grace Production the Prodigal-Home for Christmas Saturday, December 15, 2018, 2 p.m. and 5 p.m. Guest Artists are Michele Cober and Alicia Williams. Admission is free. Music, Arts and Worship Ministry. Rev. Robert Slade, Pastor. The address is Grace United Methodist Church 11700 Old Fort Road, Fort Washington, Maryland 20744. Telephone number is 301-292-7828.

CIVIL RIGHTS HISTORY TOUR ALABAMA

Christ United Methodist Church is sponsoring a Civil Rights History Tour Alabama August 9, 2019 (5 days–4

nights), \$650 per person double occupancy and \$850 per person single occupancy. Package includes 4 nights lodging, 4 breakfasts, 3 dinners. Birmingham: Civil Rights Institute & Museum, 16th Street Baptist Church, & Kelly Ingram Park, Selma: National Voting Rights Museum, Brown's Chapel & Edmund Pettus Bridge, Lowndes County Interpretive Center, Montgomery: Home of Dr. Martin Luther King, Jr., Dexter Avenue Baptist Church, Rosa Parks Museum and Civil Rights Memorial Center, Tuskegee Airman National Historic Site, Souvenir gift, Luggage handling, taxes and meal gratuities, motor coach transportation.

Payment Plan based on double occupancy: \$100 due now to reserve your seat. \$110 due the 15th of January, February, March, April and May 2019. Final payment due by May 21, 2019. All payments are non-refundable. Please make check payable to Christ U.M. Church. Send payments to Christ U.M. Church, c/o Outreach Ministry, 22919 Christ Church Road, Aquasco, Maryland 20608. Cancellation insurance available upon request. Bus departs at 7 a.m. from Christ U.M. Church on Monday, August 5, 2019.

For information and reservations contact: Grace Bryant 301-449-3424, Rudell Jones, 301-579-2014, or Phyllis Slater 301-653-7345.

CONGRATULATIONS

Linda Lee received a plaque for her outstanding and dedicated service on Outreach Sunday, October 14, 2018 at Christ United Methodist Church, Aquasco, Maryland. Congratulations Linda.

NOTTINGHAM MYERS

Nottingham Myers will celebrate their Usher's Prayer Breakfast on December 8, 2018 at 8:30 a.m. in the Family Life Center. Guest Speaker is Mrs. Rhoda Slade. Address is 15601 Brooks Church Road, Upper Marlboro, Maryland 20772.

Nottingham Myers will celebrate their Usher's Anniversary on December 9, 2018 at 11 a.m. Speaker: Rev. Rebecca Iannicelli District Superintendent, WE District. Pastor, Reverend Constance C. Smith. Church telephone number 301-888-2171.

COMMUNITY

The American Counseling Association's Counseling Corner

Getting the Most From That Visit to the Doctor

This time of year tends to bring on more illnesses. So it's especially important to pay attention if you have an elderly parent or other relative or friend who may need help facing the flu or other illnesses.

Influenza, for example, is a much more serious health issue than many of us realize. It's estimated that 80,000 Americans died of influenza last flu season, over 700,000 were hospitalized, and that the vast majority were elderly.

Of course, as we get older, it's not just the flu but a variety of health issues that can prompt a doctor visit, a visit that can often be stressful, anxiety-producing and confusing for someone older. You may even be aware that you, regardless of your age, face the same problems when visiting your doctor.

A doctor visit should be helpful and productive, and there are things you can do, for yourself or an elderly relative, to help minimize stress and maximize the help the doctor has to offer.

One starting point is being what a professional counselor would call "appropriately assertive." Rather than being intimidated by that white coat and stethoscope, you want to be able to speak up clearly and directly about the reasons for your visit. Establish a climate of mutual respect that acknowledges the doctor's busy schedule but also your need to get information.

It usually helps, prior to that office visit, to write out any questions that you'd like answered. That's especially true if you're going with someone older who may be nervous or forgetful about bringing up all the issues that need addressing.

Write down the doctor's answers and instructions, and don't be afraid to politely ask to have things restated if you haven't fully understood what was said.

Your goal is to get all the information you need and that's especially important if the patient is someone elderly who may forget or be confused about what doctor's diagnosis and advice. To make sure you've understood it yourself, take a moment to repeat what was said, and give the doctor the chance to correct or add to what you've heard.

Open communication between doctor and patient makes it easier for both to work as partners. Whether the visit is for yourself, or to help a senior close to you, building effective communication will result in less stress and confusion, and better care for the patient.

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.

BGE HOME Teams With United Way to Deliver "A Gift of Warmth" To Local Families

Home service provider to donate new high-efficiency heating systems to families in need

By PRESS OFFICER
Constellation

BALTIMORE (Nov. 19, 2018)—Three families will receive a much-welcomed gift just in time for the holiday season—a new high-efficiency heating system—thanks to the "A Gift of Warmth" program sponsored by BGE HOME, United Way of Central Maryland, and United Way of Frederick County. **Nominations are being accepted until Sunday, December 2.** To nominate families in need of "A Gift of Warmth," visit bgehome.com/warmth and share their story.

"The assurance of a warm home through the winter months is a comfort that cannot be overstated," said Tamla Olivier, president & CEO of BGE HOME. "BGE HOME is proud to team with United Way for the fourth consecutive year to ensure deserving members of our community can count on reliable heating during the holidays and beyond."

Homeowners in BGE HOME's Maryland service territory are eligible. Winners will be announced in mid-December. BGE HOME and United Way have teamed up to help 13 families through the program since its inception in 2015.

"A Gift of Warmth" is a terrific example of how BGE HOME shares our commitment to

improving lives and communities," said Franklyn Baker, president and CEO of United Way of Central Maryland. "United Way is proud to partner with BGE HOME so that families in need can stay safe and warm this winter."

The heating systems will be donated by Trane and Carrier, and installed by certified BGE HOME technicians.

BGE HOME will also assist with select heating related calls to the 2-1-1 Maryland United Way Helpline this holiday season. United Way's 2-1-1 Helpline provides unique community information referral services to people in need of food, shelter, job resources, health care, child care and other vital services. The 2-1-1 Maryland United Way Helpline is one of four 2-1-1 call centers in Maryland, and is available 24/7 in 150 languages. Anyone can dial 2-1-1 for free, confidential help.

Constellation is a leading competitive retail supplier of power, natural gas and energy products and services for homes and businesses across the continental United States. Constellation's family of retail businesses serves approximately 2 million residential, public sector and business customers, including more than two-thirds of the Fortune 100.

BGE HOME is not the same company as BGE, a regulated utility.

Like Neighbors Launches Merry Meals Program Benefiting Ronald McDonald House Charities of Greater Washington, DC

Program aims to provide families staying at Ronald McDonald Houses in the Greater Washington, DC area with holiday gift cards and more

By JUDY O'CONNOR
Like Neighbors

GAITHERSBURG, MD (November 13, 2018)—Like Neighbors, an online platform created to help people support one another in meaningful, tangible ways, is pleased to announce the launch of its first annual Merry Meals Program. The program, which began November 13 and runs through December 31, 2018, offers an easy, affordable way for participants nationwide to donate meal gift cards to Ronald McDonald House Charities of Greater Washington, DC.

"The Merry Meals Program provides a unique opportunity for people nationwide to brighten the holidays for families navigating some very serious medical challenges," said Judy O'Connor, founder and CEO of Like Neighbors. "Gift cards donated will be used to provide a special Thanksgiving dinner for the families, will be given directly to families as holiday gifts, and will also be used to provide dinners to residents on an as-needed basis throughout the season. Thanks to the Merry Meals Program, these families won't have to worry about

finding the time, energy or money for a hot, delicious dinner while caring for a critically ill child."

A special care campaign has been set up on the Like Neighbors platform (LikeNeighbors.com) with more information on how to purchase the gift cards, which start at just \$25.

"We aim to make each Ronald McDonald House 'home for the holidays' for all our families, and meals are an important part of this effort," said Dustin Davis, Ronald McDonald House Charities of Greater Washington, DC's Director of Operations. "Lodging is covered during a child's medical treatment, but we depend upon the kindness of donors and volunteers to provide meals. This time of year in particular, the gift of a donated meal lets our families know that others truly care and want to make their holidays a little happier."

Like Neighbors (LikeNeighbors.com) is an online gift registry for people navigating any life challenge, from bringing home a new baby, to battling a serious illness, recovering from surgery or grieving the loss of a loved one.

Maryland Coach Named US Youth Soccer Boys Recreation Coach of the Year

By PRESS OFFICER
Maryland State Youth Soccer Association

GLEN BURNIE, Md. (Fri, Nov 16, 2018)—Maryland soccer coach Mohamed Ouchikh has been named the 2018 US Youth Soccer Boys Recreation Coach of the Year.

The Laurel native is a head coach for recreational and recreational select teams with the Soccer Association of Columbia (SAC). He has his US Soccer "C" license, has a goalkeeping level 1 diploma and is a member

of the United Soccer Coaches. He is also the soccer commissioner for the Laurel Boys and Girls Club, a USSF licensed soccer referee and has been a member of the Capital Area Soccer Referees Association (CASRA) since 2015.

"The Soccer Association of Columbia is very proud of Mo's achievements in our recreation program," SAC Executive Director Craig Blackburn said. "Mo is a coach that truly cares about the development of the recreational player."

Ouchikh is praised for his avid promotion of sportsmanship, teamwork and positive parent involvement. He embraces and promotes diversity on and off the field. His coaching philosophy is "to develop young players to become athletes and most importantly, good people."

He also won the 2018 East Region Boys Recreation Coach of the Year and 2018 MSYSA Male Recreation Coach of the Year awards.

"We are so proud of Mohamed for his work with the recreation program at the Soccer Association of Columbia," MSYSA Director

of Operations Nathean Meadows said. "Many of us refer to soccer as 'the beautiful game' and not just because of what happens out on the pitch but equally because of coaches like Mohamed who dedicate countless hours to training and mentoring youth. They do it for the love of the game and for the opportunity to make an impact in the lives of young people. Mohamed is a shining example of a grassroots coach!"

He will be recognized at the 2019 US Youth Soccer Awards Gala on January 12, 2019, in Chicago, Illinois.

"I feel honored to win this award," Ouchikh said. "Winning this award means a lot to me, and it puts pressure on me to keep improving to be a better coach."

To read the official US Youth Soccer announcement: <https://www.usyouthsoccer.org/us-youth-soccer-announcements-national-winners-of-annual-awards/>

MSYSA is a US Youth Soccer National State Association and is affiliated with both US Youth Soccer and the US Soccer Federation. The mission of MSYSA is to serve as the primary advocate for youth soccer in the state. MSYSA is dedicated to offering the highest quality soccer education, player development and programs while fostering sportsmanship, fitness, diversity, teamwork and passion for the game.



PHOTO COURTESY OF MARYLAND STATE YOUTH SOCCER ASSOCIATION
Boys Recreation Coach of the Year
Mohamed Ouchikh

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STORE CLOSING

EVERYTHING MUST GO!

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COMMENTARY

Benjamin L. Cardin

United States Senator for Maryland



“Wayne Curry was a friend, as well as a public servant and a tremendous leader who inspired young people to serve their community and their nation,” said Senator Cardin, who sponsored the Senate companion bill (S. 2725) to Congressman Brown’s legislation. “This honor is a lasting and fitting memorial to Wayne in the heart of Prince George’s County that he loved.”

“Wayne Curry was a tireless champion for Prince George’s County and the people of Maryland—he was also a friend. From tackling poverty,

strengthening our schools, to fighting for our kids, Wayne never backed away from a fight if it meant helping the people he represented. This building will stand as a tribute to his great leadership and legacy,” said Senator Van Hollen, who co-sponsored the Senate bill.

“Wayne Curry never sought to make history, but he broke barriers throughout his remarkable life of service; he worked tirelessly to uplift the community around him and to better the lives of the people of Prince George’s County,” said Congressman Brown. “Naming this building in his honor—in the heart of the County he cared so deeply about—will be a daily reminder of the lasting vision, contribution and legacy of Wayne K. Curry. I’m proud Congress came together to pay him tribute with this designation.”

Wayne K. Curry was born in Brooklyn, New York in 1951, but grew up in Cheverly, Maryland. He and his brother were among the first African-American students to integrate, and graduate from, Bladensburg High School. After finishing his undergraduate degree at Western Maryland College, now McDaniel College, Mr. Curry worked as a teacher and director of a Prince George’s County daycare center. His public service began in earnest with various positions in the administration of Prince George’s County Executive Winfield Kelly, Jr. beginning in 1975. While working during the day, Mr. Curry attended law school in the evening and graduated from the University of Maryland School of Law, with honors, in 1980. Even though he went on to become a partner at a law firm, and later ran his own legal practice, public service continued to be a constant part of his professional life. He served as Chairman of the United Way Campaign of Prince George’s County, President of the Prince George’s County Chamber of Commerce, Chairman of the School Superintendent’s Advisory Committee on Black Male Achievement, Chairman of the Prince George’s County Substance Abuse Advisory Board, and as a member of the Boards of Directors of the Prince George’s County “Christmas in April,” United Communities Against Poverty, and the Bonnie Johns Children’s Fund.

In 1994, Mr. Curry became the first African-American County Executive in Prince George’s County history. He brought a renewed vitality to the office and focused his administration on the economic empowerment of his constituents—where he saw the county go from a deficit of \$108 million to enjoying a \$120 million surplus. Mr. Curry presided over a period of unprecedented population growth, development and modernization as the County transformed from a rural, white majority, to the national standard of African-American success. He served two terms from December 1994 to December 2, 2002.

Cardin, Van Hollen, and Brown Effort to Name Wayne K. Curry Post Office Building in Largo Heads to President’s Desk

WASHINGTON (Nov. 16, 2018)—U.S. Senators Ben Cardin and Chris Van Hollen and Congressman Anthony G. Brown praised Senate-passage late Thursday of H.R. 4890 that designates the United Postal Service Largo Post Office at 9801 Apollo Drive in Upper Marlboro, Maryland, as the “Wayne K. Curry Post Office Building.” Wayne Curry was Prince George’s County’s first African-American County Executive and a true public servant who brought economic empowerment to the county. He passed away in 2014, at the age of 63, after a battle with lung cancer.

The House bill, sponsored by Congressman Brown, was approved by the House of Representatives this summer, meaning the legislation now passed by the full Congress will go to President Trump to be signed into law.

BUSINESS AND FINANCE

University of Maryland Capital Region Health Names Permanent Governance Board

Transition Effective January 1, 2019; New Board Replaces Interim Board in Place Since 2017 Affiliation with University of Maryland Medical System

By PRESS OFFICER
UM Capital Region Health

CHEVERLY, Md. (Nov. 15, 2018)—In another key milestone in the evolution of a new health care delivery system in Prince George’s County, University of Maryland Capital Region Health has named its permanent Board of Directors per the terms of the September 2017 affiliation agreement with the University of Maryland Medical System (UMMS). Per those terms, the current 7-member interim board will be replaced in January 2019 with a permanent Board of Directors with representation from Prince George’s County and the Southern Maryland region.

The board appointments represent a cross-section of talented individuals, bringing a range of professional and personal life experiences, who are well-positioned to help UM Capital Region Health succeed.

UM Capital Region Health Board of Directors (effective January 2019):

- The Hon. Alexander Williams, Jr. (Board Chair); retired federal judge and current member of UMMS Board
- John Ashworth, Senior Vice President, Network Development, UMMS
- Bijan Bahmanyar, M.D., UM Prince George’s Hospital Center Medical Staff President
- Stephen T. Bartlett, M.D., Executive Vice President and Chief Medical Officer, UMMS
- Aminta Breaux, PhD, President, Bowie State University
- Karmen Bailey Brown, government affairs and communications consultant
- Robert A. Chrencik, MBA, CPA, President and Chief Executive Officer, UMMS
- Robert DiPietro, former Mayor of Laurel; real estate developer
- Jim Estep, President and CEO, Prince George’s Business Roundtable
- Michelle Gourdine, M.D., Senior Vice President for Population Health and Primary Care, UMMS
- Pastor John Jenkins, First Baptist Church of Glenarden
- Melonie Johnson, President and Chief Operating Officer, MGM National Harbor
- Orlan Johnson, Chairman, Prince George’s County Economic Development Corporation
- Kenneth Jones, Senior Executive, Comcast
- Hon. Mac Middleton, retiring State Senator representing Southern Maryland
- Sherry Perkins PhD, RN, FAAN, Presi-

dent and Chief Executive Officer, UM Capital Region Health

- Liaison to Prince George’s County Board of Health
- Prince George’s County Health Officer
- Representative from Prince George’s County Medical Society

“I am incredibly fortunate to have such an esteemed group of individuals to help our leadership team steer UM Capital Region Health toward meeting our strategic goals designed for the benefit of our patients, staff, physicians and community,” says Sherry B. Perkins, PhD, RN, FAAN, President and Chief Executive Officer, UM Capital Region Health. “The collective perspectives, expertise and commitment to our mission will serve all of us very well in both the near and long term. I also express my sincere thanks to the members of our interim board who have been instrumental to our operations in the critical first year of our affiliation with UMMS.”

The responsibilities of the University of Maryland Capital Region Health Board are aligned with the regional health system’s strategic goals. These duties include, but are not limited to:

- Measuring performance against national benchmarks for clinical quality, patient safety and customer service excellence
- Promoting financial viability
- Overseeing community benefit and mission effectiveness
- Recommending strategic direction and monitoring performance
- Establishing policies
- Overseeing compliance and internal auditing

“I am tremendously pleased with the prestigious group of individuals assembled to drive success for UM Capital Region Health,” says Robert A. Chrencik, MBA, CPA, President and Chief Executive Officer, UMMS. “They represent many of our key stakeholders who are collectively committed to improving the health of the population of this region. This Board and the excellent management team that is being assembled, supported by our relationship with the University of Maryland, Baltimore and the University of Maryland School of Medicine, will allow us to do great things for our citizens.”

University of Maryland Capital Region Health also seeks to serve as a catalyst for redevelopment and economic growth in the County, including the Largo region, with the construction of the University of Maryland Capital Region Medical Center (to replace the current Prince George’s Hospital Center in Cheverly) currently being built and esti-

mated to open in early 2021. Additionally, work is underway to modernize and transform the University of Maryland Laurel Regional Hospital, with significant investments proposed to enhance the range, quality and caliber of services offered, with special consideration for around-the-clock emergency care including critical care stabilization and short stay beds; behavioral health; outpatient surgery; and other services to revitalize the Laurel campus and make it a destination for high quality health care. University of Maryland Capital Region Health will also evaluate opportunities for expansion of services offered by University of Maryland Bowie Health Center.

“I am honored to chair the Board of Directors of University of Maryland Capital Region Health as it does the important work of restoring confidence and pride in the health care delivery system for our deserving residents and neighbors,” says the Hon. Alexander Williams, Jr. incoming Chair of the Board of Directors of University of Maryland Capital Region Health. “In a county as unique, prosperous and forward-thinking as Prince George’s, we are making tremendous progress toward having the caliber of health care we have long been waiting for.”

The University of Maryland Medical System (UMMS) is a university-based regional health care system focused on serving the health care needs of Maryland, bringing innovation, discovery and research to the care we provide and educating the state’s future physician and health care professionals through our partnership with the University of Maryland School of Medicine and the UM Schools of Nursing, Pharmacy, Social Work and Dentistry in Baltimore. For more information, visit www.umms.org.

Providing primary and specialty health care services to Prince George’s County and the neighboring area, University of Maryland Capital Region Health was established in September 2017 upon formal affiliation with the University of Maryland Medical System (UMMS), and is committed to making a positive impact on the health and well-being of patients and families. University of Maryland Capital Region Health operates the University of Maryland Prince George’s Hospital Center in Cheverly, University of Maryland Laurel Regional Hospital, University of Maryland Bowie Health Campus, and the University of Maryland Family Health & Wellness Center in Suitland. A new state-of-the-art regional medical center is expected to open in Largo in 2021. Visit www.umcapitalregion.org

Donors Beware!

By PRESS OFFICER
MD Agency News

ANNAPOLIS, Md. (November 19, 2018)—As the holidays approach, Secretary of State John Wobensmith warns citizens to beware of scam charities and deceptive practices. Charities in Maryland and beyond rely upon the generosity of citizens to provide programs and services to those in need across our great state.

The holidays inspire a spirit of generosity. Charities step up efforts to solicit donations during the holidays. Many of us respond and dig deep to help. Sadly, scam artists abound and often prey upon generous hearts.

Did you know that all charities who solicit money in Maryland must register with the Office of the Secretary of State before they can begin to solicit money? Check our website to confirm if a charity is authorized to raise money in Maryland: <http://sos.maryland.gov/Charity/Pages/SearchCharity.aspx>.

Recognize red flags. Ask questions. Be suspicious of any charity that won’t answer your questions. Here are some red flags that should help you ques-

tion whether a charity worthy of your support:

- Did the organization refuse to send you written material or financial information?
- Did the solicitor offer to send a person to collect your contribution?
- Did the charity send you an invoice or statement that indicates a payment due for a contribution you never pledged?
- Does the organization’s name and logo closely resemble another charity with a similar purpose?

Con artists abound. If you think you’ve been the victim of a scam, or change your mind and choose not to donate for any reason, it’s okay. Did you know that you have the right to change your mind after you pledged to donate? Well, you do!

Call 800-825-4510 to check if a charity is registered. More information about charities can be found on the Secretary of State’s Charity page at <http://sos.maryland.gov>.

The Secretary of State’s Office investigates complaints about charity fraud. To report a potentially scam charity, contact our Investigations Unit at 410-260-3859 or 800-825-4510.

The Prince George’s Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Special Extra Earnings for Military Service

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

Dear Rusty: Both my cousin and I served in the military starting in 1964. He completed his 4 years and got out; I served for 20 years. A few years ago we were visiting and he asked me if I was getting my Special Extra Earnings—approximately \$300—from Social Security? He said it's because we served in the military when the pay was so low. When I returned home I checked with our local Social Security office and was told I was not getting the Special Extra Earnings because after I got out of the service I made too much money; I accepted their answer. Then I read a Social Security column in a local newspaper. The columnist recommended anytime Social Security turns down a claim that you file an appeal. I did have a good job after I left the Military, but it wasn't like I was making millions. Do you think I should file a claim asking them to reconsider my request for Special Extra Earnings? **Signed: Military Service Veteran**

Dear Veteran: Please accept my gratitude for your many years of military service. The "special extra earnings" of which you speak are extra earnings credited to your military pay for those years you served between 1957 and 2001. The credit is \$300 for each quarter of active military service between the years 1957 and 1977 and, for the period 1978–2001, an additional \$100 in earnings for every \$300 in active duty pay up to a maximum of \$1200 per year. It's important to note that these are credits to your military earnings record, not an additional amount added to your Social Security benefit. Those credits should have been automatically applied to your earnings record when you applied for benefits, but whether they affected your Social Security benefit depends upon whether any of your years of military service were included in the 35 used to compute your benefit. To determine your benefit, Social Security adjusts all years of your lifetime earnings (including military earnings) for inflation and then uses the 35 highest-earning years as the basis for your benefit. Typically, the earnings in your later years of employment are the highest of your career, which is probably why the Social Security representative said you didn't get the credits because you "made too much money" after you got out of the service. It's more probable that the credits were automatically applied to your military earnings and that only some of your later years of military service were used to compute your benefit. The best way to check this is to get your Earnings Statement from Social Security and examine your lifetime earnings to see which years are highest, keeping in mind that Social Security only counts earnings up to the FICA payroll tax cap for each year. By doing this you can see which years of your military earnings were included in your benefit computation. You can get your Earnings Statement by creating an online "My Social Security" account at www.ssa.gov, or by requesting one from your local Social Security office.

Here is a link at which you will find information about the special earnings credit for military service: <https://www.ssa.gov/planners/retire/military.html>. As you will see, the special credits should have been automatically added to your military earnings and, if some of your military service years were used to compute your benefit, should already be included as part of your Social Security payment. I've heard of only a couple instances where the special earnings credits had not been applied, and you are certainly within your rights to challenge the Social Security Administration. To do that, I suggest you make an appointment at your local office, bring a copy of your DD-214 and ask to speak to a supervisor who can review your lifetime earnings record to ensure the special credits for your military service were applied. And, once again, thank you for your service to our country.

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>.

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Technical Assistance Workshop

Prince George's Arts & Humanities Council will be facilitating a technical assistance workshop for those applying for PGABC's FY 2019 grants in the following categories: County Arts, Artist Fellowship, and Arts in Education

Saturday, December 1, 2018
10:00 am - 11:30 am
South Bowie Library
Large Meeting Room
15301 Hall Road,
Bowie, MD 20721

We encourage first time applicants to attend the workshop

To RSVP, please email
Kristina Lyles at klyles@pgahc.org

Statewide Pitch Competition Makes a Stop at the P.G. County Economic Development Corporation

Local Entrepreneurs Show Out with Record High Company Pitches

By PRESS OFFICER
PGC Economic Development Corporation

LARGO, Md. (November 20, 2018)—Last Wednesday, the Prince George's County Economic Development Corporation (EDC) along with 12 Innovation Station Accelerator partners hosted the Global Entrepreneurship Week StartUp Maryland Pitch Competition. Several local entrepreneurs participated, poised to share their latest innovations, products and services giving potential investors and supporters an up-close look at their value propositions. EDC President and CEO Jim Coleman was excited to host the event in Innovation Station.

"At the EDC, we're all about small business growth," said Coleman. "We're proud to host the StartUp Maryland Pitch Competition as it gives our small businesses much needed and much deserved visibility. We've got entrepreneurs from all industry sectors here to pitch and gain access to some valuable resources. I'm so proud that the EDC is playing a major role in the success of these great companies!"

The EDC's Innovation Station Accelerator hosted an entrepreneur expo where attendees could engage the innovators one on one. Guests were able to get a firsthand account of why the founders and developers believed their product should receive support. One young man has created an app to schedule haircuts in addition to keeping up-to-date one's health. Another is creating virtual reality solutions that will shape the future. There were also a

natural haircare guru and two restaurants that provided delicious food. Some products were available for guests to try out. Andrew Suggs, founder of the Live Chair App, has already made his software available for both Apple and Android users.

"Two weeks ago, we moved our headquarters to Maryland," said Suggs. "We had a meeting with Mr. Jim Coleman who then invited us to participate in the StartUP Maryland Pitch Competition. We're using the unique social environment of the barbershop to encourage African-American men to visit the doctor. We're honored to participate in this event so that we can tell Maryland and the world that we're here to solve a huge problem and we'd love support."

Suggs and the other entrepreneurs boarded the StartUp Maryland Tour Bus in front of the EDC headquarters to pitch their businesses on camera for up to four minutes each. The video recording will be distributed to the StartUp Maryland network for review. Winners will be con-

nected to valuable resources included coaches, mentors, as well as potential investors. Mike Binko, Co-Founder of StartUp Maryland was excited about the turnout for the Prince George's County competition.

"Compared to the other counties, Prince George's County had the most pitches on the road show this year," said Binko. "To make StartUp Maryland work, we need an eco-system. It takes economic development corporations, incubators, universities and academia, and other experienced, successful entrepreneurs to make the StartUp Maryland tour worthwhile. This tour is a celebration of entrepreneurs, helping them prove to investors why they are right for investment. That usually takes a little bit of coaching. We like to surround them with the resources that will get them to the next level."

Learn more about activities taking place at the EDC Innovation Station Accelerator by contacting Alicia Moran, EDC Small Business Resource Manager, at amoran@co.pg.md.us or (301) 583-4604.



PHOTOGRAPH CREDIT PGC ECONOMIC DEVELOPMENT CORPORATION

EDC CEO Jim Coleman (3rd from right) with entrepreneurs who participated in the 2018 StartUp Maryland Pitch Competition in Prince George's County

HEALTH AND WELLNESS

National Law Enforcement Museum Hosts Opioid Panel Discussion

Museum Panel Discussion Kicks Off 'Conversations' Series to Discuss Relevant Topics Facing Communities Today

By PRESS OFFICER
National Law Enforcement Museum

WASHINGTON (November 16, 2018)—The National Law Enforcement Museum at the Motorola Solutions Foundation Building—the nation's only museum dedicated to exploring nearly every facet of American law enforcement—launched its Conversations series on Thursday, November 15, 2018 with a panel discussion entitled 'Opioids: Communities Fighting Back' that examined what three cities are doing to combat this national epidemic.

In 2017, President Trump declared the opioid crisis a national public health emergency with more than 300,000 Americans killed from opioid-related overdoses. Communities have been deeply affected by the increase in opioid addictions, from the youngest to oldest residents.

"The opioid crisis is impacting communities across the country, both from the perspective of citizens and families dealing with addiction as well as first responders," said Museum Executive Director David Brant. "As a Museum, we felt this was an important issue to include in our Conversations series so that we could share some of the solutions communities have implemented in the hopes of helping stem this epidemic."

NBC4 News 4 Today anchor Aaron Gilchrist, moderated the discussion with Newtown (OH) Police Chief Tom Synan, Quincy (MA) Lieutenant Detective Patrick Glynn, and Director of Opioid Overdose Prevention for the Baltimore City (MD) Health Department Jose Rodriguez.

Mr. Rodriguez described some of the solutions his city has brought forward in efforts to help decrease the number of opioid-related deaths. "We know that sav-

ing lives is only part of the solution to addressing addiction. What we really need is long-term, 24/7 access to treatment. The surgeon general came out with a report mentioning that only one in 10 individuals who have a substance use disorder actually has access to treatment," according to Mr. Rodriguez. "In Baltimore City, we piloted a stabilization center which is a place where an individual who has issues with an alcohol or substance use disorder can come into this stabilization center and receive medical screenings, respite, and referral to treatment."

Lt. Glynn spoke about the approach taken in Quincy that includes a post-overdose home visit with an outreach worker, a clinician and two plainclothes police officers within 48 hours after responding to an overdose. "We have to heal the family along with the individual because they've been living with it for years—the lying, the stealing, and so forth," shared Lt. Glynn. Since the implementation of the program, the response teams have conducted 350 home visits and have been welcomed into the homes 97 percent of the time. "People were astonished that there were programs out there they could go to as family members," he said.

Chief Synan shared his involvement with the epidemic which resulted in the formation of the Hamilton County (OH) Heroin Coalition that provides county-wide leadership and solutions to address the heroin and opiate epidemic both immediately and in the long-term.

As he realized the magnitude of this complex issue, he recalled thinking, "Why isn't the mental medical health system responding to this more than law enforcement? We should be that link to give those who are addicted, the long-term care and support they need. The only way

I could do that was to design a coalition and have those [healthcare] members there. Their participation does a couple of things: one, we are able to attack [overdoses] from a couple of different angles. Two, it also gives us a powerful voice when we're trying to get grant money from the state or federal government. It's not just me as a small-town police chief, it is an entire coalition that is saying 'you need to come in and help us.'"

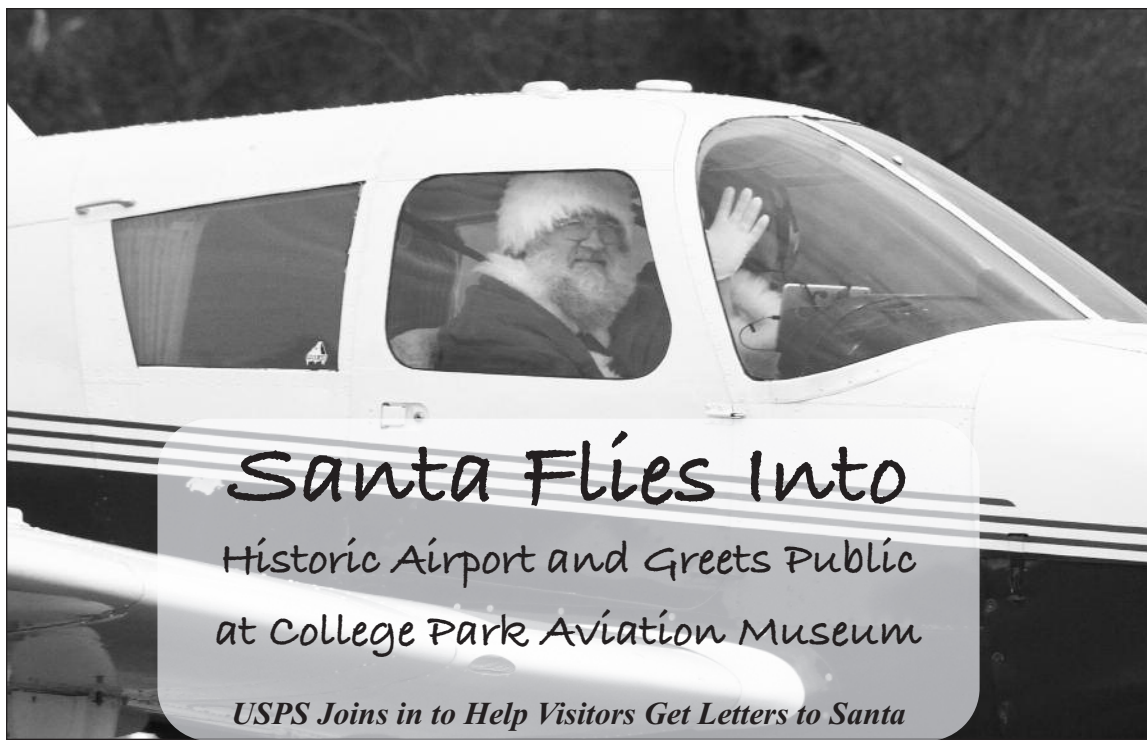
Chief Synan also shared a poignant moment when he talked about a call he received from a distraught father who was worried his daughter was close to death due to her addiction. While he knew there was little he could do from a law enforcement perspective, he worked with other agencies to find the young adult and help her. He was so moved, he wrote a poem about the young lady, which the *Cincinnati Enquirer* used in a moving video.

Mr. Gilchrist ended the discussion with audience members asking questions about the epidemic related to some of their experiences. There was widespread agreement that this Conversation needs to be continued well in the future as more than 70,000 people are dying each year due to heroin and opiate addictions.

Conversations Opioids: Communities Fighting Back, was part of the Museum's robust programs schedule. All programs are hosted at the National Law Enforcement Museum, located at 444 E Street, NW, Washington, DC 20001. For more information on upcoming programs and events, please visit LawEnforcementMuseum.org

Authorized by Congress in the year 2000, the 57,000-square-foot National Law Enforcement Museum at the Motorola Solutions Foundation Building is a three-story mostly underground institution located adjacent to the National Law Enforcement Officers Memorial in Washington, DC's Judiciary Square. The Museum tells the story of American law enforcement by providing visitors a "walk in the shoes" experience along with educational journeys, immersive exhibitions, and insightful programs. The Museum is an initiative of the National Law Enforcement Officers Memorial Fund, a [501(c)(3)] organization established in 1984. Visit LawEnforcementMuseum.org.

OUT on the TOWN



By PRESS OFFICER
M-NCPPC

COLLEGE PARK, MD (Nov. 19, 2018)—Santa will be arriving at the historic College Park Airport on Saturday, December 1 at approximately 12:30 p.m. in his special “sleigh!” The Santa Fly-In program runs from 12 Noon–4 p.m. at the College Park Aviation Museum located at 1985 Corporal Frank Scott Drive in College Park, MD. This year the U.S. Postal Service is joining the fun to help celebrate the season and the 100th Anniversary of airmail!

Saturday, December 1, 2018
12 Noon–4 p.m.

College Park Aviation Museum
1985 Corporal Frank Scott Drive
College Park, MD 20740
301-864-6029

Flat rate of \$5/person,
including children

After arriving, Santa will stroll into the museum’s Main Gallery where visitors may have their picture taken with him. Holiday arts and crafts will be available for adults and children throughout the museum, including a card making station.

Children of all ages can add a festive seasonal flair to their holiday cards or letters with a special postmark to commemorate the Santa Fly-In event and the 100th anniversary of airmail. USPS will offer an assortment of holiday and Air Mail stamps. Any letters postmarked during Santa Fly-In must be received by the USPS at the museum.

For any parent looking for a reply from Santa to their child’s let-

ter—complete with a North Pole postmark—our postal elves have got you covered. Just follow these steps:

- Have your child write a letter to Santa and place it in an envelope addressed to: Santa Claus, North Pole.
- Later, when alone, open the envelope and write a personalized response.
- Insert the response letter into an envelope and address it to the child.
- Add the return address: SANTA, NORTH POLE, to the envelope.
- Affix a First-Class Mail stamp to the envelope.
- Place the complete envelope into a larger envelope—preferably a Priority Mail Flat Rate envelope—with appropriate postage and address it to:

North Pole Postmark
Postmaster
4141 Postmark Drive
Anchorage, AK 99530-9998

“Letters from Santa” must be received by the Anchorage, AK, postmaster no later than Dec. 16. Santa’s helpers at the Postal Service will take care of the rest. Postal personnel at the Santa Fly-In event will be available to help complete and mail Letters from Santa.

The special postmark celebrates the communication milestone of mail traveling in an airplane, which led to the birth of America’s commercial airlines. The Post Office Department initiated regular U.S. Air Mail Service from College Park Airfield in Maryland to New York City on Aug. 12, 1918. This 218-

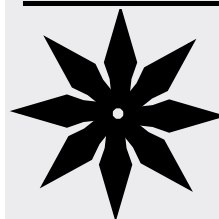
mile route was the first step in establishing a transcontinental route by air.

Visitors who want to get a good viewing location inside the museum to see Santa fly in are encouraged to arrive well before the anticipated arrival time. Online ticket purchase is available via the Calendar of Events on the College Park Aviation Museum’s website: www.CollegeParkAviationMuseum.com Parking is free at the nearby airport lots and the museum/airport is walkable from the College Park–UMD Metro station. Admission is a flat rate of \$5/person, including children. The Museum Shop is open for holiday shopping from 10 a.m.–5 p.m. Questions? Please call the museum at 301-864-6029 or email: AviationMuseum@pgparks.com

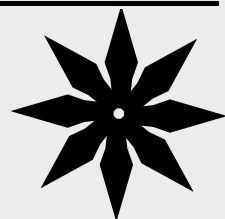
The College Park Aviation Museum, a Smithsonian Affiliations member, is owned and operated by The Maryland-National Capital Park and Planning Commission (M-NCPPC) which also owns the College Park Airport, the oldest continuously operating airport in the world. The museum is open daily from 10 a.m.–5 pm; admission is \$5/adults; \$4/seniors (60 or better); \$2/children (2–18) and under 2 are free. To learn more about the museum, upcoming programs and activities, visit www.CollegeParkAviationMuseum.com.

The museum is one of numerous historic sites and museums operated by the M-NCPPC, Prince George’s County Department of Parks & Recreation, Natural and Historical Resources Division. To learn more, visit <http://history.pgparks.com>.

Calendar Spotlight



Holiday Events



Community Tree Lighting with Santa
Friday, November 30, 2018 • 7 p.m.

Description: Roosevelt Center will sparkle with lights as Greenbelters gather to welcome Santa, who arrives on a fire truck to light the community tree. A musical performance by the Greenbelt Concert Band Brass Choir will herald Santa’s grand entrance. Complimentary cookies and hot chocolate will be provided by the Recreation Department. Immediately following the tree lighting, please come inside the Old Greenbelt Theatre and enjoy “How the Grinch Stole Christmas” (1966). This event commemorates the 80th anniversary of the first tree lighting held in Roosevelt Center in 1938.

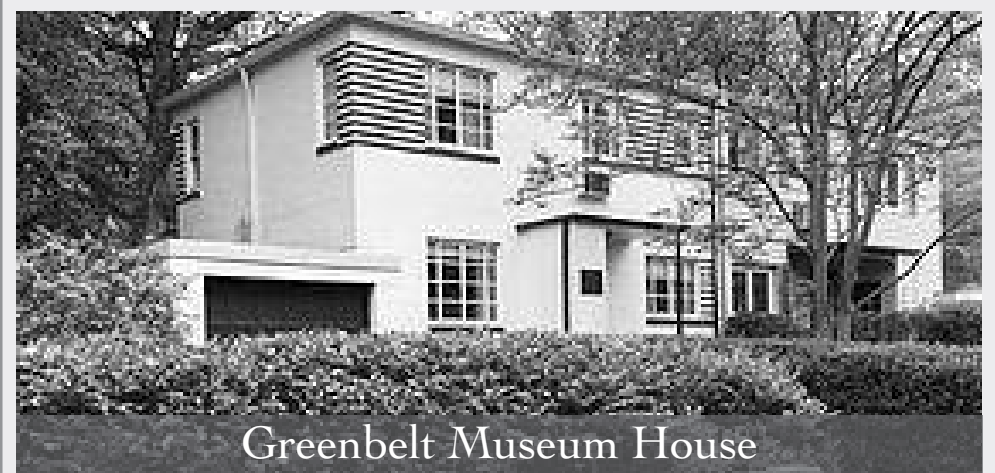
Cost: FREE! Ages: All ages are welcome
Location: City of Greenbelt, Roosevelt Center, Centerway, Greenbelt, Maryland 20770
Contact: 301-982-0044

Deco the Halls at the Greenbelt Museum House
Friday, November 30, 2018, • 7–9 p.m.

Description: Immediately following the City’s tree lighting, come visit the Deco the Halls, an exhibit of art deco and vintage holiday decorations. Take a quick free tour of this fully furnished original Greenbelt home, which sparkles and glows at night. Then peruse the gift shop, freshly stocked with new holiday merchandise. House and gift shop open 7–9 p.m.

Cost: FREE! Ages: All ages are welcome
Location: Greenbelt Museum, 10 Crescent Rd Unit B, Greenbelt, MD 20770
Contact: 301-507-6582 or visit greenbeltmuseum.org

OPEN TO THE PUBLIC



Greenbelt Museum House

PHOTO COURTESY GREENBELTMUSEUM.ORG

The **Greenbelt Museum**’s historic house is open for guided tours on Sundays from 1–5 p.m. No reservations are required, but we do recommend that you arrive no later than 4:30 p.m. General Admission, \$5.00, students and seniors \$3, children under 6, and FOGM members admitted free! Group tours can be scheduled by calling 240-542-2064. The house has been restored and furnished with objects from the period of 1936–1952. The furniture on display was designed by the Resettlement Administration’s Special Skills Division and made available to early Greenbelt residents. The house also includes objects associated with everyday life of a middle-class family during these years such as Fiesta ware, depression glass, kitchen utensils, children’s toys, clothes, and linens. Tours of the house provide visitors with a view of home life for ordinary Americans of modest means during the Great Depression and World War II. Free parking is available across the street from the Museum’s historic house behind the public library and adjacent to Greenbelt Community Center. The Exhibition Gallery is located at the Greenbelt Community Center.

Greenbelt Museum House: 10B Crescent Rd. Greenbelt, MD 20770 • 301-507-6582
• www.greenbeltmuseum.org

ERIC D. SNIDER’S IN THE DARK

.... Movie Review

Bohemian Rhapsody

Bohemian Rhapsody
Grade: C
Rated PG-13, scattered
profanity and vulgarity
2 hrs., 15 min

I’m far from the first one to point this out, but *Bohemian Rhapsody*—a biopic of Freddie Mercury (and, to a lesser extent, the band he fronted, known as Queen)—is the sort of watered-down pablum that should be embarrassed to show its face in a world where *Walk Hard: The Dewey Cox Story* exists. Somewhat directed by probable pederast Bryan Singer (Dexter Fletcher directed the rest after the studio fired Singer), this is a perfect representation of the formulaic musical biopic that *Walk Hard* skewered so expertly.

It begins in 1985, with Mercury (Rami Malek) and his bandmates (Gwilym Lee as guitarist Brian May, Ben Hardy as drummer Roger Taylor, Joe Mazzello as bassist John Deacon) about to take the stage at Live Aid. Then, of course, we must flash back

(“Dewey Cox needs to think about his entire life before he plays”), back to 1970, when toothy 24-year-old Persian immigrant Farrokh Bulsara is a baggage-thrasher at Heathrow and aspiring musician. Already calling himself “Freddie” as he tries to escape his conservative Zoroastrian parents’ influence, our lad happens to go to a bar on the night that the band performing happens to lose its lead singer. Freddie suggests himself as a replacement; the band is like, “Uh, no, your teeth are ridiculous even for England”; Freddie sings a few bars and dazzles them. Their first performance with Freddie starts a bit rocky before he dazzles the audience, too. A star is born, just like clockwork!

All of the following things ensue:

- Montages of whirlwind tours where the names of the cities fly out at us over footage of the band playing.
- Famous songs’ origins are explained.
- A stuffy record executive

(played by Mike Myers) tells them that the song we now know to be their signature song will never get radio airplay.

- The temperamental but brilliant lead singer alienates the band by showing up late and being selfish, and by using too much drugs and/or alcohol.
- The band tells him, “You need us” and he replies, “I don’t need anybody.”
- The troubled singer hits rock bottom and gets sick.
- The band looks the same in 1985 as they did in 1970, but the singer’s parents have aged 30 years.

Now, to turn Freddie Mercury’s specific story into a Generic Rock Star story, the screenplay (by *Darkest Hour* and *The Theory of Everything* scribe Anthony McCarten) has to considerably tone down his sexuality and lifestyle. (As luck would have it, this also helps preserve the PG-13 rating.) Going against conventional wisdom about what makes for good filmmaking, this is a movie that likes to tell, not show. We’re told that Freddie’s substance abuse is a problem, but we never see him acting drunk or high, never see him actually using. (Except for a single shot of cocaine on a coffee table, there’s barely even a hint of which substances are the problem.) We’re told that he’s promiscuous, but the only person we ever see him with

sexually is Mary Austin (Lucy Boynton), his girlfriend from before he realized he was gay. We see that he’s hosting big parties at his home, but we have to take the movie’s word for it that they’re “wild.” Freddie says early on that he wants to name the band Queen “because it’s outrageous, and I can’t think of anyone more outrageous than ME,” but the movie’s idea of “outrageousness” is for him to flirt a little and call everyone “darling.” It’s 2018, but for some reason the movie is as chaste, straight, and discreet as if it were made in 1988.

Yet Malek’s performance as Mercury is outstanding, at least physically, capturing his stage presence and mannerisms. The filmmakers have used excellent trickery to blend Malek’s voice with Mercury’s real voice and an expert Mercury impersonator’s, and scenes of the band performing



ROTTENTOMATOES.COM

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury, who defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound, their near-implosion as Mercury’s lifestyle spirals out of control, and their triumphant reunion on the eve of Live Aid, where Mercury, facing a life-threatening illness, leads the band in one of the greatest performances in the history of rock music. In the process, cementing the legacy of a band that were always more like a family, and who continue to inspire outsiders, dreamers and music lovers to this day.

have the electric thrill of a concert. As a Generic Rock Star story goes, it’s fine—it checks off the boxes, hits the main points, gets most of the hits in there some-

where (“Under Pressure” is wedged in as an afterthought). But if you’re a Queen fan and/or have ever seen a musical biopic before, you’re liable to be disappointed.

Calendar of Events

November 29–December 5, 2018

Annual Holiday Group Show Opening Reception

Date and time: Sunday, December 2, 2018, 2–4 p.m.
Description: Join the resident artists of Montpelier Arts Center as they showcase their work together. Enjoy collage, rug hooking, painting, jewelry, sculpture, and more. Join us December 2nd for the reception and our Annual Holiday Open House. Then visit the artists in their studios to see where and how they create! Full exhibit runs December 1–31, 2018. Galleries are open daily from 10 a.m.–5 p.m.

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

An Old-Fashioned Holiday

Date and Time: November 29–December 2 and December 5–December 8, 11 a.m.–4 p.m.
Description: Come celebrate the Christmas of yesteryear amid period decorations, seasonal histories, and holiday discounts in the museum's gift shop.

Cost: Per person: \$5; 60 & better: \$4; 5–18 years old: \$2; 4 and younger are FREE!
Ages: All ages are welcome
Location: Surratt House Museum, 9118 Brandywine Road, Clinton, MD 20735
Contact: 301-868-1121; TTY 301-699-2544

Festival of Lights Juried Art and Craft Fair

Date and Time: Saturday, December 1, 10 a.m.–5 p.m. and Sunday, December 2, 10 a.m.–4 p.m.; Art Drop-In: 1 p.m.–3 p.m.
Description: Find unique gifts for all occasions, including pottery, wood crafts, textiles, books and cards, jewelry, Greenbelt Museum items and more.

Cost: FREE!
Ages: All ages are welcome
Location: Greenbelt Community Center
15 Crescent Rd # 200, Greenbelt, MD 20770
Contact: 301-474-8000

Campfire Program:

Tobacco, Cash Crop of Maryland's Past

Date and Time: Saturday, December 1, 2018, 5 p.m.
Description: Did you know that once Maryland (and Prince George's County, in particular) was the largest grower of tobacco, cured leaves for smoking, snuff, and chewing? This "herb" or "weed" was prepared for cultivation in winter, and planted in the soil in spring. Greenbelt was once lush with the green leaves of growing tobacco. Come out to our campfire program to learn more! Meet at the Campfire Circle in B Loop.

Cost: FREE
Ages: Ages 8 and above
Location: Greenbelt Park (Campfire Circle in B Loop)
6565 Greenbelt Road, Greenbelt, Maryland 20770
Contact: 301-344-3944

The Holiday Mt. Rainier Craft Fair

Date and Time: Saturday, December 1, 2018, 10 a.m.–5 p.m.
Description: Join us this December for a HOLIDAY craft fair like no other. The 2018 Mt. Rainier Craft Fair features festive decor, incredible local crafters from all over the DC-MD-VA area, and a gathering of a loving, accepting community. Joe's Movement Emporium is thrilled to host the 24th annual HOLIDAY Mt. Rainier Craft Fair. GO GREEN! Bring your own reusable shopping bag so vendors can conserve theirs and prevent waste!

Cost: FREE
Ages: All ages welcome
Location: Joe's Movement Emporium
3309 Bunker Hill Rd., Mount Rainier, MD 20712
Contact: 301-699-1819

Wreath Workshop

Date and time: Saturday, December 1, 2018, 1–4 p.m.
Description: Volunteer Cindy Xander will lead a fun afternoon workshop where you will decorate a beautiful holiday wreath.

Cost: Please bring a fee of \$20 for supplies.
Ages: Age 10+ working with an adult
Location: Old Parish House, 4711 Knox Road, College Park, MD 20740
Contact: 301-927-3013

Dance Showcase

Date and time: Saturday, December 1, 2018, 3–4 p.m.
Description: The Ballet Academy/Performing Arts Repertory Company presents ballet variations from Nutcracker, Swan Lake, Raymonda, Sleeping Beauty and La Bayadere, plus jazz, character and contemporary dances.

Cost: FREE
Ages: 5–12 yrs|
Location: Greenbelt Branch Library, 11 Crescent Rd, Greenbelt, MD 20770
Contact: 301-345-5800

Candlelight Holiday Open House

Date and Time: Sunday, December 2, 2018, 12 p.m.–6 p.m.
Description: Enjoy the beauty of the holiday season, while listening to traditional music and sampling cookies and cider punch. All ages welcomed. No reservations required.

Cost: FREE
Ages: All ages welcome
Location: Belair Mansion, 12207 Tulip Grove Drive, Bowie, MD 20715
Contact: 301-809-3089

Computer Basics: Family Newsletter

Date and Time: Tuesday, December 4, 12:30–1:30 p.m.
Description: Join us to get hands on experience learning how to publish an end of the year family newsletter. This session will cover the use of Microsoft Publisher.

Cost: FREE
Ages: Adults
Location: Glenarden, 8724 Glenarden Parkway, Glenarden, MD 20706
Contact: 301-772-5477

“Revival!” World Premier to Be Held December 4 At the Museum of the Bible in Washington, DC

Red Carpet and Gospel Performance by Film's Stars to Precede Screening

By PRESS OFFICER
newsroom@blackprwire.com

(Black PR Wire) WASHINGTON—(BUSINESS WIRE) (Nov 15, 2018)—Revival! (www.revivalthemovie.com), an imaginative retelling of the gospel according to John the Apostle featuring original and contemporary gospel music will hold its world premiere Monday, Dec. 4th at The Museum of the Bible, 400 4th Street SW, Washington, DC. The evening will begin with a VIP cocktail reception and red carpet, followed by performances featuring the film's stars in advance of the evening's 7:30 screening.

To view the trailer, visit <https://vimeo.com/287360710>.

Revival! opens Dec. 7 in theaters in New York, Atlanta, Chicago, Philadelphia, Miami,

Houston, Detroit, Dallas and Los Angeles. In January, it will expand to screens in Memphis, Baltimore, New Orleans, Norfolk, St. Louis, San Francisco, Cleveland, Orlando, Boston, Tampa, Indianapolis and Milwaukee.

The all-star cast includes 10-time Grammy winner Chaka Khan, Michelle Williams of Destiny's Child, Siedah Garrett, Mali Music, T'Keyah Crystal Keymah, Dawnn Lewis, Niki J. Crawford, Wendy Raquel Robinson, Paula Newsome, Victoria Tilford and Chester Gregory.

Said Lennix, “Revival! is a project that has lived in my heart for many years. It espouses a message of love and spiritual courage, something like an open love letter that can help comfort all of us as we process the chaos of daily life.”

“This project brings moments of the Bible

alive in a way that is awe inspiring, entertaining and maybe even life changing. It offers an incredible biblical and musical experience for audiences yearning for more inspirational storytelling,” added Holly Carter.

The film was directed by Danny Green and Obba Babatundé from a screen play by Lennix and Holly Carter. Original music score and arrangements are by Mali Music, ELEW, Donald Lawrence and Abdul Robinson Royal.

Lennix, Carter and David C. Waite are producing the film through Merge-XJR: Exponent, Jupiter Film Group and Relev' Entertainment. Steve Harris T'Keyah Crystal Keymah are executive producers of Revival! The film is distributed by TriCoast Entertainment Worldwide. For more information please visit www.revivalthemovie.com.

Source: TriCoast Entertainment Worldwide

PLAN AHEAD—MORE DECEMBER EVENTS

10x10 Exhibition: Opening Reception

Date and Time: Friday, December 7, 2018, 6 p.m.–9 p.m.
Description: The exhibit will be open to the public from December 7, 2018 to January 4, 2019. All proceeds from art sales benefit Pyramid Atlantic's general programming, including community and youth outreach events.

Cost: Free
Ages: All ages welcome
Location: Pyramid Atlantic Art Center
4318 Gallatin St., Hyattsville, MD 20781
Contact: 301-608-9101;
www.pyramidatlanticartcenter.org

Baden's Breakfast with Santa and the Grinch in Whoville

Date and time: Saturday, December 8, 2018, 10 a.m.–12 p.m.
Description: Join the Grinch and come dressed in your favorite “Who” clothing! A filling hot breakfast -in “Grinch Green” and crafts. Santa arrives by firetruck to join the fun! **This event sells out—register now! Pre-register by December 5.**

Cost: Youth Resident Cost: \$9/ Non-Resident Cost: \$12; Adult Resident: \$11/ Non-resident: \$15
Ages: All, ages 2–12
Location: Baden Community Center, 13601 Baden Westwood Road Brandywine, MD 20613

Saturday Fun with Santa

Date and Time: December 8, 2018, 10 a.m.–12 noon
Description: Held annually on the 2nd Saturday of December, Santa takes time out of his busy schedule to be on hand to meet and greet kids while supporting the United States Marine Corp Toys for Tots Toy Drive. Live music, moon bounces, face painting and more!

Cost: \$3 or new unwrapped gift for the USMC Toys for Tots Toy Drive
Ages: Families with children 10 years and younger are welcome
Location: City of Bowie Gymnasium, 4100 Northview Drive, Bowie, MD 20716
Contact: 301-809-2388

Brentwood Arts' Annual Craft Fair and Beer Tasting Lounge

Date and time: Saturday, December 8, 2018, 11 a.m.–4 p.m.
Description: Don't get stuck at crowded malls this season, come

to the Brentwood Arts Exchange Holiday Craft Fair and Beer Tasting Lounge where you support your local artists and small businesses as you shop for beautiful, handmade items. Stop by the beer tasting lounge area and try some brews while you finish your holiday shopping with over 20 local artists featured. All inside our warm and cozy galleries, surrounded by the smell of cocoa and the scrumptiousness that the holidays bring.

Cost: FREE
Ages: Adults
Location: Brentwood Arts Exchange
3901 Rhode Island Avenue,
Brentwood, MD 20722

Motown and More: A Holiday Celebration

Date and time: Saturday, December 8, 2018, 8–10 p.m.
Description: Even today, the name “Motown” still evokes the sounds and images of that past musical era full of great artists, classic songs, and smooth choreography. For the holidays, “Motown and More: A Holiday Celebration,” offers those special tunes that bring the season in with style—such as The Temptations' “Silent Night” and the Jackson 5's “Santa Claus is Coming to Town.” This event is a seasonal favorite throughout the state and has sold out area venues for the past three years.

Cost: \$30/person; \$25/person for seniors, students, and groups of 20 or more
Ages: All ages are welcome
Location: Publick Playhouse, 5445 Landover Road Cheverly, MD 20784

Hansel & Gretel Tea Party

Date and Time: Saturday, December 15, 2018, 2 p.m.–3 p.m.
Description: Visit Darnall's Chance when it is decorated like a gingerbread house! Listen to the story of Hansel and Gretel, enjoy tea and dessert, and participate in a holiday craft activity. **Registration fee required for all attendees—children and adults. Capacity is limited; reservation and payment required in advance.**

Cost: Resident: \$17; Non-Resident: \$22
Ages: 5 and older
Location: Darnall's Chance House Museum
14800 Governor Bowie Oden Dr.,
Upper Marlboro, MD 20772
Contact: 301-952-8010; TTY 301-699-2544

Earth TALK™ Tube-Free Toilet Paper: Is it Really Greener?

Dear EarthTalk:

Does the Scott brand's “tube-free” toilet paper really save much paper or is it just another form of corporate greenwashing?

—Matt Potamkin, Milwaukee, WI

Ditching the cardboard tube in the middle of the toilet paper roll is definitely a step in the right direction for Scott, the paper company owned by multinational conglomerate Kimberly-Clark, as it tries to do what it can for the planet while still providing the products its customers have come to depend on.

According to Scott, Americans currently discard some 17 billion cardboard toilet paper tubes every year—enough to fill the Em-

pire State Building twice over. Meanwhile, RecycleBank, a company that works with municipalities to reward consumers for increasing recycling, reports that most of these cardboard tubes—some 160 million pounds worth every year—end up in landfills even though they could easily be recycled (or even turned into compost if thrown into the yard waste bin instead of the regular trash).

It is ironic that Scott, the company that first introduced the cardboard core to toilet paper rolls back in 1890, is the first modern-day manufacturer to go without it. But don't worry about toilet paper tubes going away completely anytime soon. Scott is the only major manufacturer offering a tube-free option right now, and the vast majority of its own toilet paper sales are for those with the trusty old tube.



IMAGE COURTESY OF EARTHTALK

YouTube stuntman Roman Atwood created a prank video where he drives a fast car into a pile of 66,000 toilet paper tubes—the amount Americans throw away every two minutes—to raise awareness for Scott's tube-free toilet paper.

For its part, Scott has been hesitant to add recycled content to its toilet papers due to compromised quality and softness. “We are still researching alternative fibers and evaluating them based on quality and availability for potential use in the future,” says Scott's brand manager Jared Mackrory. “Right now we're making a difference where we can.”

Beyond losing the tube, Scott has begun using fibers certified as sustainable by the Forest Stewardship Council, a non-profit wood, paper and forest products certification entity. And the company has pledged to replace half of all of its wood fiber with more sustainable alternatives by 2025.

In the meantime, it's up to each and every one of us to do our part to reduce our use of toilet paper. One quick and easy way to stop wasting squares would be to install a Control-n-Roll on your toilet paper holder. This nifty reusable foam insert costs \$4.99 for a two-pack, and its manufacturer claims it can cut your toilet paper use by 50 percent by serving as a brake on the roll when you stop pulling.

An even better way to reduce toilet paper use is by installing a bidet, which uses a jet of water to clean your nether regions so you can save the toilet paper for patting yourself dry. Blue Bidet gets high marks for ease-of-installation and high-quality workmanship despite being affordable.

CONTACTS: Scott Brand, www.scottbrand.com; NRDC, www.nrdc.org; Control-n-Roll, www.controlnroll.com; Blue Bidet, www.bluebidet.com.

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- University of Maryland, School of Arts and Humanities, Department of Communication
- University of Maryland, School of Medicine, Department of Epidemiology & Public Health
- University of Maryland, School of Public Health, Horowitz Center for Health Literacy

Maryland Fifth-Graders Invited to Submit Arbor Day Posters

Annual Contest Taking Submissions until Feb. 1, 2019

By PRESS OFFICER
Maryland Department of Natural Resources

ANNAPOLIS, Md. (November 20, 2018)—The Maryland Department of Natural Resources and Forest Conservancy District Boards invites all Maryland fifth-graders in private and public schools to participate in the annual Arbor Day Poster Contest.

The theme for 2019 is: "Trees Are Terrific...and Forests are Too!"
All entries need to be delivered to a local Maryland Forest Service office by noon Feb. 1, 2019.

Students are encouraged to share their appreciation for Maryland's forests and trees through original works of art. Poster sizes must be no smaller than 8.5 by 11

inches and no larger than 22 by 28 inches. They must be drawn in acrylic, crayon, ink, marker, paint pens, regular or colored pencil, tempera paint or watercolor.

Posters will be judged on a county level and then submitted to the Maryland Urban and Community Forest Committee to compete at the statewide level. A select panel will then choose the top three winning posters that will receive tree plantings at the artists' schools—first place will win 15 trees; second place will receive 10; and third place will get five. Teachers will be notified by March 20, 2019, and school plantings will be scheduled in the spring.

Contest comments or questions may be directed to Anne Gilbert at 410-260-8510.

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Urgent need for all skilled trades people!

Christmas in April*Prince George's County will be repairing the homes of approximately 80 disadvantaged homeowners with the help of approximately 3,000 volunteers on Saturday, April 27, 2019.

In order to assist our neighbors we are in **urgent need of all skilled trades people (such as carpenters, painters, plumbers, roofers, jack of all trades and contractors)**. If you can help us, please contact Mary Kucharski, Executive Director of Christmas in April*Prince George's County at 301-868-0937 or email us at cinapg@aol.com

Thank you for your assistance!

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