

The Prince George's Post



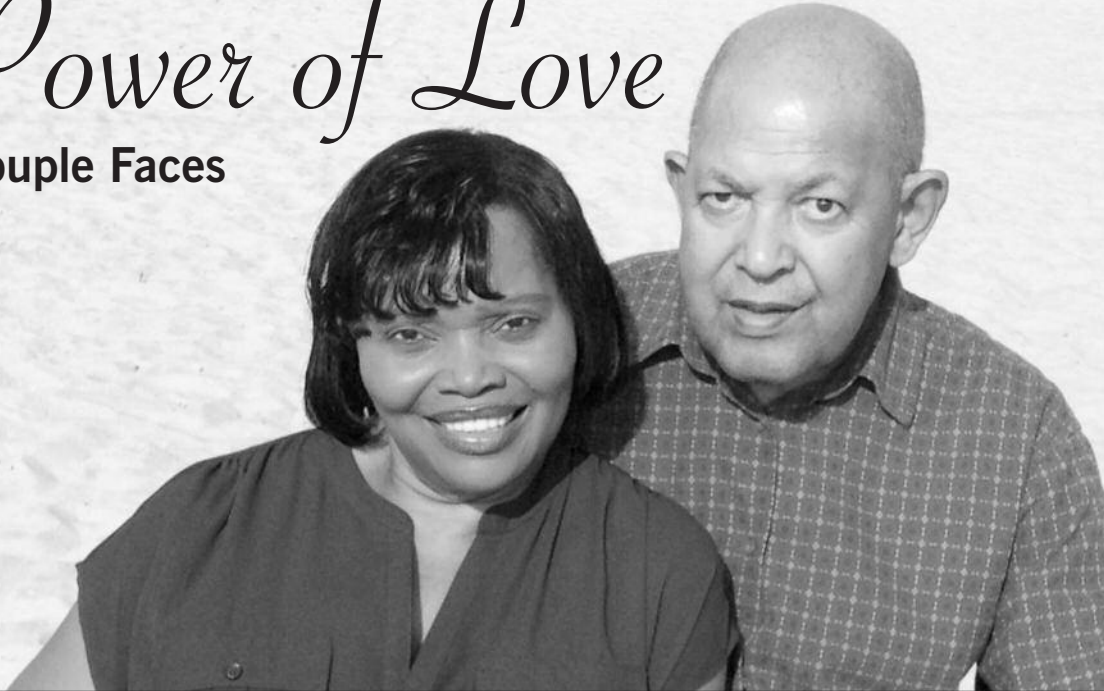
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The Power of Love

♥ How One Couple Faces Alzheimer's

PHOTOGRAPH COURTESY OF IRMA NICHOLSON



By CINDY SCHELHORN
Alzheimer's Association

Irma Nicholson was busy working as a store manager when she first noticed him. He walked past the store—maybe more than once—and finally caught her eye. He smiled. She smiled back. After her shift ended, Irma found that he was waiting for her. They talked and exchanged numbers.

Twenty-five years later, they're still talking—and still smiling. Oswald "Mark" still brags about how Irma beamed at him and caught HIS eye. She laughs when she scolds him to stop telling the story that way. "I was just doing my job. I had to be friendly to the customers!" she says.

Today, their smiles and conversations have new meaning. Mark has Alzheimer's. But they have not let the disease get in the way of keeping their life filled with joy and purpose—and a little romance along the way.

Daily conversations about old times bring back warm memories, which Mark can still remember vividly. They find togetherness in little things like watching his favorite television shows, Family Feud and Wheel of Fortune. On special occasions, such as Valentine's Day, birthdays, and anniversaries, the two go shopping together for each other's cards and gifts. They still dine out and travel to visit family or the beach. Williamsburg is their special getaway each year for their anniversary.

Irma finds strength in her caregiving journey through the help of her support group at her church, First Baptist Church of Glen Arden. Says Irma, "As a caregiver, I keep my spirits up by having a strong belief and faith in God. I spend a couple of hours a day reading and doing my devotional. I attend a support group, which is awesome because you learn you are not alone in dealing with this disease. I take one day a week for me where a

girlfriend and I go to the movies or eat out. Finally, I have a group of friends and family who check on me regularly to ensure I'm okay."

Irma has taken an active role as an Alzheimer's Association advocate, fighting for increased support for people with the disease and their families and critical research funding. She met with Congressman Anthony Brown last year and won his support as a co-sponsor of the Palliative Care and Hospice Education and Training Act. Irma will be attending the Alzheimer's Association AIM Advocacy Forum next month and hopes to secure Rep. Brown's commitment to serve on the Alzheimer's Congressional Task Force. (The Alzheimer's Association AIM Advocacy Forum is the nation's premier Alzheimer's disease advocacy event. Learn more at alz.org/forum.)

Irma believes in the "power of love"—so much so that she gave that name to her Walk to End Alzheimer's team. Team Power of Love—comprised of family, friends and members of her church—has participated in the Walk in Prince George's

County for the past three years, raising more than \$20,000 in the fight to end Alzheimer's. The team will be walking again at National Harbor on Saturday, September 14. Community members who want to walk can visit <http://act.alz.org/princegeorges19> and sign up to join Irma's team or start one of their own.

Facing the diagnosis of Alzheimer's as a couple can be challenging. Irma offers this advice: "First pray and ask God to give you the strength that you need to go through it. Second, cherish every moment that the two of you have left together—and cherish your spouse as a person. Remember each other, family and friends, and the good times you shared together. Third, join a support group so you know you are not alone. Stay connected to the Alzheimer's Association. Call their 24/7 Helpline (800-272-3900) for information and support. Fourth, stay updated on all new information relating to clinical trials and drugs that might slow the progression of the disease until a cure is found. Last, always remember the "Love" that you shared before the disease became a part of your life."



Irma's Walk to End Alzheimer's team.

PHOTOGRAPH COURTESY OF IRMA NICHOLSON

THE M-NCPPC, DEPARTMENT OF PARKS AND RECREATION PRESENTS THE 2019 Teen Dating Violence Summit: No Excuse For Dating Abuse

Thursday, February 14, 2019, 6–9 p.m., at Camelot by Martin's, Upper Marlboro

By PRESS OFFICERS
Department of Parks and Recreation

RIVERDALE, Md. (February 7, 2019)—Join the M-NCPPC, Department of Parks and Recreation, in partnership with the Department of Family Services, Circuit Court for Prince George's County, and the State's Attorney's Office, in a national effort to protect and educate young people about dating violence. For the last six years, the Teen Dating Violence Summit has brought valuable information and resources to teenagers in Prince George's County.

February is Teen Dating Violence Awareness Month. It's a national effort carried on by activists, community leaders, and national and local organizations, to raise awareness about dating abuse, promote programs that support young people, and encourage communities to prevent this form of abuse with the goal of decreasing the prevalence of dating abuse among young people. According to breakthecycle.org, one in three teenagers reports knowing a friend or peer who has been hit, punched,

2019 Teen Dating Violence Summit: No Excuse for Dating Abuse

Thursday, February 14, 2019, 6–9 p.m.
Camelot by Martin's,
13901 Central Ave, Upper Marlboro, MD 20774
Ages 11–21 • FREE

kicked, slapped, choked, or physically hurt by their partner.

During the 2019 'No Excuse for Dating Abuse' Summit, teens will have a panel discussion with courageous conversations confronting issues of dating violence head-on and calling on the community for support and action. Additionally, there will be a visual arts and poetry contest, interactive visual arts expressions, refreshments, giveaways, and a live band with special guest Emcee Deja Perez!

Refreshments are available from 6–7 p.m. only. Transportation will be provided from Kentland Community Center (CC); Bowie CC; Oakcrest CC; Deerfield Run CC; Suitland CC; Lake Arbor CC; Westphalia CC; and, Good Luck CC.

National Harbor Launches Guide By Cell for its Extensive Outdoor Art Collection

Riveting outdoor art gallery comes alive with free guided tour for all ages

By VICKI BENDURE
Bendure Communications, Inc.

NATIONAL HARBOR, Md. (Feb. 5, 2019)—Over the past 10 years, National Harbor has acquired and commissioned a large number of artworks by local and nationally known artists. Most of this outdoor art collection is along American Way in the Waterfront District at National Harbor. The tour begins at the waterfront with the world-renowned sculpture, "The Awakening" by J. Seward Johnson, a giant rising out of the sand. The tour continues up steps lined by two mosaics by artist Cheryl Foster. Two amazing 4500-pound stainless steel eagles with 14-foot wingspans rise over the Belvedere Plaza atop 60-foot poles. The eagles are by artist Albert Paley and sit above the spectacular terrazzo mural by Steven Weitzman.

On the edge of the Plaza, five lifelike sculptures by artist Ivan

See GUIDE BY CELL Page A8



PHOTO CREDIT: OFFICE OF THE GOVERNOR, MARYLAND

Veterans with military service spanning from World War II to Iraq and Afghanistan, joined Maryland Governor Larry Hogan and Lt. Governor Boyd Rutherford on the State House steps to proclaim 2019 as The Year of the Veteran.

Governor Larry Hogan Proclaims 2019 as the Year of the Veteran in Maryland

Administration to Introduce Legislation to Exempt 100% of Military Retirement Income from State Tax

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (February 8, 2019)—Joined yesterday by more than 100 veterans, Governor Larry Hogan proclaimed 2019 as the Year of the Veteran in Maryland. This yearlong observance raises awareness of the brave service and sacrifice our United States veterans and families have made for Maryland and our country. Following the announcement, which was made on the north steps of the Maryland State House in Annapolis, the veterans joined the governor for a gathering in the Governor's Reception Room.

"Our administration is committed to ensuring that Maryland's 380,000 veterans are recognized

for their service," said Governor Hogan. "This proclamation is yet another way we can show our gratitude and honor the men and women who have sacrificed so much for Maryland and our nation."

The governor also announced that he will again introduce legislation during the 2019 legislative session to exempt 100% of military retirement income from state tax. The governor has repeatedly advocated to eliminate state taxes on the retirement income of military retirees.

In addition to raising awareness of our veterans' service, the proclamation highlights a number of significant 2019 anniversaries. This year marks

See YEAR OF THE VETERAN Page A8

INSIDE

Sheehy Ford of Marlow Heights Donates \$5,000 to United Communities Against Poverty

UCAP, a nonprofit 501(c)(3), advocates for communities facing deficiencies in education, affordable housing, economic stability and health care.

Community, Page A3

ChildWatch: "Eeny, Meeny, Miny, Mo"

The *Eeny, Meeny, Miny, Mo* series is now on display at the Children's Defense Fund's national headquarters and is a searing daily reminder of how many children are not free but caged in America.

Commentary, Page A4

Bowie City Council Selects Darian Senn-Carter To Fill Council Vacancy

Dr. Senn-Carter is currently a member of the Anne Arundel Community College faculty where he teaches in the Homeland Security and Criminal Justice Institute.

Business and Finance, Page A5

Black History Month Events

Films, performances, discussions, and a puppet show highlight Black History Month. There's something for everyone!

Also, Hampton National Historic Site in Towson offers two events in honor of Black History Month.

Out on the Town, Page A6, A7

Earth Talk

Dear EarthTalk:

Would extending Daylight Savings Time (DST) year-round have benefits for the environment?

—Jane Wyckoff, Soquel, CA

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Julius Campbell, featured in "Titans," dies at 65, in Morningside

Julius Campbell Jr., a high school football star depicted in the movie "Remember the Titans," died Jan. 25 in Morningside. He was 65; the cause of his death was organ failure.

Back in 1971 Julius was living in Alexandria when the city moved high school upperclassmen, both black and white, from Francis Hammond HS and George Washington HS to T. C. Williams. Julius—at 6 feet and 230 pounds—was ready to take on football. More than that, he stepped up as a leader and peacemaker when racial tensions were high; he made the players talk to each other.

He was tapped as captain. The Titans went undefeated that year to win the Virginia AAA championship. That victory was depicted in the 2000 film, "Remember the Titans." Actor Wood Harris was Julius in the movie.

After graduation, he went to Ferrum Junior College hoping to go on to play for Ohio State. But an injury ended his athletic career.

He loved animals and went to work for animal control departments in Virginia and Maryland. He served as vice president of the 1971 Original Titan Scholarship, established in 2002 for T.C. Titans with financial need to afford college. He also gave talks throughout the area, recounting his team's story and the importance of combating racism and bullying.

When he moved to Pickett Drive in Morningside is unknown, but there he died. He's survived by his wife Cathy Campbell, a daughter, three stepdaughters, two stepsons and five grandchildren. The *Alexandria Times* cited him, as leaving "a legacy defined by his athleticism and decades-spanning work fighting for racial equality and harmony."

Neighbors and other good people

Skyline President Stan Holmes is delighted with the gift he received for his Feb. 2 birthday: a new granddaughter, Dynver Reign. And for great-grandmother Shirley Holmes, who still lives in Skyline, a new great-grandchild.

Carla Cash, who handles Constituent Services for District 8 County Council Member Monique Anderson-Walker, attended the Skyline Citizens' board meeting Feb. 6. She was delightful and, we believe, will help us in our projects.

Ramona Britt, formerly of Suitland and Laurel, moved last year to Summerville, S.C. She called me, just to chat, and mentioned that, sadly, she wouldn't be going to her next reunion. She graduated from Eastern HS Class of 1950, and has attended class reunions for years. For the last three reunions, she was the only Class of '50 grad there. She's not able to go this year, so she guesses there'll be no one there from '50.

On Martin Luther King Day, Jan. 21, about 50 GW students showed up at the Morningside Firehouse. They wanted to help others for MLK Day. They helped re-tile the live-in trailer, installed smoke detectors around the community, cleaned the station, organized paperwork, and painted the bay walls! Morningside VFD thanks them, big time!

Applause

Congratulations to Tobias Robinson-Williams, Madison Fields, Matthew Fields, and Maxton Fields who performed in the Missoula Theater production of "Snow Queen" at Harmony Hall.

Now, Tobias is playing Mufasa, Matthew is playing Ed and little brother Maxton is playing a hyena in the City of District Heights Theater's production of "Disney Lion King." Claudia Pearson, Director. The performance will be March 3 but it's already sold out.

Laurny Howell, of Upper Marlboro, and Gabrielle Williams, of Accokeek, are among the 100 teens throughout the county who'll participate in the 2019 Disney Dreamers Academy with Steve Harvey and *Essence Magazine* March 21-24.

Coming up

Morningside Town Meeting, Tuesday, Feb. 19, 7 p.m. at the Municipal Center.

Skyline Citizens Association quarterly meeting, Wednesday, Feb. 20, 7 p.m. at the Firehouse.

Morningside Memories: 60 years ago

Girl Scout Troop 268 completed beginners swimming lessons in Feb. 1959 at the Naval Research Lab, arranged by Joe Curcio. Those who passed were Carol Gardner, Janice Russell, Pat Lowery, Dorinda Reeves, Janice Brewer and Linda Stokes. For the rest of the Troop (Linda Ferguson, Mary Lou Witzczak, Kathy Ferrell, Eva Smith and Mary Ann Elrod) it was "Better luck next time."

Pete Sproesser, Surrattsville '98

Kevin F. "Pete" Sproesser, 50, graduate of Surrattsville HS, class of 1986, died Feb. 3. He was born in Clinton, one of the six children of Marjorie and the late Paul Sproesser, Sr. In addition to his mom, survivors include his children, MiKayla and Kevin Jr., and five siblings. Funeral Mass was at St. John's in Clinton with burial at Resurrection Cemetery. He loved music and was an accomplished guitar player.

Edmond De Mattia, oboist

Edmond De Mattia, 89, of Clinton, an oboist with the Navy Band from 1948 to 1968 and founder and conductor of the National Concert Band of America, died in Easton Oct. 11. He also ran a print shop. Survivors include his wife Elizabeth "Betty" De Mattia; six children, grand- and great-grandchildren, and brothers Fedora and Raymond De Mattia. Services were at Clinton Christian Assembly of God where he was a devoted member.

Milestones

Happy birthday to Father Ted Hegnauer, Pastor of St. Philip's Parish, David Chambers and Mary Young, Feb. 15; Sarah Anderson and Dean Woods, Feb. 16; Charlene Holmes and Danny Fowler, Feb. 18; Clifford Lantz, Feb. 19; Melissa Harnes and Paul Bornman, Feb. 20; and Ray Short Sr., Feb. 21.

Happy anniversary to Frank and Soo Wilson, Feb. 15; and to Wilda and Joe Cheseldine, their 61st (!) on Feb. 16.

Happy Valentine's Day to my Readers and my editor!

Around the County

Bowie State Football Releases 2019 Schedule

By GREGORY C. GOINGS

Bowie State Sports Information

BOWIE, Md. (Feb 6, 2019)—The Bowie State University Department of Athletics has released its 10-game football schedule for the 2019 season. Bowie State concluded last season with a record of 10-3 overall, 5-1 in the CIAA and the Bulldogs captured the conference championship crown.

The Bulldogs will kick off their season on the road against the Yellow Jackets of American International College on Saturday, September 7th with game time set for 12 pm. Next on the schedule for Bowie State will be a trip south to face the Bears of Shaw University in a non-conference matchup on Saturday, September 14th. Game time is slated for at 1:00 p.m. in Durham County Stadium.

BSU will make its home debut on Saturday, September 21st when the Bulldogs host Alderson Broaddus University at 1 p.m. to conclude the non-conference portion of their schedule.

The Bulldogs stay at home in week four, entertaining the Falcons of Saint Augustine's University at 4 p.m. in the first conference game of the season.

The first game in the month of October will send the Bulldogs down tobacco road to take on Win-

ston-Salem State University. This cross-divisional matchup is scheduled to take place on Saturday, October 5th with a game time to be determined.

Bowie State divisional play will begin at home against the Hawks of Chowan University on Saturday, October 12th at 1 p.m. for Homecoming 2019. Next in the division, the Bulldogs will travel to Virginia State University (October 19th) for the Trojans Homecoming. Kickoff is set for 2 p.m.

The Bulldogs return to the cozy confines of Bulldogs Stadium for weeks eight and nine hosting Virginia Union University (October 26th at 1 p.m.) and Lincoln University of Pennsylvania (November 2nd at 1 p.m.).

The regular season will conclude Saturday, November 9th as Bowie State makes its final regular season road trip to face the Vikings of Elizabeth City State University at a time to be determined.

"I'm excited about our 2019 schedule as we are able to play a very competitive non-conference schedule which will prepare us for conference play", said Bulldogs Head Coach Damon Wilson.

Prior to the start of the 2019 regular season, the Bulldogs will hold their annual intra-squad spring controlled scrimmage game on Saturday, April 20th at Bulldogs Stadium.

Local Students Honored

Area Students Earn Academic Recognition at West Virginia Wesleyan College

BUCKHANNON, WV (Feb 5, 2019)—Prince George's County area students have earned academic recognition at West Virginia Wesleyan College for their classroom performance during the 2018 fall semester.

Name	Class Year	Hometown	Recognition
Winnifred Berry	Senior	Greenbelt	President's List
Iyiade Olateru-Olagbegi	Senior	Beltsville	Dean's List
Devin Taylor	Freshman	Upper Marlboro	Dean's List

The criteria for inclusion for the Wesleyan President's List is a 4.0 GPA with a minimum of 12 earned hours for the semester.

The criteria for inclusion for the Wesleyan Dean's List is a 3.5 GPA with a minimum of 12 earned hours for the semester.

—Rochelle Long, West Virginia Wesleyan College

Local Students Named to Dean's List at St. Mary's College of Maryland

ST MARY'S CITY, Md. (February 4, 2019)—The following local students were awarded Dean's List academic honors for the fall 2018 semester at St. Mary's College of Maryland:

Accokeek, MD: **Nathan Yalung**
 Beltsville, MD: **Omobolawa Fadojutimi, Christian Oliverio**
 Bowie, MD: **Kevin Gloffely, Leah Jackson-Barreto, Veronica Kogut, Caroline Ryan, Amanda Trusen, Lela Versteegen**
 Brandywine, MD: **Courtney Fielders, Alyssa Hawkins, Sylvia Klein**
 Clinton, MD: **Alana Demones**
 Dunkirk, MD: **Joshua Bond, Callahan Heim**
 Fort Washington, MD: **Mary Korendyke**
 Greenbelt, MD: **Sophie Bernheisel, Mira Willson**
 Hyattsville, MD: **Daniel Hunt, Noah Ramsey-Lucas, Angel Reyes, Jacob Rosenzweig-Stein**
 Laurel, MD: **Ivy Antunes, Kaitlyn Johnston-Napora, Carolyn Sutton, Jessica Vislay**

Lothian, MD: **Jayne Barkman, Morgan Smith**
 North Brentwood, MD: **Simonne Francis**
 Riverdale, MD: **Andrea Cabrera-Munoz, Karina Toledo**
 Upper Marlboro, MD: **Kyle Musselman**
 Dean's List honors are awarded to full-time students at St. Mary's College who earn a semester grade-point average of 3.5 or better on 12 or more graded credits.

—Michael Bruckler, St. Mary's College of Maryland

Upper Marlboro Student Named to President's List at Berkeley College

Nichole Williamson of Upper Marlboro in Prince George's County, MD, has been named to the President's List at Berkeley College for the fall 2018 semester.

"I am proud of our students and their academic accomplishments," said Michael J. Smith, President of Berkeley College. "Their work ethic and talent will serve them well as they prepare to graduate and progress toward their future successes."

Students who achieve a grade point average of 4.00 with a minimum of 12 academic credits qualify for the President's List.

—Ilene Greenfield, Berkeley College

Fall 2018 Kettering College Dean's List

KETTERING, Ohio (February 7, 2019)—Kettering College congratulates the following students on being designated for the Fall Semester 2018 Academic Dean's List.

Nadine Roberts, Nursing, BS (prelicensure), Beltsville, MD
 Students that are distinguished on Kettering College Dean's List, completed at least 12 total credit hours during a semester, and maintained a grade point average (GPA) of 3.50 or greater, with no grade below a B-.

—Lauren Brooks, Kettering College

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BIRTHDAY GREETINGS

Happy Birthday to Brandon Freeman, Vincent Woodard, Darion Smalling, Jean Brown, Rom Escanilla, Joachim Neckere, Janice Patterson, Rachael Cain, Lauren Crawford, Marvies Davies, Anderson Jackson, Gloria Garrett, Fern Green, Emmanuel Oghogho, Adrian Sims, Ronald Davis, Jean Noel, Malcolm Terry, Anthony Davis, Isabella Oghogho, Matthew Oghogho, Karmilita Contee, Maleke Glee, Lawrence Oghogho, Romonia Pinkney who are Clinton United Methodist Church members celebrating birthdays during the month of February.

WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Wendell and Florella Wallace, Steven and Denise Bouyer Carter who are Clinton United Methodist Church members celebrating a wedding anniversary during the month of February.

"SOUL CHILD" A BLACK HISTORY MONTH CELEBRATION

Enjoy an evening of dance, music and more as Black History Month is celebrated Saturday, February 16, 2019 for the Performing Arts 7:30-9:00 p.m. (ET). This production features the new Bowie Center in house performing arts program, COLOURS. There will be special performances included by the Oh! Ballet Arts Academy and a special art installation in their gallery by Bowie State University.

This celebration is for all ages. Tickets are \$10 per person (\$5 for children). For more information visit starsfoundation@verizon.net. Telephone number is 301-805-8660.

HOSPITAL VOLUNTEER PROGRAM

MedStar Southern Maryland Hospital Center volunteers make a difference every day helping to support the health of our community. Please call 301-877-4553 for more information about volunteer opportunities.

WEIGHT LOSS SURGERY SEMINAR AND SUPPORT GROUP MEETING

A seminar conducted by bariatric surgeon John Brebbia, MD, MBA, FACS, CNSC that offers tools, resources and non-judgmental support for battling obesity is being held first Wednesdays of every month MedStar Health at Brandywine Community Room 13950 Brandywine Road Brandy-

wine, Maryland 20613. Seminar: 6:00 p.m. to 7:00 p.m. Support group 7:00 p.m. to 8:00 p.m. Registration is required. Cost is free. Telephone number is 301-774-8962.

CONGRATULATIONS

Congratulations to the Frederick Douglass High School Dance Team in Upper Marlboro, Maryland who won 1ST place Team and 1ST place Captain Jazz and Hip Hop at MAPDA Atholton. PGCPDRocks.

AFRICAN AMERICAN HERITAGE SITES PRINCE GEORGE'S COUNTY, MARYLAND

Poplar Hill on His Lordship's Kindness located at 7606 Woodyard Road, Clinton, Maryland 20735 have tours by appointment 301-856-0358/poplarhillonhik.com. "Poplar Hill was a part of a 7,000-acre land grant from Charles Calvert to Colonel Henry Darnall in 1703. The mansion was built between 1785 and 1787 by Darnall's great grandson, Robert Darnell, replacing an earlier residence constructed for his father, Henry Darnell III. The site interprets the history of enslaved African Americans who worked the plantation and their families that remained in the area after emancipation".

PRINCE GEORGE'S COUNTY SUMMER YOUTH JOBS PROGRAM

The Prince George's County Government's Youth@Work/Summer Enrichment Program (SYEP) (aka Summer Youth Jobs Program) is a six week, paid entry-level introduction to work in public and non-profit agencies for the youth of Prince George's County.

Requirements for Summer Youth Jobs Program Eligibility: Youth must be a residence of Prince George's County between the ages of 14-22 years old by July 1, 2019. Application period is February 1-Feb 28 to apply for this program. Summer employment last for 6 weeks and is an exciting opportunity for youth to gain work experience and great life skills.

"In addition to summer employment, youth will have the opportunity to participate in a comprehensive job readiness training option offered through our partnership with the Prince George's County Community College and Prince George's County Public Schools."

COMMUNITY

The American Counseling Association's Counseling Corner

You Don't Have to be Lonely Just Because You're Alone

This Valentine's Day time of year is when those greeting card companies, florists and candy manufacturers want to convince us that we all have to be in loving, romantic relationships.

But if you happen to be on your own these days, whether by choice or circumstance, it can sometimes leave you feeling a bit blue if that's not your situation.

The first part of the cure for the "nobody loves me" blues is to recognize that the images and propaganda that's helping bring on such feelings aren't really real. The advertising business is founded on, and long experienced at, manipulating our feelings. While advertisers generally aren't trying to make you feel sad because you're not romantically involved, that just may be the result that comes from all the hype and images they promote around now.

The second part of feeling better is to accept that you really aren't alone. You have friends, work associates, and family. While none of them might be a romantic relationship, they still are people who like you, who care about you and who are willing to spend time with you.

You can also feel more positive about not being in a relationship by simply learning to appreciate "you." Take a look at yourself in the mirror each morning and take the time to tell yourself at least one good thing about yourself. Even better, make it several things. Think about ways you can enjoy your own company.

Maybe now is a good time to take up a new hobby or take on an educational program. Look for things that will make you feel good about yourself. Catch up on some of those things that you've been meaning to do but just never get around to.

The point is to focus on positive things, not sit around sulking because you're alone. Perhaps you want to volunteer with a local organization. Or maybe just call up a friend and go share a movie together.

Being alone is simply a situation you may be in and one you can take action to change. Feeling lonely is different; it's a state of mind and something you can control. But if being alone is making you feel seriously unhappy to the point of affecting your daily life, consider talking to a counseling professional who can help you move your life in a more positive direction.

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.

Free Screenings on Mobile Health Clinic

By CHONDRIA ANDREWS
Doctors Community Hospital

LANHAM, Md. (Feb 1, 2019)—Throughout the year, Doctors Community Health System offers numerous screenings and support groups. Some of the upcoming events include:

Visit the Wellness on Wheels (WOW) mobile health clinic to receive free screenings (diabetes, cholesterol and blood pressure) as well as medication reviews and education. For updated care locations, call 301-324-4968 or visit DCHweb.org/WOW. (Most times are 10 a.m.–4 p.m.)

February 18—Shoppes at New Carrollton, 7898 Riverdale Road, New Carrollton, MD

February 19—John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights, MD (9 a.m.–1 p.m.)

February 20—Powder Mill Village Apartments, 3625 Powder Mill Road Beltsville, MD

February 25—St. Margaret's Catholic Church, 410 Addison Road South Capitol Heights, MD (10 a.m.–2 p.m.)

February 26—Megamart Supermarket, 5801 Riverdale Rd, Riverdale, MD (10 a.m.–3 p.m.)

February 27—Shops at Iverson, 3737 Branch Avenue, Hillcrest Heights, MD

February 28—City of Glenarden Nutrition Center James R. Cousins, Jr. Municipal Center, 8600 Glenarden Parkway, Glenarden, MD

Student-Athletes Announce College Plans on National College Signing Day

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, Md. (Feb 6, 2019)—Prince George's County Public Schools (PGCPS) student-athletes [on February 6 took] the next step in their academic and athletic careers. Nearly 50 high school football, golf, track and soccer players sign[ed] letters of intent as part of National College Signing Day.

At Charles H. Flowers High School, 19 football, baseball, track and lacrosse athletes sign national letters of intent—the largest signing class in school history. Upon signing letters of intent, students are committed to attend the colleges or university of their choice for at least one year on an athletic scholarship.

"Signing Day is a chance to celebrate graduating high school students, not only for their athletic accomplishments, but for making a commitment to higher education," said Dr. Monica Goldson, Interim Chief Executive Officer. "We are incredibly proud of the success of all athletes across our school system."

In December, a dozen students solidified college plans during the early signing period.

Sheehy Ford of Marlow Heights Donates \$5,000 to United Communities Against Poverty

By PRESS OFFICER
Sheehy Auto Stores

MARLOW HEIGHTS, Md. (February 4, 2019)—Sheehy Ford of Marlow Heights recently donated \$5,000 to United Communities Against Poverty (UCAP) as part of Sheehy Auto Stores' annual Giving Program for 2018, whereby \$135,000 was given

to charities throughout communities in Washington, D.C., Baltimore, Maryland and Richmond, Virginia.

UCAP, a nonprofit 501(c) (3), advocates for communities facing deficiencies in education, affordable housing, economic stability and health care. The organization's 100-bed emergency facility is operated and monitored 24 hours daily.

Pictured from L-R are Ashanti Shackelford, General Manager of Sheehy Ford of Marlow Heights, with Rasheeda Jamison-Harriott, President & CEO of United Communities Against Poverty.

PHOTOGRAPH CREDIT: SHEEHY AUTO STORES



Prince George's State's Attorney Aisha Braveboy Testifies in Support of Electronic Harassment and Bullying Legislation

By DENISE ROBERTS
Office of the State's Attorney

UPPER MARLBORO (Feb 8, 2019)—Prince George's County State's Attorney Aisha N. Braveboy testified in support of Grace's Law 2.0 in front of the Maryland General Assembly. Last week, the State's Attorney testified in support of Senate Bill 103 (SB 103)-Electronic Harassment and Bullying, sponsored by Senator Robert A. Zirkin, which passed unani-

mously out of the Senate. Yesterday before the House Judiciary Committee State's Attorney Braveboy testified in support of Cross-filed House Bill 181 (HB 181)-Grace's Law.

"Bullying is a major issue in our State and across the nation. It has led to chronic absenteeism, underperformance in the classroom, extreme emotional and physical harm, and in some cases death," Braveboy said. "The growing number of these cases that come to my office illustrates why this bill is necessary. We

must have the ability to better protect our young people from criminal harassment."

Sponsored by Delegate Jon S. Cardin, Grace's Law 2.0, substantially expands a law that criminalized cyber harassment in 2013. The 2013 law had a maximum penalty of one year in jail and a \$500 fine. The new bill increases the punishment to up to three years in prison and a \$10,000 fine. It also expands the ability of prosecutors to pursue cases for online abuse.

BGE Now Accepting Entries for Wires Down Video Challenge

Contest promotes electric safety and STEM for elementary school students

By TASHA JAMERSON
BGE

BALTIMORE (Feb. 2, 2019)—BGE today announced the return of the BGE Wires Down Video Challenge to educate elementary school-aged children on the importance of practicing electrical safety. Elementary school teachers in public and private elementary schools across BGE's electric service area are encouraged to work with their classes to submit 30 to 45-second videos of their interpretation of BGE's popular "Wires Down" electrical safety commercial. Schools have a chance to win between \$1,000 and \$10,000 in grant funding for enrichment projects. Up to \$34,000 will be awarded this year to winning schools with an additional \$500 awarded to the teacher who submits the entry from the grand prize-winning school. The only contest entry kit includes lesson plans customized for students in kindergarten through fifth grade that promote science, technology, engineering and math (STEM). Entries will be accepted through April 1, 2019.

Originally produced in 2000, the Emmy Award-winning BGE "Wires Down" com-

mercial with its "do not, do not, do not touch" melody aims to help raise awareness of electricity hazards, especially among young children. Last year's \$10,000 grand prize winner was Krieger Schechter Day School in Pikesville, Md. The school plans to use the grand prize to support Science, Technology, Engineering and Math (STEM) school programs. A portion will also support their Weekend Backpack Program, which provides Baltimore City school students and their families food for the weekend.

To date, BGE has awarded more than \$174,000 to 44 elementary schools across central Maryland as part of the BGE Wires Down Video Challenge. For more information on the contest, to download your free entry kit or to view last year's winning video, visit bgevideochallenge.com.

BGE reminds all customers to stay away from power lines and report any downed power lines or electrical emergencies immediately by calling 800.685.0123. Follow these safety guidelines:

- Assume that all overhead wires are energized at lethal voltages. Never assume that a wire is safe to touch even if it is

down, appears to be insulated or if power is out at nearby premises.

- Never touch a fallen overhead power line. Call BGE at 800.685.0123 to report fallen electric lines.
- Keep yourself and equipment at least 10 feet away from overhead wires during cleanup and other activities.
- If working at heights or handling long objects, survey the area before starting work for the presence of overhead wires.
- Avoid touching anything that may be in contact with an overhead wire like tree limbs or other debris.
- If an overhead wire falls across your vehicle while you are driving, stay inside the vehicle and continue to drive away from the line. If the engine stalls, do not leave your vehicle. Warn people not to touch the vehicle or the wire. Call or ask someone to call emergency services.
- Never operate electrical equipment while you are standing in water.
- Never repair electrical cords or equipment unless qualified and authorized.
- Have a qualified electrician inspect electrical equipment that has gotten wet before energizing it.
- If working in damp locations, inspect electric cords and equipment to ensure that they are in good condition and free of defects, and use a ground-fault circuit interrupter (GFCI).
- Always use caution when working near electricity.

COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

“Eeny, Meeny, Miny, Mo”



IMAGE COURTESY CHILDREN'S DEFENSE FUND

The “Eeny, Meeny, Miny, Mo” series of paintings by Nashville artist Omari Booker.

“If the justice system does not change incarceration will continue to be as arbitrary as a game of eeny, meeny, miny, mo, with black kids and black men hoping to avoid being ‘IT.’”

Eeny, Meeny, Miny, Mo is the title of this series of paintings by Nashville native Omari Booker, a visual artist who has spent a lot of time thinking about race and mass incarceration in America. He explains that many people may not realize the familiar children’s rhyme the title is based on (*eeny, meeny, miny, mo, catch a tiger by the toe, if he hollers let him go...*) has racially charged origins: traditional 19th- and early 20th-century American versions use the word n*gger instead of tiger. Booker’s art shows hauntingly how America’s Cradle to Prison Pipeline™ is catching Black boys. He writes:

“I have focused on three children who I met in

North Nashville as references for the three paintings... The 37208 zip code which covers the North Nashville area is the most incarcerated zip code in the country. I met the youngest boy at the Garden Brunch Restaurant, the next at Hadley Park Community Center, and the oldest comes into the gallery where I work and sells candy from time to time.

“It is important to be confronted with the imagery of a child behind bars. The cradle to prison pipeline is not an abstract idea. It is an intentional, efficient system that successfully targets black boys, and they are selected arbitrarily and consistently. Mo, the last piece in the installation, is a mirror. The mirror is intended to elicit change by way of proximity. Seeing oneself behind bars is intended to personalize the problem that is so often seen as a ‘them’ issue. Prisons are tucked in the corners of states, and in the background of society.

Many do not feel affected by the system because it has not directly touched them. I hope the mirror is a reminder that anyone could be Mo. Anyone could be behind those bars.”

Booker knows this fact all too well. A gifted artist since high school, he studied at Belmont University, Middle Tennessee State University, and Tennessee State University, where he earned a B.S. in Graphic Design. But his creativity and talent became a tool for survival in prison after he was given a 15-year sentence for a drug possession charge. In prison, he says, art transformed into a necessity: “I began my journey of connecting with freedom and my own humanity through art...Drawing portraits for officers and inmates and writing about my experiences became therapeutic and cathartic. The difficulty never subsided, but I was keenly aware of the fact that I had found a tangible link to freedom regardless of my circumstances.” In the years since his release Booker has never stopped his prolific creativity. Freedom through art is his guiding philosophy. He channels it into his work teaching art to young Black boys at risk of entering the cradle to prison pipeline with whom he shares his experiences in hopes of helping them avoid getting trapped by the criminal justice system.

The *Eeny, Meeny, Miny, Mo* series is now on display at the Children’s Defense Fund’s national headquarters and is a searing daily reminder of how many children are not free but caged in America. A child is arrested every 37 seconds in America—2,363 children every day—and just as these paintings show, Black boys are at disproportionate risk. Black children are approximately two-and-a-half times more likely to be arrested than White children and Black youths are nine times more likely than White youths to receive an adult prison sentence. The faces of these beautiful boys represent the thousands of other real children behind these statistics trapped in America’s cradle to prison pipeline crisis every day and often unable to see a way out.

There is some good news. Thanks to the bipar-

tisan leadership of Senators Charles Grassley (R-IA) and Sheldon Whitehouse (D-RI) and Representatives Jason Lewis (R-MN) and Bobby Scott (D-VA) and strong support in the youth justice community, the Juvenile Justice Reform Act of 2018 passed in December. This law reauthorizes and strengthens the Juvenile Justice and Delinquency Prevention Act which hadn’t been reauthorized since it expired in 2007. It improves core protections requiring states to address racial and ethnic disparities in the juvenile justice system, do more to keep children out of adult jails and lock-ups, and provide alternatives to detention for status offenders (children charged with offenses that are not crimes if committed by adults like truancy or running away from home).

The Juvenile Justice Reform Act also enhances evidence-based and trauma-informed practices in juvenile facilities, requires states to maintain data on restraints and isolation and describe the strategies they are using to reduce isolation, and requires federal training and technical assistance to support those goals. And also in December, the First Step Act was enacted which went further and prohibited all federal facilities from using solitary confinement as punishment for youths, with only a limited exception. Hopefully states will now follow suit and end the practice of placing youths in solitary in state and local detention centers, jails, and prisons, where most of them are confined.

While these are all critically important steps forward, much more action is needed to promote prevention, divert children from the justice system, reduce institutionalization, stop all solitary confinement, and engage youths, families and communities in the work to dismantle the cradle to prison pipeline. Every day that we don’t make these changes millions of children and youths across the country remain at risk. Ending up in prison should not be a matter of losing a game of chance with the odds stacked against you. I urge you to imagine the children in your own life in these paintings and remember: *Anyone could be Mo.*

Legislation Would Update Justice Reinvestment Act

By NATALIE JONES
Capital News Service

ANNAPOLIS, Md. (Feb 5, 2019)—After a comprehensive law overhauled the state’s criminal justice system, Maryland has seen a decline in the state’s prison and jail populations and more streamlined treatment for addicts who are charged with crimes, but advocates want to add to the law to keep inmates from returning behind bars.

Signed into law in 2016, the Justice Reinvestment Act is a thorough criminal justice system reform that focuses on increasing supervision and treatment and decreasing incarceration rates in Maryland prisons.

Described by Sen. Bobby Zirkin, D-Baltimore County, as the “most comprehensive reform” he’s seen while serving in the Senate, the law has significantly reformed many criminal justice policies since becoming fully effective on Oct. 1, 2017. But some of its provisions are up in the legislature again.

The law aims to keep spots in prison beds open for serious, repeat violent offenders while also enforcing mandatory minimum sentences for high-level drug dealers.

It also places caps on maximum sentences for nonviolent offenders who violate probation on a technicality.

About 700 inmates have been screened for administrative release since the legislation went into effect, with 21 percent, or 147 inmates, being found eligible. Of those, 60 percent have been released and the rest are fulfilling their minimum length of stay, according to a report from the Governor’s Office of Crime Control and Prevention.

The state’s prison population dropped 1.8 percent in fiscal year 2018, and the local detention population dropped 10.3 percent, according to the report.

The bill also emphasizes treatment over incarceration for individuals struggling with addiction and has sparked a drastic drop in wait times for psychiatric beds.

Between fiscal years 2012 and 2014, placement times averaged around 167 days, dropping to 91 days in fiscal year 2017. With the Justice Reinvestment Act’s new 21-day deadline adding pressure, average placement times dropped to just 10.6 days for the 788 individuals placed in treatment in fiscal year 2018, according to the report from the Governor’s Office of Crime Control and Prevention.

For those returning to life outside the correctional system, the law states that the Department of Public Safety and Correctional Services must issue a certificate of rehabilitation to specified individuals.

Professional licensing boards then can’t deny occupational licenses or certificates to former convicts solely based on the fact that the individual had previously been convicted of a crime.

But for some individuals, return to life outside is complicated by how the state categorizes and links related charges.

Under the Justice Reinvestment Act, expungement is permitted after 10 years of good behavior, including any parole, probation or supervision, for misdemeanor charges.

After 15 years of good behavior, expungement is permitted for second degree assault, felony theft, intent to distribute controlled, dangerous substances and burglary in the first, second and third degrees.

Before the law was enacted, only nuisance crimes such as public urination or other activities not normally done in public were eligible for expungement through the Justice Reinvestment Act.

Under current state law, a charge is not eligible for expungement if one conviction in a group of convictions is not eligible for expungement.

However, House Bill 13, sponsored by Delegate Erek Barron, D-Prince George’s, seeks to repeal that provision, and would authorize a person to file a petition for partial expungement of certain criminal records under certain circumstances.

The bill, previously introduced in the 2017 General Assembly, has been a topic in the legislature since 2012, and is scheduled to be heard in the Senate on Thursday.

Alphonso Smith of Baltimore wrote to lawmakers this year that he has been working at the Maryland Transit Administration as an operations instructor for 20 years. He submitted written testimony that he is an ex-offender, and described the 34 years following his conviction, which he did not detail, as “somewhat successful.”

“There are many limitations and road blocks in place due to prior, non-expungeable convictions preventing any further advancement in law enforcement, child care and many other career paths,” he said Jan. 22 in a written testimony supporting the bill. He added that the bill’s passage would clear a path for himself and others to begin the expungement process and to advance in his career without convictions weighing them down.

Along similar lines, House bill 19, sponsored by Delegate Cheryl Glenn, D-Baltimore, seeks to authorize individuals to file a petition for expungement if the person was convicted of a non-violent crime.

For former convicts entering the workforce again, employers also don’t often understand the difference between conviction and non-convic-

tion dispositions, said Delegate Darryl Barnes, D-Prince George’s, the chair of the Legislative Black Caucus of Maryland.

Non-conviction dispositions are standard police records listing an individual’s involvement with courts or law enforcement, and conviction dispositions are criminal records with formal penalties.

Even if a charge receives a non-criminal disposition, under the Justice Reinvestment Act, if it’s in the same unit of charges as a criminal one, it can’t be expunged.

“Even when they understand these differences, employers often draw negative impressions about job applicants who have been involved with the criminal justice system, regardless of case outcome,” Barnes stated in his written testimony supporting House bill 13.

Another factor to consider is race, Barnes said. Black residents make up 28 percent of the state population, yet they comprise over 70 percent of the incarcerated population.

With higher conviction rates for persons of color, these individuals face exclusion from the job market, challenges finding stable housing, and other cyclical problems affecting communities of color, according to written testimony from the American Civil Liberties Union of Maryland.

Ex-offenders who are employed are much less likely to commit new offenses than those who are unemployed, according to a 2017 Greater Baltimore Committee report that described employment as the “single largest determinant of rearrest and reconviction.”

The Prince George's Post



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events to share? We'd
love to hear from you!

Email the editor at
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The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Social Security For Couple With Large Age Difference

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

Dear Rusty:

My wife is 63 and I'm 55. I've been the breadwinner for 37 years and draw almost \$2000 per month tax free from VA disability for life. I'm also still working until I'm 60 or 62, not sure yet, and will have a pension of about \$1900 per month. We have about \$300k put away in retirement accounts. Since I still have a few years I haven't really looked much into retirement. Is there anything you can recommend on how to go about Social Security with the age difference? **Signed: Younger Husband**

Dear Younger: With your VA disability benefit, your expected pension from work, your savings and your eventual Social Security benefit you are positioned better than many for your later retirement. You didn't say whether your wife is already collecting Social Security benefits on her own work record, and that can be a factor in deciding when you should apply. This is because (from what you've told me) your wife will eventually be entitled to spousal benefits from your record. To start, please note that your wife's full retirement age (FRA) for Social Security purposes is 66 years and 2 months, while your full retirement age is 67. Your full retirement age is when you get 100% of what you have earned from a lifetime of working, but if you claim benefits earlier than your FRA, they will be reduced and if you wait beyond your FRA you can earn more. When to claim your Social Security should always take several things into account—your health, your current (and future) financial needs and your expected longevity. You cannot claim your Social Security until you are at least 62 years of age, but if you claim at 62 you will incur a 30% cut in the benefit you would be entitled to at age 67, and that is a permanent reduction.

Assuming your wife will be eligible for a spousal benefit from your record, since she will have reached her FRA whenever you claim benefits she can get up to 50% of the benefit amount you are due at your full retirement age. But if she claimed her own SS retirement benefit before her FRA, her spousal benefit will be somewhat reduced. Your wife cannot get her spousal benefit until you start collecting your Social Security so that may be a factor influencing the decision of when you should apply. While that might suggest you should apply as soon as you're eligible, you should also remember you will take a cut in benefits by claiming earlier than your FRA. You can maximize your benefit by waiting beyond your FRA to apply and earning delayed retirement credits which would yield a benefit 8% higher for each year you delay, up to age 70 when you could get 24% more than you'll get at age 67. However, delaying would mean your wife can't collect her spousal benefit until you start your benefits, so you should weigh the loss of her spousal benefit against the increase you get by delaying (remembering that you would get the higher benefit for the rest of your life, which is where expected longevity comes into play). And one other point: if you claim before your FRA and continue to work, you will be subject to Social Security's annual earnings limit until you reach your FRA (exceeding the annual limit will cause Social Security to withhold some of your benefits).

So, as you can see, there are numerous considerations when it comes to deciding when you should claim your Social Security. I suggest you get a Statement of Estimated Benefits from Social Security. You can do that by contacting your local office (find it at www.ssa.gov/locator) or by creating your personal "My Social Security" online account at www.ssa.gov. Your Statement of Estimated Benefits will show your estimated benefit at ages 62, 67 and 70, and you can evaluate which of those amounts is most beneficial, considering your financial needs, your wife's potential spousal benefit, and your anticipated longevity.

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

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

Maryland Small Business Development Ctr Workshop

Smart Start Your Business
February 21, 2019 • 1–5 p.m. • Cost: \$50

Prince George Co/Corridor Region
City Hall of Bowie, 15901 Excalibur Road, Rm 243, Bowie, MD 20716
Contact Information: 410-706-5463

REGISTER: <http://www.marylandsbdc.org>

The Smart Start Your Business workshop is one in a series of three workshops highly recommended for new start-up businesses and aspiring entrepreneurs. Learn how to avoid common pitfalls, explore the feasibility of your idea and increase chances for success!

Professional presentations will be made by an attorney, an accountant, a banker and an insurance professional. Discover how to:

- Legally define your business and register your business name.
- Keep proper financial records and report taxes.
- Assess the insurance requirements needed to safeguard your business and personal assets.
- Evaluate alternatives for accessing investment and working capital

Knowledge is power in the business arena. So as you begin your business venture, be sure you are prepared with the facts and resources needed to legally run and successfully compete in your industry. To assist you, the Smart Start workshop also reviews relevant Maryland business law and provides an overview of the marketing resources available through the Corridor Region SBDC.

Bowie City Council Selects Darian Senn-Carter To Fill Council Vacancy

By AWILDA HERNANDEZ
City of Bowie

BOWIE, Md. (February 7, 2019)—Last night, the Bowie City Council selected Darian Senn-Carter to fill the vacancy in the District 3 Council seat. The vacancy was created when former Councilmember Courtney Glass resigned from the Council in December 2018. Dr. Senn-Carter will take the oath of office at the Council's next Regular Meeting on Tuesday, February 19, 2019 and will serve until the next City election in November 2019, when he will be eligible to run for a full four-year term on the Council.

Candidates for the seat were interviewed by Councilmembers in closed sessions on Saturday, February 2nd, Tuesday, February 5th, and Wednesday, February 6th. Each applicant was allotted 15 minutes to answer a series of questions posed by Councilmem-

bers. There were initially 27 individuals interested in the vacant seat, but three of the applicants dropped out prior to the interviews, leaving a field of 24 candidates.

Due to the large number of applicants and the fact that the interviews were conducted on three separate days, Council decided to close the interviews to the press and public to allow all candidates an equal opportunity to hear and answer the questions, without the benefit of knowing the responses of those who came before them. The authority to close a meeting for personnel matters and appointments is permitted under the Maryland Open Meetings Act. The interviews can be viewed on the City website at www.cityofbowie.org/viewmeetings. They will also be broadcast on the government channel (Verizon 10/Comcast 71) on [February 15, 17 and 19] at 7 p.m.

Before announcing the selection, Mayor G. Frederick Robinson thanked all of the candidates for their interest in serving and stated that the "pool of applicants was incredible and that the strength and depth of their talents reflected well on the City." He also thanked the sitting Councilmembers for their dedication and thoughtful deliberation throughout the selection process.

Dr. Senn-Carter is currently a member of the Anne Arundel Community College faculty where he teaches in the Homeland Security and Criminal Justice Institute. He was previously employed by Baltimore City as an Emergency Planner. He is a graduate of the University of Maryland, College Park, and earned a Master of Science from Towson University and a Doctorate in Education from Edgewood College in Wisconsin. Darian Senn-Carter resides in the Enfield Chase neighborhood of Bowie.

Maryland State Police Warning Public About Telephone Scams

By RON SNYDER
Maryland State Police

PIKESVILLE, Md. (Feb 7, 2019)—Maryland State Police are warning the public about a reported telephone scam in which the caller cloned a state police number and requested personal information from people as part of a criminal investigation.

A woman called the Maryland State Police on Thursday morning and reported she had received a call in which the caller ID on her phone showed "Maryland State Government" and the number 301-475-8955, which is the number for the Maryland State Police Leonardtown Barrack. When she answered the call, the person on the other end told her she was a suspect in a drug trafficking investigation and that she needed to provide them her Social Security number and other identifying personal information.

This is just one of several phone scams

recently reported to Maryland State Police. The Salisbury Barrack reported that some of the scams reported include victims receiving telephone calls where they are threatened with arrest or the continued detention of family members if they do not provide money, account numbers or purchase a re-loadable gift or credit cards.

Another telephone scam includes the victim being called by a representative of the Internal Revenue Service and threatened in the same fashion. The Salisbury Barrack reported that other victims have had their computers infected with a computer virus and were prompted to take immediate action in order to salvage the computer, which included purchasing up to \$2,000 in gift cards to pay the company to correct the issue.

This came after the Maryland State Police Cumberland Barrack was recently inundated with numerous telephone calls regarding a scam in which a man or woman

claiming to be from the Social Security Administration requested information and threatened to have the police respond to their address to arrest them.

These scammers are using scare tactics and sophisticated technology to attempt to take advantage of the public. If you are a senior citizen, or have a family member that is a senior citizen, please be aware and ensure they are aware of these scams so they do not fall victim to them.

The Maryland State Police, along with government agencies like the Social Security Administration or the Internal Revenue Service, would never solicit such information or services over the phone from any citizen. Never give any personal information over the phone, and only allow a qualified reputable computer technician the ability to repair your computer should it become infected with a virus. Many of these telephone scams are disguising themselves by utilizing local telephone number prefixes.

Anyone who receives such a phone call should hang up and then contact their local state police barrack. Callers may remain anonymous.

Governor Larry Hogan Announces Legislation to Expand State Benefits for Firefighters

Includes Additional Cancer Coverage and Fully Exempts All Retirement Income

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (Feb 6, 2019)—Governor Larry Hogan today announced the introduction of two pieces of legislation directed toward honoring the service and sacrifice of Maryland first responders and professional firefighters in the 2019 legislative session. The governor made the announcement at Eastport Fire Station 36 in Annapolis, Md. Governor Hogan was joined by Professional Firefighters of Maryland President Mike Rund, Annapolis City Firefighters Local 1926 President John Wardell, IAFF District Vice President Andy Pantelis, IAFF Montgomery County President Jeff Buddle, Senior Advisor Keiffer Mitchell, and Homeland Security Director Walter "Pete" Landon, more than 50 Maryland firefighters, as well as numerous local leaders and community members.

"I have been moved countless times by

the selflessness of our firefighters and first responders," said Governor Hogan. "You deserve and have earned our respect and our gratitude, and making sure you get that respect isn't a political issue—it's just common sense."

The Hogan administration is aware of the dangerous situations first responders encounter on a daily basis that can lead to serious health concerns, including certain types of cancers. The governor is introducing Workers' Compensation—Medical Presumptions legislation to add kidney or renal cell cancer and urinary cancer to the types of cancers considered occupational diseases for firefighters under Maryland's workers' compensation laws.

The governor's Hometown Heroes Act of 2019 will exempt retired law enforcement, fire, rescue, correctional officer, or emergency response personnel from state tax on all retirement income specific to their service as a first responder and public safety worker. Working with the first re-

sponder community in 2017, the Hogan administration was successful in passing the hometown heroes benefit so that first responders can exempt the first \$15,000 of their retirement income from state taxes. This year, new legislation will fully exempt all retirement income of firefighters, emergency services personnel, police officers, and correctional officers. The legislation also proposes to lower the age of eligibility to 50.

The Hogan administration has introduced House Bill 231 to increase the amount a volunteer firefighter can exempt from their state taxes to \$10,000. The current maximum exemption is \$7,000.

Governor Hogan has been a champion of first responders the last four years and intends to continue his strong record of support for Maryland law enforcement, fire and rescue, emergency services personnel, and correctional officers across the state.



PROJECT OPPORTUNITY

FREE Entrepreneur Training For Veterans

Is entrepreneurship the right choice for you?
Do you have a business idea but not sure where to start?
Do you have a business and want to take it to the next level?

Want to know more? Register for the Project Opportunity Prince George's County, Spring 2019 orientation session at www.project-opportunity.com/class-registration. The orientation will be held on **Tuesday, March 5, 2019 from 6:30–8:30 p.m.** at Employ Prince George's, Inc., 1801 McCormick Drive, Suite 140, Largo, Maryland 20774.

Classes Begins Tuesday, March 26, 2019

Project Opportunity is an intensive curriculum based 10-week cohort program. The Spring 2019 program will meet every Tuesday from 6:30–9:30 March 26–May 28, 2019 at

Employ Prince George's Inc., 1801 McCormick Drive, Suite 140, Largo, Maryland 20774. Through grants and community business support this program is FREE to all veterans, active duty, and reserve personnel. The curriculum and material are facilitated by small business professionals and subject matter experts. The program concludes with a formal business pitch on Tuesday June 4, 2019.

Training Includes:

- Assessing Your Business Idea
- Marketing Analysis
- Financing and Financial Management
- Business Structure and Taxes
- Development of a Business Plan

Prince George's County 2019 Sponsors: The Kahlert Foundation
For more information, visit www.Project-Opportunity.com

OUT on the TOWN

Black History Month Event:



A free monthly film series exploring vital social justice, environmental and animal rights issues.

February 18, 2019
6:30p Green Plate Special: an optional plant-based, whole-foods meal for \$14.00. Open bar.
7:45p Film and Open Discussion



Power to Heal Medicare and the Civil Rights Revolution

Screening this month at Greenbelt Theater 129 Centerway (directly across the plaza from the cafe)

A panel discussion follows

By threatening to withhold federal funding from any hospital that practiced racial discrimination, Medicare forced the desegregation of 2,000 hospitals virtually overnight in 1965.

RSVP for the meal by Thursday, February 14 at reelandmeal@newdealcafe.com

Cosponsored by **Healthcare is a Human Right Maryland** and the **Peace & Justice Coalition**

Contact: justpeacepg@earthlink.net or 301-441-9377

R&M Sponsors: Prince George's County Peace and Justice Coalition, Beaverdam Creek Watershed Watch Group, Green Vegan Networking, and Utopia Film Festival

New Deal Café 113 Centerway Roosevelt Center Greenbelt, MD 20770 301-474-5642
 Website at <https://www.newdealcafe.com>. Metro Buses G12 & G14 from the Greenbelt Metro Station

Calendar Spotlight

Black History Month Events For Everyone!

Black History Puppet Show

Date and Time: Saturday, February 16, 2019, 2 p.m.
 Description: Ebony Sonshine presents a puppet show centered on African American characters and Black History Month!
 Cost: FREE!
 Ages: Ages 5–12
 Location: Spauldings Branch Library, 5811 Old Silver Hill, Rd., District Heights, MD 20747
 Contact: 301-817-3750

Africa, Enslavement, and Making of Black American Culture

Date and Time: Saturday, February 16, 2019, 2–4 p.m.
 Description: Join historian C.R. Gibbs as he discusses "The Making of Black American Culture." Part 3 of the African Lecture Series.
 Cost: Free
 Ages: Adults
 Location: South Bowie Branch Library, 15301 Hall Road, Bowie, MD 20721
 Contact: 301-850-0475

Voices From the Past: Sissieretta Jones

Date and Time: Sunday, February 17, 2019, 4–5:30 p.m.
 Description: Sissieretta Jones was the first African American to perform at Carnegie Hall in New York City in 1892. This annual Black History Month Series in collaboration with the Coalition for African Americans in the Performing Arts (CAAPA) is dedicated to the legacy of little known Black musicians, featuring moving narration from a historical perspective and music performed by acclaimed soprano Devaunté Ogden. ADA: Yes
 Cost: Free
 Ages: All ages are welcome.
 Location: Montpelier Arts Center, 9652 Muirkirk Rd, Laurel, MD 20708
 Contact: 301-377-7800; TTY 301-699-2544

Black History Month Film Series presents

Colored Frames, and In Motion: Amiri Baraka
 Date and Time: Wednesday, February 20, 2019, 7–10 p.m.
 Description: The Brentwood Arts Black History Month Film Series, *Revising the Canon: Black Art Liberation*, is a selection of films curated by independent curator and filmmaker Dawne Langford. It features both fiction and non-fiction films about Black artists, magnifying art as being instrumental to the process of liberation. "Colored Frames," is a look back at the last 50 years in African-American art. An unflinching exploration of influences, inspirations, and experiences of Black artists. "In Motion" profiles the outspoken representative—formerly LeRoi Jones—of the Black consciousness movement who has been a major figure on the American literary and political landscape for three decades. ADA: No
 Cost: FREE!
 Ages: All ages are welcome
 Location: Brentwood Arts Exchange, 3901 Rhode Island Avenue, Brentwood, MD 20722
 Contact: 301-277-2863; TTY 301-699-2544

ERIC D. SNIDER'S IN THE DARK ... Movie Review ...

Mary Poppins Returns

Mary Poppins Returns
 Grade: B
 Rated PG, just because.
 2 hrs., 10 min

"Mary Poppins" is one of my all-time favorite movies, so while I'm not usually given to alarm over proposed sequels and remakes — it's not replacing the original; get a life, nerds — I assumed that "Mary Poppins Returns" was a bad idea and braced myself for a disappointing reread.

It turns out that it is a reread, and it's not as bright and colorful (literally or figuratively) as the 1964 classic, but it's only disappointing if you were expecting "Mary Poppins." If you want to watch "Mary Poppins," stay home and watch "Mary Poppins." Like the remake of "The Grinch" earlier this season, "Mary Poppins Returns" doesn't add much to the legacy, but it doesn't detract from it either. If there had to be a sequel (which, again, there did not), this one, directed by Rob Marshall ("Chicago," "Into the Woods") is about as good as you could reasonably expect it to be.

It's set some 20 years later, during the "Great Slump," as the

Brits evidently called the Depression. Grown-up Michael Banks (Ben Whishaw), recently widowed, lives with his three young children in the familiar house on Cherry Tree Lane that he and Jane (Emily Mortimer) grew up in. They are about to lose the house to a villainous banker (Colin Firth), though, unless they can find the stock certificate proving that Grandpa Banks left them sufficient money to cover it.

Floating in from the heavens is Mary Poppins (Emily Blunt), looking exactly as she did all those years ago (they don't notice that she is played by a different actress), still the same practically perfect nanny and shade-thrower. "We are still not a codfish," she says to a gaping Michael before sliding up the bannister to reclaim her old room. She'll help Michael and the children until it's time to move on; in the meantime, they'll have adventures and sing songs. You know the drill!

David Magee's screenplay (based on a story credited to him, Marshall, and regular Marshall collaborator John DeLuca) tries to replicate the original film's magic by replicating its compo-

ments, and largely succeeds. Instead of Bert the chimneysweep (who's said to be off traveling the world), it's Jack the lamp-lighter (Lin-Manuel Miranda), who trained with Bert as a boy and knows Ms. Poppins already and is basically Bert but with a different name. Instead of a chalk drawing, Mary, Jack, and the kids jump into the scene painted on a ceramic bowl. Instead of visiting Uncle Albert's house, where laughing makes you float to the ceiling, they visit Cousin Topsy (Meryl Streep), whose house turns itself upside-down every Wednesday.

These sequences are plenty of fun, buoyed by catchy new songs by "Hairspray" duo Marc Shaiman and Scott Wittman that blend well with the ones we already know (snippets of which are heard in the score). Miranda, in keeping with franchise tradition, does an atrocious cockney accent, but he also does a "Hamilton"-esque patter verse in one of the production numbers that's very impressive and doesn't feel as anachronistic as you might think (Bert did some patter in "It's a Jolly Holiday," too, you know). The staging, the choreography, and the multitude of special effects are suitably magical, yet old-fashioned enough—the animation looks hand-drawn, not computer-generated—that you might forget it's been 54 years since Disney's last visit to Cherry Tree Lane.

It's too bad the story has nothing for Jane to do, and too bad

that Michael's three children—John (Nathanael Saleh), Annabel (Pixie Davies), and li'l scamp Georgie (Joel Dawson)—are essentially interchangeable. But the energy seldom flags because there's always something imaginative just around the corner, and because of Emily Blunt's

supremely confident and thorough undertaking of a role that could have been a disaster for her. She perfectly captures Mary Poppins' imperious but loving demeanor and her matter-of-fact treatment of nonsense, recreating the character without simply impersonating Julie Andrews. You

get the sense that everyone involved had genuine affection for the old film and wanted to make a worthy followup. I don't know if that's the case (maybe it was just a job for some of them), but the sequel has a warmth and wholesomeness that feels very familiar.



ROTTENTOMATOES.COM

Directed and produced by Rob Marshall, "Mary Poppins Returns" also stars Lin-Manuel Miranda, Ben Whishaw, Emily Mortimer and Julie Walters with Colin Firth and Meryl Streep. The film, which introduces three new Banks children, played by Pixie Davies, Nathanael Saleh and newcomer Joel Dawson, also features Dick Van Dyke and Angela Lansbury. The film is set in 1930s depression-era London (the time period of the original novels) and is drawn from the wealth of material in PL Travers' additional seven books. In the story, Michael (Whishaw) and Jane (Mortimer) are now grown up, with Michael, his three children and their housekeeper, Ellen (Walters), living on Cherry Tree Lane. After Michael suffers a personal loss, the enigmatic nanny Mary Poppins (Blunt) re-enters the lives of the Banks family, and, along with the optimistic street lamp-lighter Jack (Miranda), uses her unique magical skills to help the family rediscover the joy and wonder missing in their lives. Mary Poppins also introduces the children to a new assortment of colorful and whimsical characters, including her eccentric cousin, Topsy (Streep). The film is produced by Marshall, John DeLuca and Marc Platt. The screenplay is by David Magee based on The Mary Poppins Stories by PL Travers with Marc Shaiman and Scott Wittman writing all new songs and Shaiman composing an original score.

Calendar of Events

February 14–February 20, 2019

Xtreme Teens: STEAM Night

Date and Time: Friday, February 15, 2019, 6–9 p.m.
 Description: Join us for multiple interactive technology sessions that will teach you how to design video games, the ins-and-outs of robotics and so much more. Think you're good with technology? Well, come prove it!
 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

Upside Down House: Unconventional Family Portraiture by Robert Cantor, Maura Doern Danko, and Amanda Demos Larsen

Date and Time: **Reception:** Friday, February 15, 2019, 6:30–8 p.m. On view through March 22.
 Description: Working from family photos, three painters share their unique interventions in the space between past and present, self and relations, experience and imagination
 Cost: Free
 Ages: All ages are welcome
 Location: Greenbelt Community Center Art Gallery, 15 Crescent Rd, Greenbelt, MD 20770
 Contact: 301-397-2208. In case of inclement weather, call 301-474-0646

Xtreme Teens: Valentines Sock Hop

Date and Time: Friday, February 15, 2019, 7–10 p.m.
 Come join us as we take you back to the days of poodle skirts and varsity sweaters with our Valentines Sock Hop! Bring a friend for a chance to win a prize for the "Sweetest" socks! Refreshments.
 Cost: FREE! with M-NCPPC ID
 Ages: 10–17
 Location: Kentland Community Center, 2413 Pinebrook Avenue, Landover, MD 20785
 Contact: 301-386-2278; TTY 301-699-2544

Maryland Madness—All Star Competition

Date and Time: Saturday, February 16, 2019, 8 a.m.–8 p.m. Doors open to the public at 7 a.m.
 Description: Cheer & Dance Extreme presents the Maryland Madness: All Star Cheer, All Star Prep and School, Cheerleading Competition! Come Join the fun!
 Cost: CASH ONLY! \$17 (ages 12+); \$10 (ages 5–11); FREE (4 and younger).
 Ages: All ages are welcome
 Location: The Show Place Arena, 14900 Pennsylvania Avenue, Upper Marlboro, MD 20772
 Check out the Cheer and Dance Extreme website: <http://www.cheeranddanceextreme.com>, for more information

Watkins Youth Birding Club—Meets all year round

Date and Time: Saturday, February 16, 2019, 8–10 a.m.
 Description: A Club for kids aged 10–17 who enjoy birds and outdoor adventure! Come join a naturalist and learn the basics of birding—how to use binoculars, how to identify native birds, start a life list, meet special guests, hike and explore.
 Cost: FREE!
 Ages: Ages 10–17
 Location: Watkins Nature Center, 301 Watkins Park Drive, Upper Marlboro, MD 20774
 Contact: 301-218-6702; TTY 301-699-2544

Welcome to Sis's—Live Play Reading by Joe's Movement Emporium (OFF SITE)

Date and Time: Saturday, February 16, 2019, 2–4 p.m.
 Description: Ally Theatre Company and playwright Doug Robinson will present the first public reading of Robinson's original script, "Welcome to Sis's", humbly reconstructing and reimagining the story of Sis's Tavern in North Brentwood. The play takes place during the 1920–30s and explores the meaning of community, the commonplace, and how it was shaped through racial segregation. Open Q&A panel discussion follows. Refreshments provided; also historical photo album/slideshow created by Hyattsville Community Development Corporation.
 Cost: FREE! **LIMITED SEATING! RSVP: eventbrite**
 Ages: Adults
 Location: Pyramid Atlantic Arts Center, 4318 Gallatin St, Hyattsville, MD
 Contact: Joe's: 301-699-1819, Pyramid: 301-608-9101

A Night of Gospel Music & Dance

Date and Time: Saturday, February 16, 2019, 6:30–8:30 p.m.
 Description: Come and enjoy the amazing voices of the Northwestern High School, Visual and Performing Arts Choir along with dance performances by the Distinctions Performing Arts Studio and instrumental selections from musician extraordinaire, Ryan Richardson. This will be an evening you don't want to miss!
 Cost: FREE!!
 Ages: All ages are welcome
 Location: North Brentwood Community Center, 4012 Webster Street, North Brentwood, MD 20772
 Contact: 301-445-4500; TTY 301-699-2544

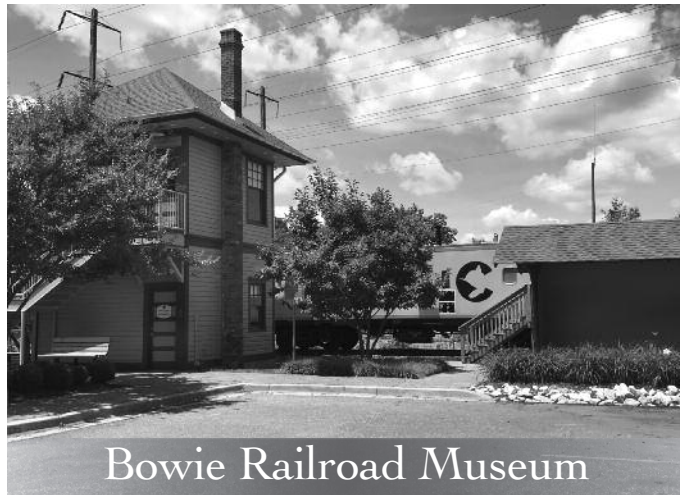
Every Kid in a Park—Meet at the Ranger Station

Date and Time: Sunday, February 17, 2019, 1 p.m.
 Description: Come and learn how to get a free pass to National Parks as we play "Guess Your National Park" game.
 Cost: Free
 Ages: 4th graders
 Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, Maryland 20770
 Contact: 301-344-3944, <http://www.nps.gov/gree>

Ten-Minute Play Festival

Date and Time: February 21–23, 7:30 p.m.
 Description: Enjoy an evening of plays produced, written and directed by BSU students.
 Cost: FREE
 Ages: All ages are welcome
 Location: Bowie State University, 14000 Jericho Park Road, Bowie, MD 20715
 Contact: 301-860-4332

OPEN TO THE PUBLIC



Bowie Railroad Museum

PHOTOGRAPH BY P.G. POST STAFF

The **Bowie Railroad Museum** comprises three buildings at the site of the former Bowie train station, named after Oden Bowie, who served as the railroad's proprietor, as well as the governor of Maryland from 1869 to 1872. The station opened in 1872 as part of the Baltimore and

Potomac railroad route connecting Baltimore and Washington. It received passenger trains until 1989 when the Bowie State station replaced it. Restored in 1992, the station buildings now house exhibits and artifacts, while the tower holds the National Railroad Historical Society's Martin O'Rourke Railroad Research Library. The Museum and Library are open to the public Tuesday–Sunday, 10 a.m.–4 p.m. and for groups of 10 or more by appointment. The station is accessible for people with disabilities. Admission is free, though donations are welcomed.

*Bowie Railroad Museum: 8614 Chestnut Ave., Bowie, MD 20715
 301-809-3089; TTY: 301-262-5013
www.cityofbowie.org/293/Bowie-Railroad-Museum*

Kids Kaboose

Date and Time: Tuesday, February 19, 2019, 10:30 a.m.
 Description: Railroad stories and fun.
 Cost: Free
 Ages: Ages 1–10
 Location: Bowie Railroad Museum, 8614 Chestnut Ave, Bowie, MD 20715
 Contact: 301-809-3089 or museumevents@cityofbowie.org.

Black History Month Events at Hampton National Historic Site

Paul Laurence Dunbar: An American Poet

Date and Time: Sunday, February 17, 2019, 2–3 p.m.
 Description: Paul Laurence Dunbar was born on June 27, 1872 to formerly enslaved parents from Kentucky. He became one of the first influential Black poets in American literature and was internationally acclaimed for his dialectic verse in collections such as *Majors and Minors* (1895) and *Lyrics of Lowly Life* (1896). Master Storyteller Bob Smith, former president of the Griots' Circle of Maryland will bring to life the words from Dunbar's late 19th and early 20th centuries poetry that are still relevant today. Join us in the orangery at Hampton NHS. Seating is limited and on a "first come, first serve" basis.
 Cost: Admission and parking are free.
 Ages: All ages are welcome
 Location: Hampton National Historic Site, 535 Hampton Lane, Towson, MD 21286
 Contact: 410-823-1309 x254

On the Hampton Plantation

Date and Time: Sunday, February 24, 2019, 1 p.m.
 Description: Dressed in Antebellum period attire, Park Ranger Anokwale will guide visitors around the grounds of Hampton and give voice to the enslaved African Americans and European indentured servants who made the Ridgelys' lavish lifestyle possible. Participants will have the opportunity to experience first hand, replicas of items used on the plantation during the 1800s. Participants will have the opportunity to experience first-hand replicas of items used during the 1800s on the plantation such as an iron collar and shackles. Visitors should wear comfortable clothing and shoes suitable for the climate.
 Cost: Admission and parking are free.
 Ages: All ages are welcome
 Location: Hampton National Historic Site, 535 Hampton Lane, Towson, MD 21286
 Contact: 410-823-1309 x254

No reservations will be taken. Wheelchair accessible. For more information, visit our website www.nps.gov/hamp.

Earth TALK™

Daylight Savings Time: Good Or Bad For The Earth?

Dear EarthTalk:

Would extending Daylight Savings Time (DST) year-round have benefits for the environment?

—Jane Wyckoff, Soquel, CA

The concept of "daylight savings time" (DST), whereby we set our clocks ahead by an hour from mid-Spring through mid-Fall so we can get more done using natural light later into the evening, was first proposed more than 200 years ago by Benjamin Franklin as a way to save money on candles (!). While Franklin's idea didn't catch on back then, Germany instituted a "war effort" version of it to conserve fuel during World War I. The U.S. followed suit in 1918 but scrapped the idea shortly after the war ended.

DST came back to the U.S. during World War II when FDR instituted it year-round



IMAGE CREDIT: RODDY SCHEER

Californians recently voted to extend Daylight Savings Time throughout the entire year based on public sentiment as well as research that found such a move would have little to no effect on energy consumption in that state.

as "war time" between February 1942 and September 1945. After WWII, some states adopted summer DST but it wasn't until Congress passed the Uniform Time Act in 1966 that it became standard across the country (initially Arizona and Michigan opted out; these days only Arizona and Hawaii don't observe DST).

This past November, Californians voted in an extension of DST year-round across their state. The rationale is that the twice-a-year time change causes lost or poor sleep which leads to more accidents, aggravates existing health issues and has even been linked to a short-term uptick in suicides. Oregon and Washington are also considering aligning with California so the entire West Coast could be on DST throughout the year.

But according to a 2011 study published in *The Review of Economics and Statistics* by researchers from Yale and Claremont McKenna, such a change may not be good news for the environment. "Our main finding is that, contrary to the policy's intent, DST increases electricity demand," report researchers Matthew Kotchen and Laura Grant. "Estimates of the overall increase are approximately 1 percent, but we find that the effect is not constant throughout the DST period." According to their data, DST causes the greatest increase in electricity consumption in the fall (estimates range from 2–4%) when dipping temperatures

send Hoosiers inside earlier to turn up their thermostats. They estimate that increased energy demand as a result of DST adds ~\$9 million a year to household power bills across Indiana while the "social costs" of the resulting increased emissions range from \$1.7–\$5.5 million annually.

Of course, mileage varies by region. A study by the California Energy Commission found that extending DST would have little to no effect on energy use in that state. Meanwhile, a U.S. Department of Energy analysis of 67 different power utilities across the country concluded that a four-week extension of DST would save Americans ~0.5 percent of electricity per day, or 1.3 trillion watt-hours in total—enough to power 100,000 households for a year.

Whether or not the recent interest in extending DST throughout the year on the West Coast will take hold across the country is anyone's guess. In the meantime, we can all look forward to the second Sunday in March to spring ahead and leave the short and dreary winter days behind us—at least for a few months.

CONTACTS: "Does Daylight Saving Time Save Energy? Evidence from a Natural Experiment in Indiana," ideas.repec.org/a/tp/r/restat/v93y2011i4p1172-1185.html; "The Dark Side of Daylight Savings Time," the-conversation.com/the-dark-side-of-daylight-saving-time-91958.

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.

SAFELY MELT ICE

TUESDAY TIP

- Consider using salt-free, non-toxic or "pet-friendly" ice melt to clear snow and ice on your property.
- Protect your pet's paws from salts or chemicals already applied to surfaces with booties, paw balm, or by thoroughly wiping their paws with a towel when returning home.
- Make a homemade windshield deicer by combining 1 cup of water with 1 cup of isopropyl alcohol in a spray bottle and applying liberally.

Certain products used to clear driveways, sidewalks and roads of snow or ice, negatively affect our water and soil. Help balance road safety and environmental impact with these tips.

see and NATURAL Prince George's County Second Nature is an initiative of the Department of the Environment, Redevelopment, Authority, and Office of Central Services to promote cost savings and sustainability in our everyday behavior.

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Year of the Veteran from A1

the fifth anniversary of the first piece of legislation signed into law by Governor Hogan which designated March 30 as Welcome Home Vietnam Veterans Day. June 6 marks the 75th anniversary of the World War II Normandy Invasion, officially referred to as D-Day. October 1 marks the 20th anniversary of the establishment of the Maryland Department of Veterans Affairs. This year also marks the 100th anniversary of the first recognized Armistice Day, now known as Veterans Day.

The proclamation also provides the opportunity to raise awareness of the work done every day by the Maryland Department of Veterans Affairs in service to those who have served. Throughout the year, the department will join federal, state, and local partners to celebrate and acknowledge the service of the 380,000 Marylanders who have served in the United States uniformed services.

"I would like to express my sincere appreciation to Governor Hogan for this exciting proclamation announcement," said Secretary of the Maryland Department of Veterans Affairs George Owings. "Proclaiming 2019 as the Year of the Veteran provides our state a timeless opportunity to honor our veterans for their service and sacrifice to the state and nation."

Since taking office, the Hogan administration has established a proven track record of accomplishment on behalf of Maryland's veterans. The administration also eliminated fees associated with veterans' designation on driver's licenses, disabled veteran vehicle plate registration, and Maryland state park admission. Additionally, the governor was instrumental in bringing permanent supportive housing for homeless veterans to the U.S. Department of Veterans Affairs Perry Point Medical Center Campus.

Guide By Cell from A1

Schwartz represent all five branches of the military. The collection continues up American Way towards National Harbor Boulevard. Milton Peterson, the visionary and developer behind National Harbor, has curated the art over the years and strategically placed it to delight and entertain visitors as well as residents. It has long been Peterson's dream to have an outdoor gallery that not only celebrates art but also celebrates American history.

"In addition to our prime waterfront location and the many attractions at National Harbor, we want visitors and residents to also be able to enjoy our unique collection of art in a beautiful outdoor setting," explained Deborah Topcik, director of marketing at National Harbor. "Our outdoor art gallery is open to the public at no charge and now we also have a great guide-by-cell tour that explains the art, the history of many of the persons depicted in the art, and the artists who created the art."

Moving along American Way, there are statues of historic icons George Washington, Abraham Lincoln, Frederick Douglass, Henry Ford (along with an actual Model T automobile), Franklin D. Roosevelt, Winston Churchill, Dwight D. Eisenhower, Louis Armstrong and Rosie the Riveter—all by world-renowned sculptor Ivan Schwartz. Each figure tells his or her story on the Guide by Cell.

J. Seward Johnson has created additional sculptures along American Way including "Forever Marilyn" (Marilyn Monroe), "The Kiss" and "Bag Lady." David Strohmeier's "Tool De Force," a 13-by-17-by-18-foot painted steel work depicts modern American tools.

Other works of art are positioned along American Way and throughout National Harbor including Albert Paley's "The Beckoning" towering 85-feet high at the entrance of the Waterfront District and Norman Greene's "Five in the Wind" along the waterfront.

"This is a great way for history to come to life," said Topcik. Many of the statues tell their own history on the Guide-by-Cell tour. "It's a fun way to get outside, walk and see great and interesting works of art with an educational component as well," Topcik added. National Harbor has always prided itself on it's easy, walkable streets.

Many of the Waterfront District's shops and restaurants line American Way. Fleet Street, with its numerous bars, restaurants and nightlife locations features a stunning outdoor light show with thousands of lights overhead.

The Guide by Cell tour can be downloaded by texting ACNH to 56512.

For more information on National Harbor, go to [www.National Harbor.com](http://www.NationalHarbor.com).

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CHRISTMAS IN APRIL* PRINCE GEORGE'S COUNTY
To Repair Approximately 80 Homes on Saturday, April 27, 2019

Urgent need for all skilled trades people!

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

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

Thank you for your assistance!

Lutheran Mission Society Alan Amrhine, Communications Director
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BENEFIT DINNER/DANCE
February 23, 2019, 6:00–10:30 pm

Columbia Moose Lodge
10404 Brandywine Road in Clinton, Maryland

Christmas in April, which is celebrating their 31st Year of Service to County residents, will be holding a Benefit Dance to help raise funds for materials. These funds will help us purchase supplies to assist us in our effort to repair the homes of approximately 85 County homeowners on April 27, 2019.

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). A cash bar will be available.

To purchase tickets or for further information please call, Mary Kucharski, Executive Director of Christmas in April*Prince George's County, at 301/868-0937.

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