

The Prince George's Post



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Hogan Administration Announces Agreement With American Federation of Teachers—Healthcare Maryland

Provides 3% Salary Increase, Additional Potential 1% Contingent on Revenues

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, MD (Dec 21, 2018)—The Hogan administration today announced that the state has completed negotiations and reached a contract agreement with the American Federation of Teachers—Healthcare Maryland (AFT) for Fiscal Year 2020. While this agreement has been reached with AFT's bargaining team, the final agreement must be ratified by a full member vote.

Employees represented by AFT will receive a three percent cost of living increase effective July 1, 2019 and another one percent cost of living increase effective January

1, 2020 if revenues exceed projections by \$75 million. Employees in specified Alcohol and Drug Counselor, Epidemiologist, Mental Health Counselor, and Nursing positions will also receive an additional six percent pay adjustment to assist with state recruitment and retention efforts. Those employees, along with certain specified physicians, will also be eligible for a Student Loan Repayment Plan that will repay up to \$20,000 in student loan debt.

"I'm pleased that we have reached yet another agreement with an exclusive bargaining representative. When the bargaining process works, employees benefit. In this case, our hardworking and dedicated healthcare professionals are the beneficiar-

ies of the mutual cooperation between the AFT and state negotiation teams," said Department of Budget and Management Secretary David Brinkley.

These new considerations are in addition to the two percent cost of living increase for state employees that takes effect in January 2019 and the half percent increase and \$500 bonus employees will receive in April 2019 due to last year's agreement.

This is the third agreement reached with a state employee union for Fiscal Year 2020. The administration has previously announced agreements with the Maryland Professional Employees Council and the State Law Enforcement Officers Labor Alliance.



PHOTOGRAPH CREDIT: STATEPOINT

Make Better Brain Health Your Top New Year's Resolution For 2019

(StatePoint) Alzheimer's Disease is expected to impact nearly 14 million Americans by 2050, according to the Alzheimer's Association. So, as you set your New Year's resolutions for 2019, consider the following ways to maintain and improve your cognitive function.

Research has shown lifestyle changes like improving diet and exercising regularly have helped drive down death rates from cancer, heart disease and other major diseases. These same lifestyle changes may also reduce or slow your risk of cognitive decline, which is often a precursor to Alzheimer's and other dementias.

Discovering risk factors and preventive strategies for cognitive decline that can cause problems with memory, language, thinking and judgment is a hot topic in Alzheimer's research, as are multi-faceted lifestyle interventions to slow or prevent dementia. The good news? Many such interventions are things you might already be doing or thinking about doing in the new year, such

as eating well, staying physically active and getting good sleep, just to name a few.

"There is increasing evidence to suggest that what is good for the heart is good for our brains," says Keith Fargo, Ph.D., director of scientific programs and outreach at the Alzheimer's Association. "Keeping our brains healthy is not something we should worry about only as we get older. It should be a lifelong effort."

One easy way to encourage brain health at any age is to stimulate your mind with problem-solving challenges. Working on a jigsaw puzzle, learning a new language and playing strategy games are a few ways to strengthen your memory—as long as they are new and challenging tasks. Research has also found correlations between higher levels of formal education and a better cognitive reserve—so sign up for a class in 2019!

See **BRAIN HEALTH** Page A8



PHOTOGRAPH COURTESY MARYLAND DEPARTMENT OF NATURAL RESOURCES

Stamp Design Contests Now Open

Submit Original Work by March 8, 2019

By PRESS OFFICER
Maryland Department of Natural Resources

ANNAPOLIS, MD (December 26, 2018)—Artists are invited to submit their original works for the 23rd Annual Maryland Black Bear Conservation Stamp and 45th Annual Maryland Migratory Game Bird Stamp design contests. These popular

contests are open until March 8, 2019.

The Maryland Department of Natural Resources will judge the entries March 16, 2019, in conjunction with the annual Eagle Festival at Blackwater National Wildlife Refuge in Cambridge.

The Black Bear Conservation Stamp contest is open to both residents and nonresidents. Each

contestant may submit one entry for a nonrefundable \$10 fee. Proceeds are used to compensate farmers who experience agricultural damage caused by black bears.

New this year, the Migratory Game Bird Stamp contest is also open to both residents and nonresidents. Each contestant may submit up to three entries with a fee structure of: \$15 for

one, \$20 for two and \$30 for three. Proceeds help fund game bird and waterfowl research and projects.

All entries must be original works, neither copied nor duplicated from any previously published paintings, drawings, prints or photographs. To enter, contestants must mail their designs with required fees and forms by March 8, 2019.

Tips on The Rise For Anonymous Safe School Initiatives

By CHRIS TULP
Capital News Service

ANNAPOLIS, Maryland (December 18, 2018)—As Maryland's newest strategy to avert school violence—an anonymous tip system—gets off the ground, other states have seen a surge in reports after school shootings and other incidents of mass violence.

Safe2Tell Colorado, Safe2Tell Wyoming and Safe Schools Maryland are examples of these anonymous programs, which all feature a tip line, an app and a link to use on mobile and desktop browsers.

The Safe Schools Maryland tip line and app were created as an effort to reduce the likelihood of school violence, according to Gov. Larry Hogan.

A shooting at Great Mills High School in March that left two students dead, including the gunman, forced the state of Maryland to speed up the process of getting the tip line and app working, according to Hogan.

"This tip line and app can be the difference between students taking matters into their own hands," said Donovan Weekley, a junior at Great Mills High School.

Safe Schools Maryland originated after Hogan proposed and signed school safety legislation that was supported by both Democrats and Republicans during the 2018 legislative session and provided \$40 million in funding in his fiscal year

2019 budget, according to Jorge Castillo, spokesman at the Maryland Emergency Management Agency.

"After studying best practices in other states, the Hogan administration and Maryland Center for School Safety jointly decided to implement an anonymous tip line concept," said Castillo. "The decision was made to develop the Safe Schools Maryland tip line and to launch it shortly after the school year commenced."

The Maryland tip line and app have been active since Oct. 3. The tip line number is 1-833-MD-B-SAFE (1-833-632-7233) and the app can be downloaded on the App Store (<https://itunes.apple.com/us/app/safe-schools-md/id1437637299?mt=8&ign-mpt=uo%3D4>) and Google Play (<https://play.google.com/store/apps/details?id=com.p3tips.safeschoolsmid>).

There have been 133 total tips received statewide from the launch date of Oct. 3 through Nov. 30, according to Emily Allen Lucht, spokeswoman for the Maryland Center for School Safety.

"Tips range from bullying to drug dealing and we will have more robust analytics as we get deeper into the school year."

Of the 133 total tips, 69 were reported through website browsers, 36 through the app and 28 through the tip line.

In October, the Special Investigations and Narcotics Section Major Offenders Unit of the Anne

Arundel County Police Department received a complaint that was sent through the Safe Schools Maryland tip line regarding two suspects who were selling controlled dangerous substances in the Broadneck area.

On Nov. 16, a search warrant was executed at a residence in Annapolis, where homemade edibles with THC—the chemical responsible for most of marijuana's psychological effects—were seized, as well as other drug paraphernalia.

Safe2Tell Colorado saw a 74 percent increase in the number of reports from the 2017–2018 school year compared to the 2016–2017 school year, according to the Safe2Tell Colorado website.

"We tend to see an increase in tips after incidents of school violence either in our state or around the country," said Annie Skinner, director of communications for the Colorado Attorney General's office. "We did see a substantial increase in tips after the Parkland shooting."

The Parkland, Florida, shooting at Marjory Stoneman Douglas High School in February left 17 students and staff dead and 17 others injured; a former student has been charged with 34 counts of premeditated murder and attempted murder.

The Safe2Tell Colorado tip line went live in 2004 as a result of the Columbine High School shootings in 1999 so students, school faculty, parents and community members could report information about issues or concerns relating to their safety or the safety of others, according to the Safe2Tell Colorado website.

The app was introduced in 2015.

There were 16,000 tips received by Safe2Tell Colorado in the 2017-2018 school year; 134 of the

tips were considered to be misuse of the system, according to Skinner.

Of those 16,000 tips, 31 percent of them were reported through the mobile app, according to a report on their website.

After a 15-year-old girl and her friends were the target of false reports in Colorado earlier in 2018, state Legislator Jonathan Singer, D-Longmont, sponsored a bill that would help analyze data from the Safe2Tell Colorado program and help track how many false reports are made, so kids are not using it as a backdoor to bully others.

Colorado's tracking bill went into effect in August.

"Part of the reason that we ran the bill was to ensure that these data points are actually being collected accurately," said Singer.

The bill allows all school districts to review the reports received by the Safe2Tell program.

Safe2Tell Wyoming was created in 2016 as a response to mass school shootings around the country and a threat at a Wyoming high school, according to the Safe2Tell Wyoming website.

"Tips are sent to pre-identified teams at the schools and local law enforcement agencies," said Bill Morse, Safe2Tell Wyoming program manager. "The school and/or law enforcement are required to provide a disposition for each tip."

There were 887 tips received by Safe2Tell Wyoming in the 2017-2018 school year and 50 percent of them were reported through the mobile app, according to a recently completed report.

See **SAFE SCHOOL** Page A8

INSIDE

Laurel Artist Brings Colorful Art to Gallery 90

Born and raised in Baltimore, Gadreau has lived the past two decades in Laurel, Maryland. He was influenced from an early age by comic book artist Jack Kirby. Later, he discovered Fantasy art master Frank Frazetta.

Community, Page A3

To Be Equal: First Step Act is the Most Important Federal Criminal Justice Reform In Decades

Perhaps the most striking aspect of the bill is the far-ranging support it has received across the political spectrum in this era of deep partisan polarization.

Commentary, Page A4

Governor Larry Hogan Announces "P-TECH Opportunity" Expansion and Additional Funding

"This important jobs program provides Marylander's the technical skills they need to graduate, enter into the local employment market, earn a good income, and lay the groundwork for a prosperous and successful career."

Business and Finance, Page A5

Movie Review:

Instant Family

It's about flawed but decent adults defending and protecting children (when Lizzy gets dirty text messages from an older guy ... buddy, WATCH OUT), all in a funny, relatable way, with everyone fully aware that the most important thing is love.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I need to replace the wall-to-wall carpeting in my basement. Any tips for finding something new that won't aggravate my allergies or otherwise pollute my indoor air?

—Jasper Manheim, Los Angeles, CA

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

"Antiques and Americana" columnist Heissenbittel dies at 91

Orva Heissenbittel, one of the founders of the Surratt Society and columnist for the Washington Star's "Antiques and Americana" and the Enquirer-Gazette's "About Antiques," died Oct. 31 at her home in Montross, Va. She was 91.

Orva was born in Ohio, the eldest daughter of Zelma and Jackson Tandy Walker. She was valedictorian of the Class of 1945 at Rio Grande High School and attended Bliss Business College in Columbus. While working for the Civil Service in Dayton, she was appointed chief of the U.S. Army Air Force Regular Officer Unit at Wright Field. There it was that she met Capt. William Heissenbittel. They wed in 1947.

The Air Force took the Heissenbittels around the U.S. before assigning them to Andrews AFB. They settled in Camp Springs and Orva began to lecture, teach classes and seminars on antiques, and write the columns mentioned above. She formed the Southern Maryland Antique Arts Association and learned to make her own blown glass at Virginia Commonwealth University.

I was one of her students when she began to teach classes on furniture refinishing. With her advice I managed to refinish an antique trunk and my grandfather's rocker.

In later years Orva and William joined daughter Iris on Virginia's Northern Neck. They wintered with daughter Lili in Key Largo, Fla.

Orva's husband of 69 years, Major William George Heissenbittel, died in 2014. Survivors include two daughters, two grandsons and three sisters. She was a lifelong member of the Methodist Church and, during her years here, was an active member of Bells United Methodist Church.

Neighbors & Other People

Former Morningside Councilwoman Carol (Kline) DeGraba reports that her son Thomas has graduated from James Madison University with a degree in Public Policy and that he traveled to the Holy Land in May. Her daughter Maria is at UMD Baltimore, working on a master's in social work. And son

Nicholas is majoring in electrical engineering at Maryland U. He's also music director of the UMD Gamers Symphony Orchestra.

St. Philip's Parish is mourning the deaths of two longtime, and very active, members, Bill Malkowski and Tony Tanedo. I'll pay tribute to both in future columns.

Niya Burwell was Mary, Avery Mosley was Joseph and Vincent Bundy was Baby Jesus in the Living Nativity at St. Philip's Church on Christmas Eve. Other cast members were Rey Moreno, Alexander Balfour, Kimberly Ortega, Sara Navarro, Elizabeth Navarro, Autumn Mosley, Aidan Mosley and Misael Loya. Austin Mosley was narrator.

On the day before Christmas my doorbell rang, and who should be there but Morningside Councilwoman Katie Blade and her daughter Charleigh bringing me a Christmas gift from the Town of Morningside. This delivery was a part of Morningside's We Care program. And I appreciate that they care for me.

Dance and help Christmas in April

And you thought Christmas was over. Well, Christmas in April is coming up. The organization is celebrating its 31st year of service by hosting a dance on Feb. 23 to raise funds for the purchase of supplies to repair homes of approximately 85 County homeowners on April 27.

The Benefit Dance will be from 6 to 10:30 p.m. at Columbia Moose Lodge in Clinton. Tickets may be purchased in advance for \$20 per person. Admission includes dinner and live music by The Strangers with Special Guest Daryl Davis, Chuck Berry's keyboard player. Cash bar will be available.

For information or to purchase tickets, call Mary Kucharski, Executive Director of Christmas in April*Prince George's County, at 301-868-0937.

Coming up

The Town of Morningside celebrates its 70th anniversary in 2019. Watch for details.

The Suburban Maryland Spring Home Show is coming to The Show Place Arena in January, featuring a wide selection of home improvement profes-

sionals in a fun interactive environment. Dates and times: Sat., Jan. 26, 10 a.m. to 8 p.m., and Sun., Jan. 27, 10 a.m. to 6 p.m. The Show Place Arena is at 14900 Pennsylvania Ave., in Upper Marlboro. Admission free. Information: <http://mdhomeshows-sp.com/>.

Morningside Memories, 20 years ago

I miss Santa. The Morningside Sportsmen's Santa used to caravan through Morningside and Skyline at Christmas time collecting canned goods for the needy. Elves (children of Sportsmen) ran to our doors to get the donations. In 1998, it was the 27th time the Sportsmen hosted this wonderful drive. I forget who was Santa back then. Ernie Bayne?

At that time Dave Williams, Jr. was President of the Sportsmen. Other officers were Dave Williams III, Ernie Bayne, Denise E. Burger, Marshall Carson and Carl Burger.

I was an honorary member of the Sportsmen and have the jacket to prove it.

Markwin Gangestad, Crossland grad

Markwin Eugene Gangestad, 66, Crossland High Class of 1971, died in Hagerstown on Dec. 16. He was a native of Topeka, Kan. In 1962 he retired from National Institute of Health after 32 years of service.

Markwin was a member of St. Peters Beard Lutheran Church and Elks Lodge 378, both of Hagerstown. Survivors include his wife of 18 years, Bonita "Bonnie," daughter Tammy, son Markwin Jr., a granddaughter and three stepchildren.

Milestones

Happy birthday to Jennifer Jung, proprietor of G. I. Liquors, J.B. Thomas and Christa Neale, Jan. 4; Suitland historian Darlie Norton, Ariel Thomas, Sarah Vilky and Terry Foster, Jan. 6; Eva Hugings and Charles Boxley, Jan. 8.

Happy anniversary to my son John and Michelle McHale, on their 21st anniversary, Jan. 4.

No, No, No to an NFL stadium in Oxon Cove Park!!

Around the County

Meet DPW&T's New Acting Director Terry Bellamy

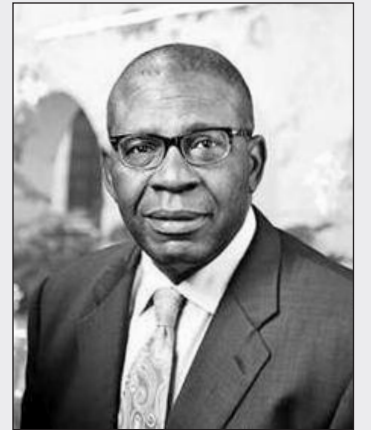
By PRESS OFFICER

Prince George's County's Department of Public Works & Transportation

LARGO, MD (Dec 24, 2018)—On Monday, December 17th, DPW&T welcomed Terry Bellamy as the new Acting Director. Prior to joining DPW&T, he served as Director of the City of Durham, North Carolina's Transportation Department.

Acting Director Bellamy has extensive experience as a senior leader in the transportation field. He has served in positions such as the Assistant Director of Transportation Planning and Traffic Engineering for the City of San Antonio, Texas; Director of the District of Columbia's Department of Transportation; Greensboro, North Carolina's Director of Operations and Manager of Transportation Planning; and Bureau Chief for Transportation Engineering & Operations for Arlington County, Virginia.

Acting Director Bellamy earned his undergraduate degree in Political Science and Government from North Carolina A&T State University and his master's degree in Community and Regional Planning from Iowa State University. He is originally from Charlotte, North Carolina.



PHOTOGRAPH COURTESY OF DPW&T
DPW&T's new Acting Director, Terry Bellamy

Local Students Named to Union University President's List and Dean's List

JACKSON, Tenn. (December 21, 2018)—Three hundred twenty-six students have been named to the Union University President's List for the fall 2018 semester, including **Abigail Noelle Johnson of Oxon Hill, MD**. The President's List includes full-time students who achieve a 4.0 grade point average on a four-point scale.

Three hundred ninety-two students have been named to the Union University Dean's List for the fall 2018 semester, including **Onome Agbaza of Cheverly, MD**. The Dean's List includes full-time students who achieve a 3.5 grade point average on a four-point scale.

Founded in 1823 and affiliated with the Tennessee Baptist Convention, Union University is characterized by quality Christ-centered teaching and learning. Union offers liberal arts training in more than 100 majors and programs of study along with professional programs in business, education and nursing. About 3,300 students are currently enrolled.

County Library Supplies Activity Kits To 20 Area Child Care Providers

By DONNA SCOTT-MARTIN
PGCMLS

LARGO, MD (Dec 20, 2018)—The Prince George's County Memorial Library System (PGCMLS) supplied activity kits containing age-appropriate books and toys to encourage kindergarten readiness to 20 area child care providers attending a workshop at the Prince George's Child Resource Center. PGCMLS Family Literacy Specialist Pamela Hamlin trained participants in the educational uses of the materials in the kits and discussed library resources for young children.

Each activity kit bin has 20 diverse children's books, a teacher re-

source book, finger puppets, dancing scarves, shaker eggs, a helping hands chart, a feelings learning set, bean bags, beach balls, jumbo crayons and more. A follow-up celebration is planned for the spring to receive feedback on the kits and share success stories.

This project was supported in part by the Institute of Museum and Library Services (IMLS) through the Library Services and Technology Act administered by the Maryland State Library. Child care programs were chosen to participate based on their proximity to library branches serving families that are refugees, immigrants or living in under-resourced areas.

Montpelier Arts Center Announces An Open Call For Teen Artists!

By PRESS OFFICER

Montpelier Arts Center, 9652 Muirkirk Rd., Laurel, MD 20708

About the Competition:

Montpelier Arts Center strives to foster a positive, creative environment in which young and emerging artists realize their full potential as creative individuals. In honor of National Youth Art Month in March, Montpelier spotlights teens (ages 13-18) in the Washington metropolitan area and their talents in the visual arts.

We welcome students in public, private, or home school to enter one piece of original artwork online at montpelierartscenter.submittable.com. There is no entry fee for this competition and there are awards given for First Place (\$200), Second Place (\$150), and Third Place (\$100).

Exhibition Schedule

- Submission Deadline: Sunday, January 27, 2019, 11:59 p.m.
- Notification of Results: Tuesday, February 5, 2019
- Drop Off Artwork: March 2-3, 2019, 10 a.m.-5 p.m.
- Exhibition Dates: March 9-31, 2019, 10 a.m.-5 p.m.
- Reception + Awards Ceremony: Saturday, March 9, 2019, 1-3 p.m.
- Pick Up Artwork: April 1-7, 2019, 10 a.m.-5 p.m.

For information or to submit online, visit <https://montpelierartscenter.submittable.com/submit> or contact Montpelier Arts Center at 301-377-7800 or montpelier.arts@pgparks.com for additional information.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

KAPPA ALPHA PSI FRATERNITY, INCORPORATED-FOUNDERS' DAY 2019

Come out and enjoy our J5 Day Party Celebration hosted by the DMV NUPES Saturday, January 5, 2019 at SoBe Restaurant and Lounge. The address is 10621 Greenbelt, Road, Lanham, Maryland 20706. Doors open 12:00 p.m.-6:00 p.m. Performing Live GOT MY OWN SOUND. Music by DJ Honcho & DJ Trini from WKYS-93.9 FM. There will be signature drinks, heated cigar patio and a delicious pre-fixe menu.

Advanced tickets cost \$20/\$30 at the door. Table reservations are available. For more information and to purchase tickets: tinyurl.com/2019J5-DMV-NUPES Eventbrite. Dress sophisticated.

SAVE THE DATE

Bowie State University Foundation Founders Day Scholarship Gala an evening of excellence will be held on Saturday, April 13, 2019 at 7:00 p.m. (Black Tie) at Martin's Crosswinds. The address is 7400 Greenway Center Drive, Greenbelt, Maryland 20770.

Live entertainment by BSU Community Jazz Ensemble. Featuring Stephan Marcellus (12), Artist from the "Voice." The gala is Bowie State University Foundation's preeminent fundraising event and proceeds will benefit the BSU General Scholarship Fund.

For more information, ticket sales and sponsorship opportunities call 301-860-4300 or visit the website at www.bowiestate.edu/foundersdaygala.

BRANDYWINE NORTH KEYS CIVIC ASSOCIATION

"Brandywine North keys Civic Association, Inc. was formed in 1980 as a non-partisan, non-political, and non-sectarian non-profit organization, reserving the right to advocate or oppose any legislation affecting the welfare of the Brandywine-North Keys area. The organization shall endeavor to stimulate interest in and to devise ways and means to promote civic, community, and general welfare, giving special attention to public improvement beneficial to the Brandywine-North Keys area".

Meetings are on the third Wednesday of each month September through June, from 7:00 p.m. to 9:00 p.m. in the Media Center at Brandywine Elementary School.

Membership dues are \$30 a year per household. Checks can be sent to Brandywine North Keys Civic Association, Inc., PO Box 321, Brandywine, Maryland 20613. Visitors are welcome to attend meetings. Announcements will be made on the Brandywine-chat listserv. Member of Prince George's County Civic Federation.

BOWIE CENTER

Let Freedom Sing with the Howard Gospel Choir Saturday, January 19, 2019 from 2:00 p.m.-4:00 p.m. at the Bowie Center for the Performing Arts. The address is 15200 Annapolis Road, Bowie, Maryland. Telephone number is 202-758-5193 or info@howardgospelchoir.com.

Let Freedom Sing featuring the Howard Gospel Choir from Howard University 2nd Annual Musical Celebration honoring the Life and Legacy of Martin Luther King, Jr. matinee will be held at 2:00 p.m. (doors opening at 1:30 p.m.), concert begins at 7:00 p.m. (doors opening at 6:30 p.m.) There is free parking on site. Pricing: Adults \$15, Seniors Citizens (65 and over) \$10, Students (K-12/College with valid I.D. \$10).

PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS

Congratulations to Dr. Alvin Thornton appointed Board of Education Chair for a four-year term. Dr. Alvin Thornton is a former three-term Board Chair who previously served on the Board of Education from 1992 to 1999.

WARMING CENTERS

Department of Parks and Recreation offers community service to those in need during the hottest and coldest times of the year. Many centers provide the community with areas of comfort. One warming center location is Bowie Community Center. The address is 3209 Stonybrook Drive, Bowie, Maryland 20715. Telephone number is 301-464-1737. Hours are Monday and Wednesday 7 a.m.-9:30 p.m., Tuesday and Thursday 8 a.m.-9:30 p.m., Friday 7 a.m.-9:30 p.m., Saturday 9 a.m.-5 p.m., Sunday 11 a.m.-3 p.m.

COMMUNITY

The American Counseling Association's Counseling Corner

Overcoming The Barriers to Change

The New Year is a time when many of us think about a new start, about changing something in our lives that hasn't been making us happy or hasn't been contributing to good health. It may be a commitment to stop smoking, to lose weight, to exercise more regularly or even to just spend more enjoyable time with those we love.

Changing behavior can be a good thing, but it's important to remember that change doesn't just happen overnight. There are frequently barriers that can make changing behavior difficult.

In many cases we may not, at first, even recognize that there is a behavior that needs to be overcome. We may even feel a desire to continue that behavior, even a harmful one, by rationalizing the lack of need to change ("Smoking relaxes me.").

When you do identify a less than desirable behavior, consider the pros and cons of making the change. How will your life be better, or worse, if you do or don't make the desired change.

Next identify the barriers that can keep you from taking action. Maybe you aren't motivated enough. Maybe friends and family won't really support your actions and you'll feel isolated or silly. Are there financial limitations that keep you from moving forward? Will a dietary change make your food choices more expensive? Does it seem impossible to find time for that gym or other regular exercise?

Once you identify your barriers to change, then make a plan on how to overcome them. Check if healthier food choices really will raise your food bill. Look at your schedule and see where you could fit in brisk walks or aerobics classes. If it's a difficult change, maybe smoking cessation, check with your physician, a professional counselor, or local hospital program for resources to help you.

You want to develop a real commitment and passion for changing the behavior you've identified. Make a plan, put it into action, and then work to maintain that plan.

Most importantly, if you relapse to your old behavior, don't give up. Look carefully at why you've stalled or slipped and seek ways to overcome that issue when you try again.

Don't try to change several things all at once. And don't give up if you don't succeed the first time you try! Serious behavioral changes are always difficult, but with good planning they are achievable.

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

Laurel Artist Brings Colorful Art to Gallery 90

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, MD (Dec. 21, 2018)—The dull grays and browns of winter will have to compete with the vibrant colors of oil paintings imagined by Joe Gadreau in "No Frame Necessary," a new show soon to brighten the walls of Gallery 90.

Thanks to Hospice of the Chesapeake's healing arts partner, Chesapeake Arts Center, 30 of Gadreau's pieces will be on display Jan. 4 to Feb. 28 in the gallery throughout the nonprofit's administrative building on the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena, Maryland.

Born and raised in Baltimore, Gadreau has lived the past two decades in Laurel, Maryland. He was influenced from an early age by comic book artist Jack Kirby. Later, he discovered Fantasy art master Frank Frazetta. "I have an incredible imagination," Gadreau said. "I have been able to reveal this through my artwork and writing."

His imagination goes beyond the walls of galleries, with art that has been selected for a CD cover and book covers. Gadreau recently was named one of DESTIG magazine's top 20 artists for 2018. For more information about the artist, visit <https://jgadreau.artspan.com>.

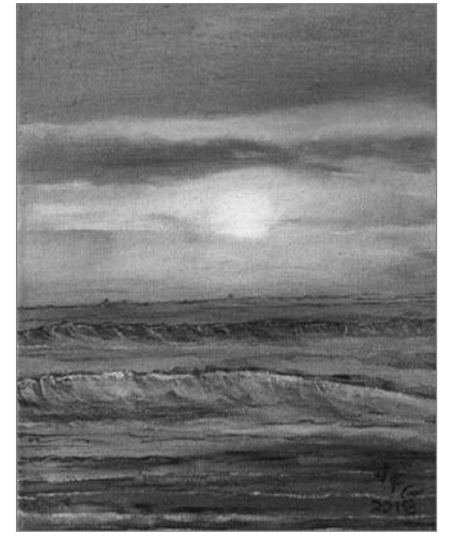
A free docent-led tour of Gadreau's exhibit will take place from 2 to 4 p.m. Jan. 25. For reservations, or to schedule a private tour for your group, contact Renate Little at 443-837-1512 or rlittle@hospicechesapeake.org.

Gallery 90 was established to realize the vision of creating a harmonious work environment for Hospice of the Chesapeake administrative staff and visiting nurses, caregivers and volunteers who work directly with 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.

PHOTOGRAPH CREDIT HOSPICE OF THE CHESAPEAKE

"Falling Leaves," oil on canvas by Joe Gadreau.



PHOTOGRAPH CREDIT HOSPICE OF THE CHESAPEAKE
"Sunset Rose," oil on canvas by Joe Gadreau



Maryland Black Bears Announce Guns & Hoses Night and Charity Partnership With Anne Arundel County Police and Fire Department

By COLIN MACCARTHY
Maryland Black Bears

ODENTON, MD (Dec 19, 2018)—Today, the Maryland Black Bears announced that their January 5th home game against the Northeast Generals will be "Guns and Hoses Night," a hockey night dedicated to the Anne Arundel County Police and Fire Department. The trio will partner up to raise money for the Community Foundation of Anne Arundel County, which benefits the Police Department's Youth Activity Program and the Fire Department's Community CPR Training. The Maryland Black Bears organization will donate 25% of each ticket sold when this unique "Guns and Hoses" link is used.

Players from the Maryland Heroes

Hockey League, a league made up of local police officers and firefighters, will compete in a hockey shootout during the first intermission. During the second intermission, there will be a Police vs. Fire department mystery game that will be unveiled the week of Guns and Hoses night.

"We look forward to saluting the Anne Arundel County Police and Firefighters during the game and raising money to support causes important to them that help our community," said Maryland Black Bears President Robyn Remick. "This is our first big community fundraising effort and we're excited to host 45 kids from the Anne Arundel County Police Department's Youth Activities Program who will be part of our "Ice Crew" and members of the Maryland Heroes

League who will compete in a (hockey) shootout during intermission."

"We are very thankful and appreciative of the Maryland Black Bears Organization for their support," said Police Chief Tim Altomare. "Events like these truly make a difference in our communities, and we are thankful that the Black Bears have taken home in Anne Arundel County."

"We are excited to partner with the Maryland Black Bears for this public safety night," said Fire Captain Russ Davies. "The successful outcomes of victims of cardiac arrests which have occurred at the Piney Orchard Ice Arena demonstrate the importance of citizen CPR and access to public AEDs. This is a very beneficial partnership which will further citizen CPR training."

HEALTH AND WELLNESS

Maryland's 15th Annual Health Equity Conference Addresses Cost Saving Initiatives to Improve Health Equity

By BRITTANY FOWLER
The Maryland Department of Health

BALTIMORE, MD (December 6, 2018)—The 15th Annual Maryland Health Equity Conference, hosted on December 6 in Baltimore by the Maryland Department of Health Office of Minority Health and Health Disparities (MHHD), addressed prevention and cost saving strategies to reduce health disparities and improve health equity in Maryland. This year's theme was "Achieving Health Equity and Disparity Reduction: Prevention and Cost Savings Initiatives." Attendees participated in discussions that focused on initiatives to address

disparities and improve health outcomes in minority communities, resulting in reduced health costs and preventable hospital utilization.

"Health care cost reduction is incredibly important, in large part because minority populations have the greatest difficulties accessing health services," said Dr. Noel Brathwaite, director of the Office of Minority Health and Health Disparities. "Today's conference brings together interested parties in order to work collaboratively to address these unique needs and improve health out-

comes in minority communities."

Every year, the statewide conference brings together county health departments; state and local government; state-funded organizations such as the Minority Outreach and Technical Assistance grantees; elected officials; health service and clinical providers; local coalitions; faith- and community-based organizations and partners; academicians; and students to collaborate on ways to advance health equity for all Marylanders.

Approximately 400 people attended the conference, hearing from speakers including Maryland Department of Health Secretary Robert R. Neall; MHHD

Director Dr. Noel Brathwaite; State Senator Shirley Nathan-Pulliam; and Director of the Maryland Center for Health Equity in the University of Maryland's School of Public Health Dr. Stephen Thomas.

"As state Senator and registered nurse, I am aware of the challenges that minority communities face in accessing preventable and disease management services," said Senator Shirley Nathan-Pulliam. "We all must be committed to improving primary care services that are equitable and recognize the social determinant of health needs faced by Maryland communities. I am honored to be present for the presentation of the 8th annual Shirley Nathan-Pulliam Health Equity award and lecture series recognizing Dr. Georges Benjamin."

Executive Director of the American Public Health Association Dr. Georges C. Benjamin

was the 2018 recipient of the Shirley Nathan-Pulliam Health Equity Award and delivered the keynote lecture. Conference presentations focused on the Mobile Integrated Community Health Program; Managed Care Organization initiatives in preventable utilization and social determinants; improving health outcomes in infant mortality, pre-diabetes/diabetes, and asthma; and Maryland's return on investment success stories.

The conference was held at Martin's West in Baltimore and sponsored by the MHHD. The conference was co-sponsored by the Behavioral Health Administration's Office of Workforce Development and Training, and the University of Maryland School of Public Health, Maryland Center for Health Equity.

For more information on the department's Office of Minority

Health and Health Disparities, visit <https://goo.gl/HCEDqB>.

Marylanders who need help finding substance use disorder treatment resources should visit <http://goo.gl/nJfGm0> or call Maryland Crisis Connect, which provides 24/7 support, at 211, press 1. For information on many of the policies currently implemented to fight addiction and overdose in Maryland, see <http://goo.gl/KvEzQw>. If you know of someone in need of treatment for a substance use disorder, treatment facilities can be located at <http://goo.gl/rbGF6S>.

The Maryland Department of Health is the State agency that protects Maryland's public health. We work together to promote and improve the health and safety of all Marylanders through disease prevention, access to care, quality management, and community engagement.



IMAGE CREDIT: PIXABAY/SKEEZE

Tips for fighting stress during the holidays include exercising and getting sleep.

Experts: Watch Your Heart Over the Holidays, Avoid Stress

By PRESS OFFICER
Public News Service

ROCKVILLE, Md. (Dec 18, 2018)—Research from the American Heart Association says cardiac mortality is highest during December and January.

Doctors point to holiday stress and lack of exercise as contributing factors. And the researchers said people may delay seeking treatment when they're busy with friends and family.

Cardiologist Dr. Roquell Wyche said it's never smart to ignore discomfort or symptoms of a heart attack. She warned against getting

too busy for self-care by sticking with a workout routine or considering starting one.

"The best way for you to maintain your heart healthiness during all of this busy season is to continue to work out," Wyche said. "So set that time for yourself, make a promise to yourself that every day you're going to have a very specific time in which you're going to try to get some exercise in. It could be a 10 minute walk."

Wyche said exercising not only keeps your heart healthy but also helps to manage stress, which is heightened during holidays. Emotional stress is another risk factor for heart disease.

The Heart Association says everyone should be aware of their individual risk factors, whether high blood pressure, diabetes or a strong family history, and discuss them with their doctor. Wyche said another tip for reducing stress is simply knowing when to say no.

"Sometimes it's OK for you to say, 'I don't have to go to every single thing or every single party,'" she said; "and so that you can make sure that you take some time to actually relax and recharge, take some time for yourself just to kind of sort of collect your thoughts and reduce your stress."

She added it's worth keeping an eye on those holiday drinks and treats and to make sure to have a healthy snack before attending the party. She said people should strive to be healthy all year instead of waiting to do it all at one time.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

First Step Act is the Most Important Federal Criminal Justice Reform In Decades

"For too long, sentencing in our country has been overly severe and has disproportionately targeted communities of color—especially Black men. Reforming some of the most draconian federal sentencing laws, including unfair mandatory minimum sentences under two- and three-strikes laws, will make our system more just ... However, to be clear, the FIRST STEP Act is very much just that — a First Step. It is a compromise of a compromise, and we ultimately need to make far greater reforms if we are to right the wrongs that exist in our criminal justice system."

—Senator Kamala Harris

The U. S. Senate this week took the most significant step toward federal criminal justice reform in decades with the passage of the First Step Act. As the House previously had passed a nearly identical bill, and the President has committed to signing it, the First Step Act is virtually assured of becoming law.

As part of our goal for every American to have an equal right and responsibility to fully participate in our democracy, and all people to have a right to justice and fairness, the National Urban League has been on the forefront of criminal justice reform for decades. Over the last year, we have worked closely with members of Congress to craft the bill and garner support.

The Act would make the Fair Sentencing Act of 2010—reducing the disparity between crack and powder cocaine sentences—retroactive. As many as 2,600 federal inmates, could see their sentences reduced.

It would ease mandatory minimum sentences under federal law, including the "three strikes" rule. It increases "good time credits" and "earned time credits" that inmates can earn. It applies retroactively, potentially qualifying 4,000 inmates for release the day the bill goes into effect. In addition to reducing overcrowding, the vocational and rehabilitative programs that earn inmates credit have been shown to reduce the likelihood a participant will re-offend.

The bill also requires inmates to be housed within 500 miles of their families when possible, and prohibits the shackling of inmates while they are pregnant, giving birth or in postpartum recovery.

Perhaps the most striking aspect of the bill is the far-ranging support it has received across the political spectrum in this era of deep partisan polarization. It passed in the Senate by a vote of 7–12, while the House version passed earlier this year by a vote of 360–59.

Presidential advisory Jared Kushner, who took a leading role in the effort, said "For all those who are deserving of a second chance, this legislation will make a meaningful and measurable difference in their lives."

Conservative Senator Mike Lee of Utah wrote, "My time as a prosecutor also tells me that not every criminal is dangerous or incapable of living a productive life. My faith as a Christian teaches me that many people are capable of redemption. And my instincts as a conservative make me believe that the government can be reformed to work better."

Senator Cory Booker of New Jersey wrote, "For the first time in a long time, with the passage of this bill into law, our country will make a meaningful break from the decades of failed policies that led to mass incarceration, which has cost taxpayers billions of dollars, drained our economy, compromised public safety, hurt our children, and disproportionately harmed communities of color while devaluing the very idea of justice in America."

As its name implies, the Act is hardly the comprehensive reform America needs. We continue to work for elimination of cash bail for non-violent crimes, and more support for reentry programs like our Urban Reentry Jobs Program. And much more work remains to be done at the state level, where the vast majority of sentencing and incarceration takes place.

But the First Step Act represents a remarkable achievement of bipartisan cooperation, and we congratulate and thank the Congress members, staff and fellow civil rights organizations who helped to make it happen.

Benjamin L. Cardin

United States Senator for Maryland



Cardin, Portman Introduce Sweeping Reforms to Strengthen Americans' Retirement Security

Bipartisan Legislation Would Increase Savings in IRAs and Workplace Savings Plans, Expand Coverage & Simplify Retirement Plan Rules

WASHINGTON (December 19, 2018)—U.S. Senators Ben Cardin (D-Md.) and Rob Portman (R-Ohio) today introduced the Retirement Security & Savings Act, a broad set of reforms designed to help Americans save more for retirement and increase access to 401(k)s and other retirement plans. The measure includes more than 50 provisions to increase savings in 401(k)s and IRAs, help improve coverage in the small employer market and among part-time workers, reduce barriers to lifetime income retirement options, and allow employees to keep retirement savings in an IRA or qualified plan until they need them for retirement expenses instead of being forced to deplete their savings after age 70 and a half.

A link to the bill text is at <https://www.cardin.senate.gov/imo/media/doc/CardinPortmanBill.pdf>.

The legislation builds on Portman and Cardin's previous success in enacting sweeping reforms to enhance the retirement system as members of the House of Representatives in 1996, 2001, and 2006. Of note, the 2001 Portman-Cardin measure more than doubled contribution limits to IRAs, allowed portability between different types of qualified retirement plans, and created the ability for older workers to make catch-up contributions to 401(k)s and IRAs. Since it became law, 401(k) and other defined contribution plan assets have increased by 179 percent and savings in IRAs, including rollovers from retirement plans, have more than tripled. Overall, U.S. retirement savings have increased from \$11.3 trillion in 2001 to \$28.3 trillion today.

"Ensuring that families and workers can retire with dignity is an ongoing, and strongly bipartisan, effort. While we've made important policy improvements over the years, Congress needs to work continually with participants, retirees, and other stakeholders to make sure that retirement security is achievable, especially as our economy changes," said Senator Cardin. "I'm proud to once again work with Senator Portman to strengthen our system, including by improving plan access, promoting lifetime income solutions, and helping all Americans save more for their retirement."

"Over the last two decades, we've made progress in helping Americans save more for their retirement, but we need to do more. It's a positive development that U.S. retirement savings have increased

from \$11.3 trillion in 2001 to \$28.3 trillion today," said Senator Portman. "Unfortunately, our savings rate remains too low and there are far too many Americans without any retirement nest egg at all. After a lifetime of work, Americans deserve the opportunity to enjoy a financially-secure retirement. That's why Senator Cardin and I are once again leading this bipartisan effort to help strengthen the retirement security of all Americans."

NOTE: The senators will continue their efforts to improve this legislation, which establishes a foundation for a broader bipartisan, bicameral retirement policy debate next Congress. The Retirement Security & Savings Act is supported by the American Benefits Council, AARP, Fidelity, Nationwide, Empower Retirement, TIAA, the Committee for Annuity Insurers, Transamerica, LPL Financial, Edward Jones, State Street Corporation, Church Alliance, the U.S. Chamber of Commerce, the Insured Retirement Institute, and the National Association of Government Defined Contribution Plan Administrators (NAGDCA). In order to help Americans save more for their retirement, the bill includes the following reforms:

Increasing Retirement Savings in IRAs and Workplace Plans

- The bill establishes a new automatic enrollment safe harbor for employers to meet nondiscrimination requirements. Under current law, the automatic deferral may be just three percent of salary for the employee's first year. The provision would set the minimum default level of contributions at six percent in the first year, and escalate it to 10 percent within five years.
- The measure makes the Saver's Credit refundable and requires that the credit be contributed directly to a Roth account in a retirement plan or to a Roth IRA.
 - The bill also allows taxpayers to claim the saver's credit on their 1040-EZ, and expand the group eligible for a 20 percent credit instead of a 10 percent credit.
- The bill allows employers to make matching contributions to retirement accounts of employees paying off qualified student loan debts.
- The bill expands retirement plans to include part-time employees working between 500 and 1,000 hours per year. Under current law, employers generally may exclude part-time employees (em-

ployees who work fewer than 1,000 hours per year) when providing a defined contribution plan to their employees. The bill requires employers maintaining a 401(k) plan to have a dual eligibility requirement under which an employee must complete either a one year of service requirement (with the 1,000-hour rule) or two consecutive years of service where the employee completes at least 500 hours of service.

Improving Access to Workplace Plans in the Small Employer Market

- The bill substantially increases the tax credit under current law for small businesses that adopt a new qualified retirement plan. Under current law, the credit cannot exceed \$500; under the provision, small businesses could claim a credit as large as \$5,000.
- The measure allows small businesses to self-correct all inadvertent plan violations under the IRS' Employee Plans Compliance Resolution System ("EPCRS") without a submission to the IRS, unless otherwise specified in regulations.
- The bill creates a new three-year, \$500 tax credit for employer-sponsored retirement programs that automatically re-enroll plan participants at least every three years.
- The bill provides targeted relief from "top-heavy" rules in order to encourage employers to allow employees to start saving before the law requires it.

Reducing Costs and Other Barriers to Lifetime Income Retirement Options

- The bill more easily facilitates the sale of Qualifying Longevity Annuity Contracts (QLACs), a type of deferred annuities that begin payment at the end of an individual's life expectancy, and a very inexpensive way for retirees to hedge the risk of outliving their savings.
- The bill eliminates significant current-law penalties and restrictions on obtaining guaranteed income for life.

Relief from Onerous Minimum Distribution Rules for Individuals

- The bill provides an exception from the required minimum distribution rules for individuals with \$100,000 or less in aggregate retirement savings.
- The measure increases the age at which individuals are required to begin drawing down their retirement from an IRA or qualified plan. Under current law, the beginning age is 70 and a half; the bill increases the age to 72 in 2023 and 75 in 2030.
- The bill reduces the excise tax for failing to take required minimum distributions, lowering it from 50 percent of the shortfall owed to at most 25 percent, and to 10 percent or zero in other cases.
- The measure requires the Treasury Department to update the mortality tables that qualified plans must use in calculating annual required minimum distributions.
 - The current tables are almost 20 years old and force individuals to withdraw their assets too quickly.

Marion Wright Edelman

President, Children's Defense Fund

ChildWatch:

Prayers for the Holy Season

All during the Christmas season, as millions celebrate a poor, homeless child Christians call Savior, I think about the irony of some political leaders proposing (and citizens permitting) policies that would result in millions more children becoming destitute, homeless, and hungry and being detained and cruelly separated from their parents at our borders. There are 12.8 million children living in poverty in our nation. Children are the poorest Americans and the younger they are the poorer they are. Nearly one in five children live in families who don't always have enough to eat. Children are being tear gassed at our border and dying in U.S. custody, like seven-year-old Jakelin Caal Maquin, the little girl from Guatemala who died on December 8 while being held by Border Patrol in New Mexico. Herod is riding rampant across our land again. Lord help us.

Lord, it is Christmas and Herod is searching for and destroying our children, pillaging their houses, corrupting their minds, poisoning their views, killing and imprisoning the sons, orphaning the daughters, widowing the mothers. Herod's soldiers are every-

where, in government, on Wall Street, in religious houses, schoolhouses, and moviehouses. Please lead us and our children to safety.

The next prayer is from *Thankful Praise: A Resource for Christian Worship*, edited by Keith Watkins.

God, we confess that ours is still a world in which Herod seems to rule:

The powerful are revered,
The visions of the wise are ignored,

The poor are afflicted,
And the innocent are killed.

You show us that salvation comes in the vulnerability of a child,

yet we hunger for the "security" of weapons and walls.

You teach us that freedom comes in loving service,
yet we trample on others in our efforts to be "free."

Forgive us, God, when we look to the palace
instead of the stable,

when we heed politicians
more than prophets.

Renew us with the spirit of Bethlehem,

That we may be better prepared for Your coming.
Amen.

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Should I Take Widow's Benefits or Retirement Benefits?

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

Dear Rusty:

I am 58 years old. My spouse passed away last year, and I am entitled to survivor benefits. I am trying to plan for when I can retire from working, but don't know if I should take my widow's benefit or my own Social Security. I called Social Security twice and have received two different answers. If I claim Social Security at 62, will I receive 70 or 80% of the full amount? This makes a huge difference in deciding when I should retire. **Signed: Widowed Worker**

Dear Widowed Worker: There are two different types of Social Security benefits that you need to be concerned with—your benefit as a survivor; and your own SS retirement benefit which you have earned from working all your life. The thing to keep in mind is that any time any Social Security benefit is taken earlier than one's full retirement age, it is reduced (born in 1960 your normal full retirement age (FRA) is age 67).

You will be eligible for your survivor's benefit when you reach age 60 (unless you're disabled in which case it's 50). But if you take the survivor's benefit at 60 it will only be about 71.5% of what you would get by waiting until your full retirement age to claim it. Your FRA as a widow is less than your normal FRA; your widow's FRA is 66 years and 8 months. The reduction for claiming the survivor's benefit earlier than your widow's FRA is about 4.75% per year early. Your survivor's benefit will reach its maximum (100% of what your husband was entitled to at his death) when you reach your widow's full retirement age, but it does not continue to grow if you wait beyond that to claim it.

You will be eligible to collect your own Social Security retirement benefits from your lifetime work record when you reach 62 years of age, but if you take it at age 62 you will only get 70% of what you would get by waiting until your full retirement age of 67. SS retirement benefits are reduced by 6.7% per year for the first 3 years claimed early and 5% per year for anything more than 3 years, so with an FRA of 67 your benefit would be cut by 30% at age 62. Unlike survivor's benefits, your retirement benefit continues to grow in value (by 8% per year) until you are 70 years of age. So, at age 70 you can get a retirement benefit, which is 24% more than you would get at your full retirement age. Here's an example, assuming your Social Security retirement benefit at your normal FRA is \$1000: If you claim at age 62 your benefit amount will be \$700/month; claim at age 70 your benefit amount will be \$1240/month.

Your wisest approach will be to determine which type of benefit will pay you the most for the rest of your life. If that is your survivor's benefit, then you might consider taking your own SS retirement benefit at age 62 and collect that until your survivor benefit reaches maximum at age 66 + 8 months and claim the survivor benefit then. If your own SS retirement benefit will pay more at age 70 than your survivor benefit will pay at your widow's full retirement age, then you can consider collecting your survivor's benefit until your own SS benefit reaches maximum at age 70 and switch to the higher benefit (your own) at that time. You have a choice of which benefit to take and when, but whenever you apply you should be very explicit which benefit you are applying for. If you want to take the survivor's benefit and let your own grow, you should apply saying "I am applying for survivor's benefits only; I want my retirement benefit to grow." If you are applying for your own SS retirement benefit, you should apply saying "I am applying for my retirement benefit only; I want my survivor's benefit to grow until my widow's full retirement age."

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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Ready Set Go, the Nuts & Bolts of Starting a Business

January 10, 2019 • 2 p.m. to 4:30 p.m.
South Bowie Branch Library
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Cost: FREE

Contact Information: 410-706-5463

<http://www.marylandsbdc.org>

REGISTER: <https://mdsbdc.ecenterdirect.com/events/15185>

This FREE workshop is for those who are interested in starting their first business, but want to find out more information on what to expect before they begin their first business. Our experienced business consultants will share with you everything to anticipate when starting a new business including, information on the legal and licensing requirements, the business plan, the different financing options, preparing a marketing strategy and all the perks and drawbacks that come with the life of an entrepreneur. (Open Session -2.5hrs.) FREE!

Governor Larry Hogan Announces "P-TECH Opportunity" Expansion and Additional Funding

Announces Legislation to Lift Cap on New P-TECH Schools;
Pledges Funding for New Planning Grants in FY 2020 Budget

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, MD (Dec 20, 2018)—Governor Larry Hogan today announced a proposal to expand the Pathways in Technology Early College High School (P-TECH) program in Maryland. The P-TECH education model, co-developed by IBM, is an innovative, nationally recognized approach that blends high school, college, and work experience in one.

Governor Hogan was joined by Guillermo Miranda, Vice President & Global Head, IBM Corporate Citizenship; Dave Velazquez, President and CEO, Pepco Holdings; Calvin G. Butler Jr., CEO, Baltimore Gas and Electric; Ken Cornew, President and CEO, Exelon Generation, which includes Constellation; Dr. Karen Salmon, Maryland Superintendent of Schools; Keifer Mitchell, Senior Advisor to the governor; Lori Bush, P-TECH Coordinator at Carver Vocational-Technical High, and Jamirah Benbow, a junior in the P-TECH Carver program in Baltimore City.

"P-TECH is one of the most creative and innovative approaches to education and represents an incredible partnership between our business community, our community colleges, and our school systems," said Governor Hogan. "The program is open to all students, with no tests or grade requirements for admission and it gives young Marylanders who may otherwise not have much hope for a better future the opportunity to engage in an integrated education in the critical areas of science, technology, engineering, and math. The P-TECH model is not only expanding education opportunities in

our state it is also strengthening Maryland's economy."

The governor announced that the administration will submit the P-TECH Opportunity Act of 2019 during the upcoming session of the Maryland General Assembly. The bill will improve and expand the current legislation by lifting caps that limit the state to issuing one planning grant per local school system. In addition, the legislation will lift the cap that currently does not allow for any additional schools beyond the eight already open until the 2016–2017 cohort of PTECH students complete their six year sequence. The governor also committed \$300,000 in his FY 2020 budget to fund planning grants for three additional schools, contingent upon the legislation passing, and pledged further funding if additional school partnerships are identified.

The P-TECH model enables students to graduate with a high school diploma and a no-cost, two-year associate degree in a critical STEM field in six years or less, and each P-TECH school includes a partnership among a local high school, a college, and a private sector sponsor. Maryland's P-TECH program was implemented in and expanded in the state by the Hogan administration.

"Through Governor Hogan's vision and leadership, P-TECH schools across Maryland are putting more of the state's students on track for successful new collar careers," said Guillermo Miranda, Vice President and Global Head of Corporate Citizenship at IBM. "With new technologies like artificial intelligence and quantum computing set to transform nearly all of the jobs we know today, equipping students with a new breed of in-demand skills has never been more

important, and we commend the Governor for making 21st century partnerships in education a hallmark of his administration."

The Hogan administration has invested more than \$2.3 million to develop and operate eight P-TECH schools across the state. Dunbar High School and Carver Vocational-Technical School in Baltimore were the first to open as P-TECH schools for the 2016–2017 school year. Six more P-TECH schools have opened at locations in Western Maryland, Baltimore City, and Baltimore, Prince George's, and Montgomery counties.

"As a leading employer in Maryland, Exelon requires a strong, skilled and diverse workforce to deliver clean energy for generations to come," said Exelon President and CEO Chris Crane. "This important jobs program provides Marylander's the technical skills they need to graduate, enter into the local employment market, earn a good income, and lay the groundwork for a prosperous and successful career."

P-TECH schools offer students an integrated six-year education program that combines high school, college, and workplace skills required for 21st-century jobs. Each P-TECH student is paired with a professional mentor, participates in workplace learning, and is eligible for paid internships with their industry partner. Upon completion, P-TECH graduates then receive "first-in-line" consideration for New Collar jobs.

Launched in 2011, the P-TECH network has scaled to more than 110 schools across eight U.S. states, Australia, Morocco, and Taiwan. More than 500 industry partners and 77 community college systems are now participating in the model.

SBA Recognizes Boots to Business Instructors of the Year

By JACK SPIRAKES
U.S. Small Business Administration

WASHINGTON (December 20, 2018)—This week the U.S. Small Business Administration (SBA) announced the winners of the 2018 "Boots to Business Instructor of the Year" awards. The awardees were recognized for their excellence in teaching the Boots to Business course, the entrepreneurial track of the Department of Defense's Transition Assistance Program.

"We're excited to honor and celebrate the people who really make the Boots to Business program a success," said SBA Administrator Linda McMahon. "This year, we reached a milestone of 86,000 Boots to Business participants. I'm confident we can provide entrepreneurship training to many more aspiring business owners based on the qualified and enthusiastic instructors leading this course."

This year's winners include:

- Eric Giltner, North Dakota District Office, SBA
- Will Katz, University of Kansas Small Business Development Center (SBDC)
- Walt Abbott, Washington, D.C. SCORE

- Steve Watts-Oelrich, Business Impact Veterans Business Outreach Center (VBOC), Seattle, Washington
 - Stuart Walters, CEED North Carolina Women's Business Center (WBC)
- Additionally, five runners-up were named:
- Samuel Maldonado, Puerto Rico District Office, SBA
 - Laurie Pieper, University of Kansas SBDC
 - Nick Collazzo, Delaware SCORE
 - Bob Rogers, Community Business Partnership VBOC in Springfield, Virginia
 - Noela Napoleon, WBC/ Patsy T. Mink Center for Business & Leadership, Hawaii

"Each year, we receive such a qualified, diverse pool of nominees for the awards," said Larry Stubblefield, Associate Administrator of SBA's Office of Veterans Business Development. "We're proud to recognize the award winners, runners-up and nominees for their dedication to the Boots to Business program, our service members, veterans, and military spouses."

Chosen from a pool of 27 nominees, the award recipients are selected based on best practices, planning and preparation, instruc-

tional methods and strategies, assessment and mastery, and leadership. To be eligible for a nomination, the instructor must be either an employee of the SBA or authorized resource partners (SBDC, SCORE, VBOC, WBC), and have participated as a Boots to Business instructor for at least one year.

Since being launched in January 2013, the SBA's Boots to Business program has served more than 86,000 transitioning service members, veterans, and military spouses. The program is administered as a collaborative effort between SBA district offices and resource partners, which include VBOCs, WBCs, SCORE, SBDCs, and grant partners.

For more information about the program, visit www.sba.gov/BootstoBusiness.

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.

Mother-Daughter Team Opens New Clothes Mentor in Maryland

Women's Resale Clothing Franchise is 148th Nationally—and Second Location in Maryland

By MATT DEMARGEL
for Clothes Mentor

MINNETONKA, Minn. (Dec 14, 2018)—Clothes Mentor, a leading women's resale clothing franchise headquartered in Minnetonka, awarded a new store in Waldorf, Maryland, to new owners Beth Teas and Gwen Conger. The new store is the second NTY Franchise Company resale brand to call Maryland home, joining Clothes Mentor of Columbia. They expect to open their new store in Summer, 2019.

"Clothes Mentor is a family business, so it's always exciting for us to award a new store to a family partnership ready to start their entrepreneurial journey together," Chad Olson, COO of NTY Franchise Company said. "We are thrilled for Beth and Gwen and look forward to celebrating their success."

Conger, a veteran with a 32-year career serving the United States Army, Navy and State Department, was turned on to Clothes Mentor after visiting a store in Virginia with her daughters, then doing a little homework. "My motivation is not so much for my-

self as it is for helping my children," Conger said. "I have always thought that owning my own business would be very satisfying work, plus I love clothes and I love a bargain! After taking two of my adult girls to Clothes Mentor in Fredericksburg to shop, I went online to see if it was a franchise. Then I asked my children if any of them would be interested in owning one and Beth seemed really interested."

Teas, a registered dietician, stay-at-home mom and part-time administrative assistant for her church, is very excited to not only own her own business; but do so with the help of a franchise.

"After my mom sent an email asking if either one of us would be interested in owning a Clothes Mentor franchise, I jumped at the opportunity! To be able to own my business and yet still have the support from a major company is a win-win in my opinion. Having something that I can call my own and be proud of is very exciting," she said.

Founded in 2006 by Ron Olson, NTY Franchise Company is the gold standard in

resale franchising companies. NTY franchises four brands, all with a different focus: Clothes Mentor, Children's Orchard, Device Pitstop, and NTY Clothing Exchange. The brands are all resale-based and cover women's designer fashions, children's apparel and accessories, electronic sales and repair, and clothing for teens and young adults. All of the resale franchise brands put great emphasis on buying high-quality, name-brand merchandise that is gently-used and in excellent condition. The stores are clean, bright, and meticulously organized. And the very nature of resale keeps customers coming back. Inventory changes daily and prices average 70 percent less than the original retail price.

Resale apparel is enjoying a \$20 billion boom that began during the great recession and continues today as consumers flock to stores like Clothes Mentor to buy and sell their gently-used teen and young adult fashions. Now growing a whopping 24 times faster than retail, recent reports project that the resale apparel market will grow to more than \$41 billion by 2022.

OUT on the TOWN

Rachel Barton Pine Foundation Releases Ground-Breaking “Coloring Book of Black Classical Composers”

By ALLISON VAN ETEN AND JANE COVNER
for Rachel Barton Pine Foundation

Can you name three Black classical composers?

Leading classical violinist soloist and mother Rachel Barton Pine can name 350, and over the past 15+ years has discovered 900+ compositions by Black composers many of which were previously hidden in the shadows.

Beginning October, 2018, the internationally-renowned violinist and her Rachel Barton Pine (RBP) Foundation Music by Black Composers (MBC) project, is showing the world how #BlackisClassical through the release of The Rachel Barton Pine Foundation's Coloring Book of Black Composers.

The project places Black classical composers and much of their previously overlooked music into today's cultural consciousness. In doing so, the RBP Foundation hopes to make the music of Black composers available to all people, inspire Black students to begin and continue instrumental training, and help change the face of classical music and its canon.

Black composers have created masterful classical music for centuries, yet they are underrepresented in concert programming and in classical music education, silencing a rich vein of works from global consciousness. As young musicians seldom have the opportunity to study and perform classical music by Black composers, aspiring Black music students struggle to participate in an art form in which they do not appear to belong, perpetuating a lack of diversity on stage and among audiences.

With that in mind, over the last 15 years, Pine and her RBP Foundation have collected more than 900 works by 350+ Black composers from the 18th-21st centuries, representing Africa, North and South America, Asia, the Caribbean, Europe, and Oceania.

Spreading Awareness of and Access to Music by Black Composers

The RBP Foundation's MBC efforts are part of a multi-pronged approach to spread awareness of and access to music by Black composers. This fall The Rachel Barton Pine Foundation also released, MBC Violin Volume I, the first in a series of pedagogical books of sheet music exclusively by Black classical composers featuring 22 works for violin from 1767 to 2014. The series is designed to enable everyone from beginners through Mendelssohn Concerto level to include works by Black composers in their studies. Additional orchestral instruments will be the subject of future volumes.

Serving on the Honorary Committee for the RBP Foundation's MBC project are trumpeter Wynton Marsalis, violinist Joshua Bell, actor Leslie Odom, Jr., jazz bassist and composer Stanley Clarke,

American mezzo-soprano Denyce Graves, pianist and composer Billy Childs, American television commentator Gretchen Carlson, pianist and pedagogue André Watts, Kevin Sylvester and Wilner Baptiste from Black Violin, violinist Daniel Bernard Roumain, and double bassist Chi-chi Nwanoku.

The Music by Black Composers project was conceived by the award-winning, Billboard chart topping violinist, Rachel Barton Pine (www.rachelbartonpine.com) who performs with the world's leading orchestras and has recorded 37 acclaimed albums. She became the first living composer to be published as part of Carl Fischer's "Masters Collection" series with the release of The Rachel Barton Pine Collection. Her performances are heard on NPR and stations around the globe and she has appeared on The Today Show four times, A Prairie Home Companion, CBS Sunday Morning, Bloomberg Television, CNN, PBS NewsHour and has been featured in the Los Angeles Times, New York Times, Washington Post and papers around the world. In addition to the MBC project, her RBP Foundation assists young artists through its Instrument Loan Program, Grants for Education and Career, and Global HeartStrings which supports musicians in developing countries. For more information, please visit rbpfoundation.org, musicbyblackcomposers.org, and RachelBartonPine.com.

LudwigMasters is a family owned and operated music-publishing business providing the finest selection of music for band, string orchestra, full orchestra and instrumental music. Call, email or fax orders in: 561-241-6169, Fax 561-241-6347, info@ludwigmasters.com

List of the 54 composers represented in the MBC Coloring Book

[** indicates a female composer]

Michael Abels (1962–), USA

**Eleanor Alberga (1949–), Jamaica

**Amanda Ira Aldridge (1866–1956), United Kingdom

Ephraim Amu (1899–1995), Ghana

David Baker 1931–2016), USA

Joseph Bologne, Chevalier de Saint-Georges (1745–1799), Guadeloupe, France

**Margaret Bonds (1913–1972), USA

Harry Burleigh (1866–1949), USA

Samuel Coleridge-Taylor (1875–1912), United Kingdom

Roque Cordero (1917–2008), Panama, USA

Nathaniel Dett (1882–1943), Canada, USA

Edward Kennedy “Duke” Ellington (1899–1974), USA

Joseph Emidy (1775–1835), Guinea, Portugal, United Kingdom

José Mauricio Nunes Garcia (1767–1830), Brazil

**Gonzaga, Francesca “Chiquinha” Gonzaga (1847–1935), Brazil

Adolphus Hailstork (1941–), USA

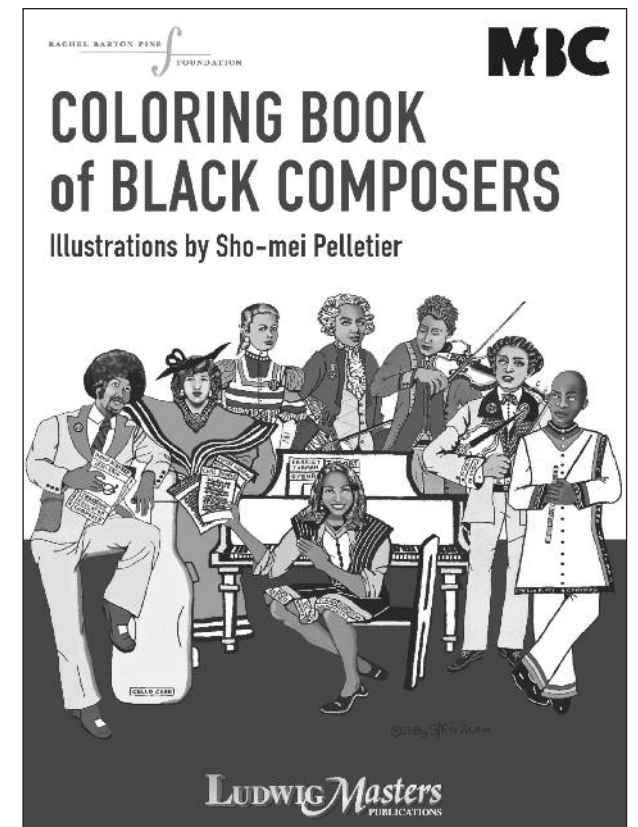


IMAGE COURTESY OF THE RACHEL BARTON PINE FOUNDATION

Cover of the coloring book.

Francis Johnson (1792–1844), USA
J. Rosamond Johnson (1873–1954), USA
Scott Joplin (1867/8–1917), USA
Ulysses Kay (1917–1995), USA
**Tania León (1943–), Cuba, USA
Wynton Marsalis (1961–), USA
**Jessie Montgomery (1981–), USA
J. H. Kwabena Nketia (1921–), Ghana
**Nkeiru Okoye (1972–), USA
Coleridge-Taylor Perkinson (1932–2004), USA
**Florence Price (1887–1953), USA
Amadeo Roldán (1900–1939), Cuba
Daniel Bernard Roumain (1970–), Haiti, USA
Ignatius Sancho (1729–1780), New Grenada, United Kingdom
Alvin Singleton (1940–), USA
**Undine Smith Moore (1904–1989), USA
Hale Smith (1925–2009), USA
Fela Sowande (1905–1978), Nigeria, USA
William Grant Still (1895–1978), USA
George Walker (1922–), USA
**Errollyn Wallen (1958–), Belize, United Kingdom
José White (1836–1918), Cuba, Brazil, France
Olly Wilson (1937–2018), USA

ERIC D. SNIDER'S IN THE DARK

... Movie Review ...

Instant Family

Instant Family

Grade: B+

Rated PG-13, moderate profanity, one F-word, some vulgarity
1 hr., 58 min.

“Instant Family” may not be the most wonderful movie of the year, but it’s certainly the most surprisingly wonderful. Inspired by a true story, the premise threatens a sappy, manipulative Hallmark movie: White childless couple Pete (Mark Wahlberg) and Ellie (Rose Byrne) decide to take in a foster kid and end up with a trio of Latino siblings. Ho ho, what a handful that’ll be!

And it probably would have been a cheesy heartwarmer if the real events that inspired it hadn’t happened to Sean Anders, director and/or co-writer of films like “Sex Drive,” “Hot Tub Time Machine,” “Horrible Bosses 2,” and “Daddy’s Home.” Working with usual writing partner John Morris, Anders delivers a film that is duly sweet but also realistic, populated by characters who swear and have doubts, where the would-be foster dad can’t help making inappropriate comparisons to rescue dogs and fixer-upper houses. Pete and Ellie get the idea of fostering because there’s something missing from their lives, but they’re motivated to go through with it out of pride because their relatives don’t think they can. That’s not the reason you want to hear for someone becoming a foster parent, but I bet it’s a common one.

Pete and Ellie have something like a toddler in mind, but at the meet-and-greet for fosters and potential parents, they’re won over by 15-year-old Lizzy (Isabela Moner)—well, not won over so much as teased for being too scared to take on a teenager. When the family services people tell Pete and Ellie that Lizzy has two siblings and then show pictures of the adorable little cherubs, Pete says, “Why would you show us these?” and Ellie says, “You’re an a**hole right now.” They take in all three, of course—adolescent Lizzy, dopey younger Juan (Gustavo Quiroz), and precious li’l Lita (Julianna Gamiz)—and of course all three turn out to be challenging in some way.

Pete and Ellie are part of a group of foster parents guided by family services employees Karen and Sharon, played by Octavia Spencer and Tig Notaro, respectively. Spencer’s larger-than-life sass and Notaro’s well-calibrated deadpan make them an excellent comic duo, and they encourage the parents to vent their frustrations at the regular support meetings. The other families—including an infertile couple, a gay couple, a Christian couple who want to “share their blessings”—become friends through shared experiences, and they laugh at one another’s foibles (as when Pete and Ellie initially brag about how well things are going, unaware of the “honeymoon” period). “It’s important to have a sense of humor,” says Sharon, and she couldn’t be more right. One of

the parents (Iliza Shlesinger), a single white lady who wants to adopt an athletic black teenager and recreate a “Blind Side” situation, roundly mocked by the others for this, grumbles, “You know, this is the exact opposite of a ‘support’ group.”

The kids, whose mother is a drug addict, have bounced between foster homes and have developed anxieties and fears that the film treats seriously, not (just) as punchlines. The difficult emotional nuances of fostering are considered: You come to love the kids, but that makes it hard to root for their mother to get her act together so she can have them back, and then you feel bad for feeling selfish.

Julie Hagerty and Margo Martindale are on hand as the

adoring foster grandmothers, and Joan Cusack shows up at the end as a neighbor who gets caught up in the love-fest. Which is what the movie is, and why it works: It’s about flawed but decent adults defending and protecting children (when Lizzy gets dirty text messages from an older guy ... buddy, WATCH OUT), all in a funny, relatable way, with everyone fully aware that the most important thing is love. The happy tears and good feelings it produces are well earned, not forced. The closing credits have pictures of real foster families, for crying out loud. This is basically propaganda to encourage people to become foster parents, and I can hardly think of a better use of propaganda.



ROTTENTOMATOES.COM

When Pete (Mark Wahlberg) and Ellie (Rose Byrne) decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl (Isabela Moner), they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family. INSTANT FAMILY is inspired by the real events from the life of writer/director Sean Anders and also stars Octavia Spencer, Tig Notaro and Margo Martindale.

Calendar Spotlight

Dinosaur Park Open House
Saturday, January 5, 2019, 12–4 p.m.

Description: Meet paleontologists, learn about Maryland prehistory, and search a real fossil quarry for 110 million-year-old fossils.

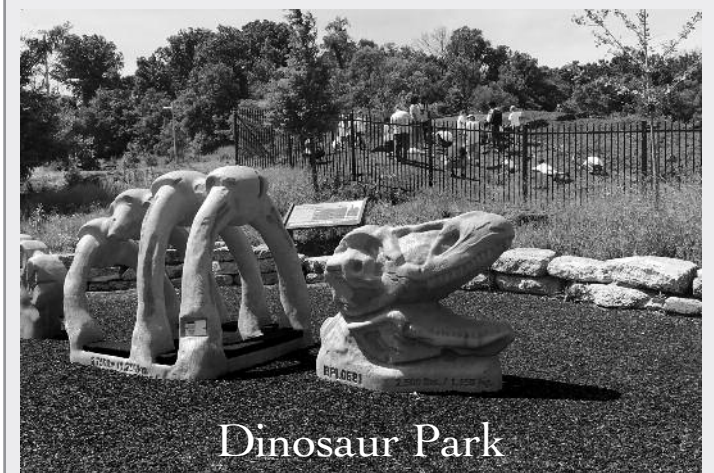
Cost: FREE

Ages: All ages are welcome

Location: Dinosaur Park, 13100 Mid Atlantic Boulevard, Laurel, MD 20708

Contact: 301-627-1286; TTY 301-699-2544

OPEN TO THE PUBLIC



Dinosaur Park

PHOTOGRAPH BY P.G. POST STAFF

Learn about the region’s ancient history at **Dinosaur Park!** Featuring fossils from the early Cretaceous Period, the park preserves one of the most important fossil sites this side of the Mississippi. Visitors can enjoy the garden and play areas daily, from sunrise to sunset. FREE interpretive open houses are offered every 1st and 3rd Saturdays of the month where citizen scientists young and old can help with the continuing search for fossils while learning more about Maryland’s prehistoric roots. Educational and school programs are also available—call 301-627-1286 for more information.

Dinosaur Park: 13100 Mid-Atlantic Boulevard, Laurel, MD 20708
301-627-1286 • <http://history.pgpcarks.com/3003/Dinosaur-Park>

PLAN AHEAD—RESERVATIONS REQUIRED!

A Taste of Tea

Date and Time: Sunday, January 13, 2019, 1 p.m.

Description: Come in out of the cold and join us for tea, the “comfort drink”. We will be tasting various teas, such as green, black, and white, while learning a little history of the beverage, and a surprising fact about herbal “tea”. This will be a casual, fun, buffet style get-together. Meet new friends and neighbors over scones, jam, lemon curd, and light desserts.

Cost: \$5/person. **Reservations required.** Call 301-464-5291

Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769

Calendar of Events

January 3–January 9, 2019

Xtreme Teens: Youth/Teen Safety

Date and Time: Friday, January 4, 2019, 7 p.m.–8:30 p.m.
Description: Be prepared for any situation. Whether you are staying home alone or babysitting others, it is best to be prepared. From CPR to internet safety you can find the right class for you! Dress comfortably and bring a lunch and snack.
Cost: FREE! with M-NCPPC Youth ID
Ages: 12–17
Location: Berwyn Heights Community Center, 6200 Pontiac Street, Berwyn Heights, MD 20740
Contact: 301-345-2808; TTY 301-699-2544

NCA & NDA Capitol City Classic

Date and Time: Saturday, January 5, 2019, 8 a.m.–8 p.m. (Doors open at 7 a.m. Competition begins at 8 a.m. The estimated end time is 8 p.m.)
Description: Cheer and Dance Competition
Cost: \$15 Spectator Fee. Children ages 7 & under are FREE! Cash only.
Ages: All ages are welcome
Location: The Show Place Arena, 14900 Pennsylvania Avenue, Upper Marlboro, MD 20772
Contact: 301-441-2647; TTY 301-699-2544

Three Kings Day Celebration

Date and Time: Saturday, January 5, 2019, 10 a.m.–1 p.m.
Description: Celebrate the Hispanic tradition of the Three Kings Day celebration. Enjoy music, refreshments, and more. Children ages 10 and younger will receive a gift from the Three Kings. **Pre-registration is highly encouraged. Call 301-408-4321.**
Cost: FREE: Only 2 adults w/child(ren) per family allowed
Ages: 10 and younger
Location: College Park Community Center, 5051 Pierce Avenue, College Park, MD 20740
Contact: 301-441-2647; TTY 301-699-2544

Mindful Music with Jael Patterson

Date and Time: Saturday, January 5, 2019, 1–3 p.m.
Description: Use music to set affirmations and hopes for the new year. With vocals, body percussion, and mindfulness principles, no musicianship required, only an open mind!
Cost: Pay As You Can donations are greatly appreciated
Ages: Adults
Location: Old Parish House, 4711 Knox Rd, College Park, MD 20740
Contact: info@cpae.org, 301-927-3013 (leave message)

CPAE Arts Drop In at MilkBoy ArtHouse

Date and Time: Sunday mornings, Jan 6; Feb 10; Mar 3; April 7; May 5, 2019, 11 a.m.–1 p.m.
Description: Arts Drop In
Cost: FREE
Ages: All ages welcome!
Location: MilkBoy ArtHouse, 7416 Baltimore Ave, College Park, MD 20740
Contact: info@cpae.org, 301-927-3013 (leave message)

Missoula Children's Theatre's "The Snow Queen" Auditions

Date and Time: Monday, January 7, 2019, 4:30–6:30 p.m.
Description: Auditions for Pre-Kindergarten through 12th-grade students. Missoula Children's Theatre provides two professional tour actor/directors who will audition and cast 50–60 local elementary school students in a full-length, original musical production of "The Snow Queen." Please wear comfortable clothing. All materials for song and movement auditions will be provided. Late arrivals will not be admitted.
Cost: FREE!
Ages: Pre-Kindergarten through 12th-grade students
Location: Harmony Hall Arts Center, 10701 Livingston Road, Fort Washington, MD 20744
Contact: 301-203-6070; TTY: 301-699-2544

Tuning Meditation

Date and Time: Monday, January 7, 2019, 7 p.m.
Description: Led by Allison Hughes, singers create a moving and delightful music improvisation, inspired by the work of avant garde composer Pauline Oliveros.
Cost: Pay As You Can donations are greatly appreciated
Ages: Adults
Location: Old Parish House, 4711 Knox Rd, College Park, MD 20740
Contact: info@cpae.org, 301-927-3013 (leave message)

Crochet Workshop

Date and Time: Monday, January 7, 2019, 7 p.m.
Description: Join us for crocheting. No prior experience needed. If possible, please bring your own materials due to limited supplies.
Cost: FREE
Ages: All ages
Location: Surratts-Clinton Branch Library, 9400 Piscataway Rd., Clinton, MD 20735
Contact: 301-868-9200

STEM-tastic: Engineering Challenge

Date and Time: Tuesday, January 8, 2019, 4 p.m.
Description: Drop in for fun engineering and creative building with hands-on activities.
Cost: FREE
Ages: 5–12
Location: Oxon Hill Branch Library, 6200 Oxon Hill Rd., Oxon Hill, MD 20745
Contact: 301-839-2400

Crocheting & Knitting

Date and Time: Tuesday, January 8, 2019, 5:30 p.m.
Description: Join us for beginners-to-advanced crocheting and/or knitting! Bring 1 skein of worsted weight yarn (#4 on label) and 1 set of size 7 needles, or a size J crochet hook, or a current project.
Cost: FREE
Ages: Adults
Location: Upper Marlboro Branch Library, 14730 Main St., Upper Marlboro MD 20772
Contact: 301-627-9330

50TH ANNIVERSARY OF APOLLO 8: PART 2

Apollo 8—In the Beginning There Was Liftoff

By STEPHANIE ZELLER
NASA's Goddard Space Flight Center in Greenbelt, Md.

Though some may romanticize the revolutionary 1960s, they were troubled times. The year 1968 was shaped by the assassinations of the Rev. Martin Luther King Jr. and Sen. Bobby Kennedy, which fueled violent riots and antagonized already severe discord over the Vietnam War. At the advent of the television era, such conflicts played out in living rooms across the country.

Amidst this atmosphere—and surely not immune to the country's troubling overtones—NASA engineers huddled in sequestered, cinder block buildings and strategized with abandon. They focused their collective efforts on the task readily at hand: responding to John F. Kennedy's call, made seven years prior, to send Americans to the Moon and return them safely to Earth by the close of the decade.

NASA understood that such a trailblazing mission would not be a forgiving one. Failure was not an option. The astronauts and the NASA employees on the ground executed their jobs with focus and precision, with the cultural and historical impact of the mission yet to be felt.

As Saturn V stood magnificently on the launch pad, illuminated like a beacon in early morning Florida darkness, those in Mission Control Houston, the engineers at the assembly facility, and the astronauts and their families were counting on those monstrous engines to fly as truly as when tested.

On Dec. 21, 1968, the Saturn V rocket was

visible for miles from Cape Kennedy, now known as Cape Canaveral, in the center of Florida's Atlantic coast. Thousands gathered on nearby sandy beaches to watch the historic event—the first time this powerful rocket would take humans beyond Earth's orbit. Perched atop the 36-story-tall rocket filled to the brim with nearly 1 million pounds of fuel, astronauts William Anders and Frank Borman were strapping into their seats. As Command Module Pilot and Navigator, Jim Lovell was the last to enter the Apollo 8 spacecraft and took a moment of pause to look around him. He reflected on this moment in a 2013 interview with the National Air and Space Museum:

"Everyone else is a comfortable three and a half miles away ... and my companions, they walk across the gantry [the bridge] to the spacecraft and so I'm left alone, fully suited up, breathing pure oxygen, and I look into the night and I see these lights from the press corps, I look down to the ground and I said ... these people are really serious! We're gonna go to the Moon!"

Just prior to 8 a.m., the Saturn V's 7.6 million pounds of thrust pushed the crew up through the atmosphere. Anders later said he felt like "a ladybug at the end of your car



APOLLO 8 LAUNCH FROM KENNEDY SPACE CENTER
7:51 a.m. (EST), December 21, 1968

CREDITS: NASA

The launch of the Apollo 8 space vehicle from the Kennedy Space Center at 7:51 a.m. (EST), Dec. 21, 1968, was the beginning of the historic journey to orbit the Moon and return. Apollo 8 was the first manned Saturn V launch.

antenna" in the 2013 interview.

The crew felt the crushing forces of 3.9g (like suddenly feeling 3.9 times your normal weight) as they embarked on a journey unlike any before, hoping to establish a new precedent of flight and human achievement that would stand for generations to come.

Earth TALK™ Is There Greener Wall-to-Wall Carpeting?

Dear EarthTalk:

I need to replace the wall-to-wall carpeting in my basement. Any tips for finding something new that won't aggravate my allergies or otherwise pollute my indoor air?

—Jasper Manheim, Los Angeles, CA

Carpeting is an oft-overlooked culprit when it comes to compromised indoor air quality, but the chemicals used to produce it are typically far from natural. According to the non-profit Environmental Working Group (EWG), most carpeting is made from synthetic fibers derived from non-renewable petroleum-based sources and emits harmful volatile organic compounds (VOCs) into the air.

Meanwhile, carpet backing is typically made from synthetic rubber derived from styrene and butadiene, also respiratory irritants. And that new carpet smell we know

so well comes from the off-gassing of 4-PCH, a potent VOC byproduct of the synthetic rubber manufacturing process known to cause respiratory problems, eye irritation and rashes. EWG adds that it can also react with other chemicals to produce formaldehyde, a known human carcinogen.

Likewise, the glues and sealants used to install most wall-to-wall carpeting come chock full of more VOCs and in some cases, toxic petroleum-based solvents. To add insult to injury, the waterproofing and antimicrobial treatments now common in everyday carpeting have been linked to cancer, birth defects and hormone disruption. Last but not least, carpet padding is typically made from scraps of polyurethane recycled from older furniture and mattresses—and as such likely contains carcinogenic chemical flame retardants now banned in new furniture.

Well that's all well and good, but what choices do we have? Actually, lots. Carpeting labeled with the Carpet & Rug Institute's "Green Label Plus" or UL Environment's "Greenguard" emit low amounts of VOCs and as such are safer for you and your family. Wool is the most common eco-friendly choice, but jute and cotton varieties are coming on strong. Stay away from stain fighting, waterproofing or antimicrobial treatments. For carpet padding, go with felt rather than synthetic

rubber. And make sure to use low-emitting, non-solvent adhesives and/or fasteners during installation.

No matter what kind of carpeting you end up with, make sure to vacuum it regularly—the American Lung Association recommends at least 3x/week with a HEPA filter-equipped vacuum—to remove dust, allergens and pollutants that you (or your pets) might track in. "Carpets are ... the perfect environment to harbor dust mites, mold and mildew, which are all common allergens," reports EWG.

One way to avoid all of these issues entirely is to forego carpeting altogether and go with tile, wood, cork or natural linoleum flooring with low-VOC sealant. They don't off-gas VOCs or harbor allergens and pollutants, and they're easy to clean while lasting decades longer than carpeting anyway. Throw down a few wool area rugs (easily cleaned outside) and you'll be good—and green—to go.

Now what to do with the old carpeting is another question entirely. Carpeting is difficult to recycle as it's made from multiple components with different chemical makeups, so your local curbside recycling hauler is unlikely to take it away for you. The non-profit Carpet America Recovery Effort (CARE) is working to develop the infrastructure needed to recycle carpet efficiently across the U.S. In the meantime, you can search on Earth911 for a carpet recycler near you.

CONTACTS: EWG, www.ewg.org; Green Label Plus, carpet-rug.org/testing/green-label-plus; Greenguard, greenguard.org; CARE, carpetrecovery.org; Earth911, search.earth911.com.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: question@earthtalk.org.



IMAGE CREDIT: DOMINIKA GREGUŠOVÁ, PEXELS

Greener carpet is made from wool, jute or cotton and emits little if any VOCs.

TUESDAY TIP

RECYCLE YOUR CHRISTMAS TREE

Starting December 31, 2018 through January 28, 2019 recycle your cut, unbagged and undecorated holiday tree in the County's Christmas Tree Recycling Program. Trees collected during this time are turned into mulch for the spring.

- Place your tree curbside for pick up by 6:30 a.m. on yard trim collection day (Monday).
- Residents may also bring unadorned trees, free of charge to the following locations for recycling:
 - Brown Station Road Public Container Pad and Recycling Area**
3501 Brown Station Road, Upper Marlboro
Monday - Saturday and holidays: 7:00 a.m. - 6:00 p.m.
 - Missouri Ave. Solid Waste Acceptance & Recycling Center**
12701 Missouri Avenue, Brandywine
Mon., Wed., Fri.: 6:30 a.m. - 3 p.m.
Tue., Thu.: 10 a.m. - 6:30 p.m.
Sat.: 7:30 a.m. - 4 p.m.
Sun.: CLOSED

second NATURE Prince George's County Second Nature is an initiative of the Department of the Environment, Redevelopment, Authority, and Office of Central Services to promote eco-friendly and sustainable in our everyday behavior.

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Saturday Worship:
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www.fhbp.org

BAPTIST

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Stephen L. Wright, Sr., Pastor

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College Park, MD 20740
301-474-3995
www.fbc-cp.org

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Sunday Worship 11a.m.
Holy Communion 1st Sunday
Wednesday Bible Study 7-8p.m.
Wednesday Prayer Service 8p.m.

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Union
United Methodist Church

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Upper Marlboro, MD

Church (301) 627-5088

Sunday School: (Children/Adults) - 8:30 a.m.
Sunday Worship: 10:00 a.m.

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Rev. Jonathon Counts, Pastor

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Morning Worship 10:00 a.m.
Sound of Victory Prayer Call
Wednesdays 9:00pm
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Access Code 929037
Soulful Thursdays
Bible Study 7:00pm

BAPTIST

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Worship Service - 11:00 A.M.
Wed. Prayer Service & Bible Study - 7:00 P.M.
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Fax (301) 839-1721
E-mail: FHBC@verizon.net
Pastor: Rev. Waymond B. Duke

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Elder Willie W. Duvall, Pastor

Have a Safe Weekend

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Call the Prince George's Post today and have your Church information published in our Directory.

Call Today!
301-627-0900

Brain Health from A1

Another way to promote brain health is taking care of your mental health. Managing stress and anxiety is not only important for overall health and wellbeing, but studies have found a link between depression and increased risk of cognitive decline. Take care of yourself and seek medical treatment if you have symptoms.

Being social may also support brain health. That's right. Add "hang out with friends" and "have fun" to your New Year's resolutions list. Better yet, take on several of these lifestyle changes for maximum impact. For example, enroll in a dance class with a friend.

Alzheimer's researchers are now looking into whether a "cocktail" of these interventions can protect cognitive function. The Alzheimer's Association's U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER) is a two-year clinical trial that hopes to answer this question, and is the first such study to be conducted of a large group of Americans nationwide.

While there's currently no certain way to prevent Alzheimer's and other dementias, there is much to be gained by living a healthy lifestyle and adopting brain health habits that you enjoy, so that you stick with them for the long haul.

Safe School from A1

Safe2Tell Wyoming saw a 76 percent increase in the number of reports from the 2017-2018 school year compared to the 2016-2017 school year, according to the report.

The Safe Schools Maryland, Safe2Tell Colorado and Safe2Tell Wyoming apps were all developed by Anderson Software.

The analytics of the Safe Schools Maryland app are being tracked through a software platform called P3, which provides records of time, types of tip, location of the tip, actions taken and resolution of the tip.

The most tips received by Safe Schools Maryland fell under the drug distribution/use/sale/abuse category, while bullying/cyberbullying and teasing had the second-most tips.

"After a tip is closed or resolved, the outcome is captured so there is a way to know if there are concerns regarding the genuineness and accuracy of the tip," said Castillo. "For tips that directly target a particular school or student and are found to be false, school administrators can address those concerns per their protocols."

As of Nov. 16, the Safe Schools Maryland app had 1,266 total downloads, 935 from Apple devices and 331 from Android devices, according to Dawn O'Croinin, counsel for the Maryland Center for School Safety.

People who use the Safe Schools Maryland app can choose from 42 categories of incidents to report information and all 24 school systems in Maryland are participating.

At least one other person had some type of knowledge of the attacker's plan in 81 percent of planned or targeted violence in schools, according to a 2008 United States Department of Education study. Of those individuals, 93 percent were peers of the perpetrators—either friends, schoolmates or siblings.

"There are so many hopeful and heartbreaking pieces to school safety policy," said Singer. "Heartbreaking because we've lost so many young lives, hopeful because we can save so many more lives when we commit ourselves to best practices based on solid research."

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MARYLAND ARTS DAY

Thursday, February 14, 2019
Annapolis, Maryland
8:15 a.m. to 2:00 p.m.

Early Bird Registration Fee \$25
After January 31, Registration \$40

The date for Maryland Arts Day 2019 is set for Thursday, February 14. Register NOW for the most important arts advocacy event of the year. Join the chorus of voices that will be making the case for public funding for the arts to Maryland lawmakers.

This exhilarating event brings together more than 500 arts advocates, artists, educators, administrators, board members, volunteers, and more from across the state. In addition to remarks from lawmakers passionate about the arts and the presentation of the annual Sue Hess Arts Advocate of the Year Award, attendees will hear from dazzling keynote speaker Stephanie Ybarra (Artistic Director, Baltimore Center Stage), and have the opportunity to champion the arts directly with their lawmakers.

Be on the lookout for future updates on the Maryland Arts Day site, as well as our Facebook, Twitter, and Instagram pages.

Sue Hess Arts Advocate of the Year Nominations Are Open!
Do you know someone who has been a fantastic advocate for the arts in our state?
Each year, MCA calls on its supporters to nominate arts advocates for our Sue Hess Maryland Arts Advocate of the Year Award. For more information and to nominate someone, visit <https://mdarts.org/md-arts-community/sue-hess-maryland-arts-advocate-of-the-year-award/>
The deadline for nominations is 12:00 p.m. (noon), Friday January 11, 2019.

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