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CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO

Children from local Catholic schools greeted Pope Francis with flowers while President Obama and his family look on, at Joint Base Andrews in Maryland on Sept. 22, 2015.

Pope Francis Arrives in the U.S. to a Big Welcome from Excited Crowds

By BRITTANY BRITTO
Capital News Service

JOINT BASE ANDREWS—Pope Francis arrived for his first visit to the United States Tuesday at 4 p.m. at Joint Base Andrews in Maryland, and was greeted with a lively welcome from President Barack Obama, first lady Michelle Obama, and their daughters, along with various

priests and officials from the U.S. archdioceses, and the DeMatha Catholic High School band.

The crowd in the nearby stands cheered on, chanting "Ho Ho! Hey Hey! Welcome to the U.S.A.," while the pope, 78, walked down the stairs from the Alitalia aircraft and on to a red carpet.

Band members from the DeMatha Catholic High School in Hyattsville have been preparing

for the Pope's arrival since late August, and greeted the spiritual leader with what percussion player Kevin Carruthers, 17, described as "fun tunes" including "Happy" by artist Pharrell Williams and "Clocks" by U.K. band Coldplay.

"It's very exciting," Carruthers said before the show. "It'll be the biggest performance of my life."

At the end of the red carpet, the pope shook hands with the

crowd and accepted flowers from children who attend nearby Catholic schools.

With a tight schedule of only three days in Washington, the pontiff's first official stop is expected to be at the White House to meet again with Obama at 9:15 a.m. Wednesday.

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National Excellence in Inclusion Award Goes to Department of Parks and Recreation

By Press Officer
MNCPPC

RIVERDALE, MD—Recreation inclusion services for people with disabilities in Prince George's County are bringing home national honors. The Maryland-National Capital Park and Planning Commission's Department of Parks and Recreation in Prince George's County today received a National Excellence in Inclusion Award from the National Recreation and Park Association (NRPA). The award was presented at the 2015 NRPA Annual Congress in Las Vegas, Nev.

This is the second time MNCPPC's Special Programs Division has received this award, first winning in 2004 when the award was given by the National Institute of Recreation Inclusion.

"It is a tremendous honor to receive this award," said Ronnie Gathers, Director of MNCPPC's Department of Parks and Recreation. "Our inclusion employees are being rightfully recognized for their 40 years of leading at the cutting edge of the industry in therapeutic recreation and inclusion services."

See **PARKS** Page A3

Goggans Named BOXTOROW National Player of the Week

By Press Officer
Bowie State University

FUQUAY-VARINA, NC—Bowie State quarterback Matthew Goggans has been named BOXTOROW National Player of the Week. Goggans, a graduate student from Pine Grove, Calif., completed 23-of-42 passes for 313 yards with three touchdowns and no interceptions in the Bulldogs 35-32 victory over Merrimack.

Goggans was featured on boxtorow.com as BOXTOROW National Player of the Week and also appeared as a guest on the national sports talk show FROM THE PRESS BOX TO PRESS ROW with Donal Ware.



PHOTO COURTESY BOWIE STATE
Matthew Goggans

FROM THE PRESS BOX TO PRESS ROW airs on 38 radio stations around the country.

For stations that carry the show go to <http://www.boxtorow.com/affiliates.php>

Kayaking Journey Around Bay Aims to Inspire Environmental Stewardship

By JACOB BELL
Capital News Service

ANNAPOLIS, MD—Don Baugh and Tom Horton paddled their kayaks into the waters off the coast of Sandy Point State Park on Wednesday, launching their 500-mile traverse of Chesapeake Bay waterways. It's a journey they had taken once before, 10 years ago.

Though the journey's route remains largely the same—a 30-day circuit around the Delmarva Peninsula—Baugh, 61, and Horton, 70, will have company this time around, as they mentor two environmental leaders.

"What I took away 10 years ago was hope," Baugh said. "You read all the reports on the environment and you look ahead to all the challenges, and it's daunting. But when you spend 30 days in it, it gives you hope."

Baugh, the former vice president for education at the Chesapeake Bay Foundation (<http://www.cbef.org>), and Horton, an environment columnist of more than 40 years, hope the trip inspires the next generation of environmental stewards.

Among those are Alexandra Crooks, 24, and Stephen Eren, 26,



CAPITAL NEWS SERVICE PHOTO BY JACOB BELL

Walter Brown (bottom kayak), Tom Horton and Alexandra Crooks (middle kayak) and the rest of the kayaking team (top kayaks) begin their 500-mile, 30-day journey after pushing off the shores of Sandy Point State Park, Sept. 9, 2015.

two graduates of Virginia Tech's College of Natural Resources and Environment. Crooks has worked as a science and environmental educator over the past four years, and Eren worked as a backcountry ranger and a food scrap collector for a North Carolina composting company.

"I'm a hands-on learner, I've always been that way," Crooks said. "And I think the best way to learn, and the best way to start

caring about something, is to full on experience it."

The kayaking team will mostly camp on beaches each night, with occasional stints in hotels and private homes. When on land, they will connect electronics to available power sources, though they have backup auxiliary chargers too, according

See **KAYAKING** Page A7

Text2Them™ and Text 2 Stop It!™ Partners With Carahsoft to Combat Bullying, Drugs, Sexual Assaults and Suicides in Schools/Colleges

New Technology Allows Students to Use Anonymous Two-Way Text Messaging to Report Bullying, Campus Assaults, Drugs and Other Harmful Behavior

By PRESS OFFICER
Text2Them

BOWIE, MD—Text2Them Inc. today announced that it has partnered with Carahsoft Technology Corp., the trusted government IT solutions provider, to make its patent-pending, two-way messaging technology solutions broadly available to the public sector market. By providing students with the ability to reach their school via anonymous two-way text messaging, Text2Them is combating the growing problems of bullying, campus assaults, drugs, and suicides in schools and colleges.

Under the partnership, Carahsoft has added Text2Them's solutions, including its anti-bullying program named Text 2 Stop It, to the Maryland COTS Software Master Contract; the Virginia Information Technology Agency (VITA) contract; SEWP V federal contract; and The Cooperative Purchasing Network contract (TCPN) which

provides access to state and local government entities as well as nonprofit organizations in all 50 states.

Text 2 Stop It uses the patent-pending, two-way texting technology to interview students who wish to anonymously inform the school of bullying/cyberbullying, drugs, fights, sexual improprieties, and other unsafe activities. The actual transcript of the conversation is then sent to the school counselors/administrators trained to intervene and combat these events.

Students text with statements such as: "There are kids that I know that smoke weed at school" or "I need help to stop my friend from committing suicide." The Text2Them call center then replies, prompting the students to provide specifics such as time, date, location, names of perpetrators and witnesses to any particular event.

"Text 2 Stop It harnesses the power of two-way texting technology, anonymity, and

the students themselves to reduce unsafe activity in and around schools," said Tiffany Goddard, Director of Citizen Engagement Solutions at Carahsoft. "We are pleased to add this proven solution to our portfolio and make it accessible to school systems throughout the country via our contracts and reseller ecosystem."

The Text 2 Stop It program, which has been in pilot deployment in schools in Queen Anne's, MD, is documented to have successfully exposed bullies, violence and drug dealers, and has also been used to connect students in suicide crisis to necessary resources.

"I really feel that since we implemented this program, we have stopped a number of incidences of bullying, and perhaps saved lives. How much is that worth?" said Brad Engle, Supervisor of Student Support Services for Queen Anne's County.

See **TEXT2THEM** Page A3

INSIDE

Giving Up the Car Keys Equals Greater Risk of Health Problems Among Older Adults

Older ex-drivers tend to have markedly reduced out-of-home activity as they substitute indoor activities for outside activities, the research shows. What is more, ex-drivers tend to have lower cognitive abilities than older drivers, the study found.

Community, Page A3

Pope Francis' Message of Compassion: Service for the Common Good

The gospel of compassion has guided many into service beyond their own lives and self-interests. The gospel of compassion: to see, to feel and to do something, is a driver of change that pays no regard to differences in gender, color, community or faith.

Commentary, Page A4

Agriculture Secretary Vilsack Announces Available Funding and Changes to USDA's Biorefinery and Biobased Product Program

The new program provides loan guarantees of up to \$250 million to construct and retrofit commercial-scale biorefineries and to develop renewable chemicals and biobased product manufacturing facilities.

Business, Page A5

Movie Review: "99 Homes"

Set amidst the backdrop of the 2008 housing market catastrophe, Dennis Nash, a hard-working and honest man, can't save his family home despite his best efforts. Thrown to the streets with alarming precision by real estate shark Mike Carver, Dennis, out of work and luck, is given a unique opportunity to join Carver's crew.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What advantages do so-called "vertical farms" have over traditional gardens and farms?

— Sylvia Pleasant,
Washington, DC

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Morningside VFD dedicates Engine 27 to Charlie Phillips for 66 years of service

Charlie Phillips began his career with the Morningside Volunteer Fire Department on August 8, 1949, less than five years after the Department was organized. On August 8, 2015, they celebrated his 66 years—to the very day—by dedicating their 2012 Spartan/CustomFIRE Rescue Pumper to him.

There was a huge turnout for the occasion and some great stories told about Charlie. The Town of Morningside presented him with a Proclamation, Mission Bar-B-Que assisted with the food and the Boulevard Heights VFD provided tables and chairs for the event.

Over his 66 years with Morningside, Charlie has held virtually every position, including chief and president. The MVFD website shows how they feel about Charlie: "He is a fixture in our organization, this community, Prince George's County and the State of Maryland."

Neighbors

Speaking of the Morningside Fire Department, I saw on their website that there was a fire in the 4400 block of Maple Road. "Fire knocked," and no injuries reported.

The Surratt Society, in Clinton, has the good fortune to have last year's officers agree to stay on for another year. They are: Kevin Kelly, president; Louise Oertly, vice president; Sue Perrotta, secretary; and Tom Buckingham, treasurer.

I spent two days last week glued to the TV, watching the wonderful coverage of Pope Francis's 48 hours in Washington. I wanted to walk up to Suitland Road and wave to him as he motored past Suitland Road into Washington. But, instead his Papal Fiat took the Forestville exit from the base onto Suitland Parkway.

Several of the Daughters of St. Anne, a group of Catholic nuns who live in St. Philip's Parish, were given tickets to the Mass at the Shrine. And six Bishop McNamara High students won tickets in a lottery that allowed them to see the Pope at the Vatican Embassy on Massachusetts Avenue. The Pope shook hands with some of them.

17th Annual Women's Conference

Suitland Road Baptist Church invites all women to participate in their Annual Women's Conference on Saturday, Oct. 10, 9 a.m. to 3 p.m. Doors open at 8:30. The theme of the Conference is "God's Best for Our Lives." Speakers are Minister Beatrice Y. Smith, Sister Sabrina Roberts and Sister Sheila Hayes.

Admission is \$25 and includes lunch. For information, call 301-219-2296.

Suitland Road Baptist is at 5412 Suitland Road.

Seeking a Scout troop?

Girl Scouting? Stan Holmes announced that, here in Skyline, we have troop leaders for Daisies, Brownies, and older youth girls. Contact him at 301-751-0116 or afvetsh@gmail.com and he'll put you in touch with the appropriate leader.

Boy Scouting? Cub Scout Pack 520, for boys in grades 1-5, has formed and Boy Scout Troop 52, for boys in grades 6-12, is coming this fall. They meet at Corkran UMC and UMC of the Redeemer. Contact John Schlegel, 301-423-4385, or jashlegel@yahoo.com

Changing landscape

County Executive Rushern L. Baker, III and Montgomery County Executive Isiah Leggett introduced the new voting machines to be used statewide for the 2016 Presidential Election, during a meeting on Sept. 22. The new system features paper ballots and a digital scanner.

Major road and sidewalk changes are happening on Branch Avenue and Old Branch between Camp Springs and Clinton. Branch has been repaved, a blessing to all cars that travel that route. And now Old Branch is being resurfaced—and apparently somewhat widened—and sidewalks and curbing added.

The Washington, D.C. VA Medical Center's Greenbelt clinic recently moved to the Southern Prince George's County clinic, 1501 Allentown Road.

Morningside memories

September 1975: Mike Polley, president of the Youth Council and the Morningside-Skyline

Recreation Council, was nominated for the County's Volunteer of the Year.

August 23, 1976: Mike died of cancer. He was only 23 years old. On Oct. 27, 1979, the new park adjacent to Skyline School, was dedicated to him as the Michael J. Polley Neighborhood Park.

May they rest in peace

Joyce Ann Lucas, 64, a Tuesday volunteer for many years at the Oxon Hill Pantry, died July 26. She was a North Carolina native but moved to Washington after graduation. She was retired from Children's Hospital. She was an excellent cook and an active member of the Church of the Living God in Suitland. Survivors include three children, four grandchildren and seven great-grandchildren.

Edith L. Long, of Waldorf, a beautician in the Oxon Hill and Temple Hills area for many years, died Sept. 18. She was the wife of Frederick Long, mother of Sherry Sharper (John) and Feffy Long. She is also survived by three grandchildren.

Viola Veronica Proctor, 77, who retired from Health Education and Welfare and later from Kenneth Smith Insurance Co., died Sept. 14. She graduated from St. Patrick's Academy and in 1958 married Philip C. Proctor Sr. She was a member of Friends Incorporated Bowling Association and The "Elite" Travel Club. Survivors include her children, Angela F. Proctor Brown and Philip Conrad Proctor, Jr.; three grandchildren; and three siblings. She was a member of Holy Family Church in Hillcrest Heights, from which she was buried.

Milestones

Happy birthday to Jasmine Wade, Nola Thomas and my grandson Sam Mudd, Oct. 2; John Ihrig, Oct. 3; Marlene Titus, Oct. 4; Sue Gilmore and Muriel Ireson, Oct. 5; Rory Lohman, Carmen Buffington and George Nixon, Oct. 6; Dr. Alvin Thornton and Kam'Ron Blade, Oct. 7.

Happy anniversary to Larry and Jean Beardmore, their 57th on Oct. 4; Bill and Terry Ratliff, their 29th on Oct. 4; and my daughter Elaine and Luke Seidman, their 26th on Oct. 7.

Neighborhood Events

Edwards Statement Opposing the Enforce the Law for Sanctuary Cities Act

WASHINGTON, D.C.—Congresswoman Donna F. Edwards (MD-4) issued the following statement in opposition to H.R. 3009, the Enforce the Law for Sanctuary Cities Act. Rep. Edwards, joined by Reps. Gwen Moore (WI-4), Lucille Roybal-Allard (CA-40), and Debbie Dingell (MI-12), highlighted the legislation's negative impact on combating domestic violence in a letter to their colleagues. The bill passed the House by a vote of 241-179.

"This flawed legislation second guesses the decisions made by local police chiefs and sheriffs around the country on how to best police their communities and ensure public safety.

"As the founder and former executive director of the National Network to End Domestic Violence, I am deeply concerned that this legislation will have a negative effect on the cooperation that is necessary between law enforcement and very isolated victims of domestic and sexual violence.

"Further, it would strip bipartisan provisions that passed in the Violence Against Women Act (VAWA) that we just reauthorized."

"Specifically, H.R. 3009 negatively amends section 241(i) of the Immigration and Nationality Act by doing the following:

- Undermining the spirit and protections of the VAWA and effectively pushing immigration survivors and their children (many of whom are likely U.S. Citizens) deeper and deeper into the shadows of danger;
- Undermining the policies that local communities have determined are appropriate for their localities;
- Allowing violent crimes to go uninvestigated; and
- Leaving victims without redress due to reductions in funding.

"This bill would have damaging ramifications for families across the nation and in my home state of Maryland.

"I have here and ask unanimous consent to enter into the record a letter from the National Taskforce to End Sexual and Domestic Violence Against Women, representing coalitions, organizations, shelters, services and programs in every single state in this country."

"I want to just quote from this letter, it says 'fear of deportation also strengthens the ability of abusers and traffickers to silence and trap their victims. Not only are the individual victims harmed, but fear of law enforcement leads many to abstain from reporting violent perpetrators or coming forward and as a result dangerous criminals are not identified and go unpunished.'

"We need to ensure the continued protections of domestic violence victims all across this country no matter who they are and no matter where they are and to know that law enforcement will be there to protect them and their children."

M-NCPPC Prince George's Planning Department Awarded Grant Funding
UPPER MARLBORO, MD—The Prince George's County Planning Department of The Maryland-National Capital Park and Planning Commission (M-NCPPC) has



Congresswoman
Donna F. Edwards

received a grant from the National Capital Region Transportation Planning Board (TPB) to design the first segment of a proposed trail linking the Capitol Heights, Addison Road, Morgan Boulevard and Largo Town Center Metrorail stations. The \$80,000 grant was awarded under the TPB's Transportation Land-Use Connection (TLC) program. Through this program, the TPB works with local governments in the Washington metropolitan region to integrate land use and transportation planning at the community level.

The TLC grant will be used to begin design of facilities for the first of five priority segments of the proposed Central Avenue Connector Trail. Design for the first segment of the trail, which is located near the Addison Road Station, is scheduled to be completed by next Spring.

"M-NCPPC very much appreciates the support and partnership of the Transportation Planning Board in developing this very important trail project which will lead to additional transportation and economic development opportunities in the Central Avenue corridor," said M-NCPPC Chairman Elizabeth M. Hewlett. "When completed, this trails network will link, unify, and support transit oriented development at the County's blue line stations, including the Largo Metro station area—the site for the County's proposed new regional medical center."

PG County Health Department Awarded Grant to Expand Behavioral Health Services

LARGO, MD—The Prince George's County Health Department has been awarded a \$4 million grant (over four years) to expand mental health services for children, youth, and their families by the Substance Abuse and Mental Health Services Administration (SAMSHA), which is part of the U.S. Department of Health and Human Services. This System of Care (SOC) Expansion Implementation Grant will be used to expand the Health Department's innovative and creative systems of care model that involves collaboration on improving the mental health status of certain populations of youth, across government agencies, community partners, families, and youth (ages 0-21).

"We are thrilled to receive the funding," said Pamela B. Creekmur, Health Officer. "The Health Department applied for this highly competitive SAMSHA Systems of Care Expansion Grant as part of its efforts to improve be-

havioral health services, which include the continuum of services for residents with mental health and substance abuse problems. This expansion will be focused on infrastructure development through the application of proven strategies and approaches in order to ensure program sustainability once the grant funding has ceased."

The goal of the grant is to expand and improve access to community-based services for children and youth with serious behavioral health challenges, and their families. Services will include intensive care coordination, intensive in-home services, mobile crisis response and stabilization, parent and youth peer support services, respite care, and evidence-based treatments addressing trauma. Youth and their families, along with public and private organizations will work together to design behavioral health services and supports that are effective, build on the strengths of individuals and their families, and address each person's cultural and linguistic needs. As part of the grant requirement, the Prince George's County Health Department will partner with Anne Arundel County and the Maryland Department of Health and Mental Hygiene (DHMH) in the development of the expanded crisis response system.

The funding will be used to implement the Prince George's County Collaborating across Organizations and Networks Necessary for Engaging Youth and Families and Providing Community-based Treatment and Supports (PGC-CONNECTS). The goal of PGC-CONNECTS is to help Prince George's County children, youth, and families function better at home, in school, in the community, and throughout life.

UMD Welcomes African American Studies Chair

COLLEGE PARK, MD—Following a rigorous national search, the African American Studies Department (AASD) at the University of Maryland (UMD) proudly welcomes Dr. Oscar Barbarin, a pioneering developer of culturally sensitive assessments of psychological disorders in African-American and Latino children, as its new chair. Dr. Barbarin is a full professor in AASD with a joint appointment in the Department of Psychology.

The University System of Maryland also named Dr. Barbarin as the Wilson H. Elkins Professor. This distinguished professorship is bestowed upon faculty who have demonstrated the ability to lead and inspire students at all levels, achieved excellence in their fields as well as in areas other than their traditional discipline, and passionately pursued scholarly endeavors beyond the University System of Maryland.

"As our African American Studies Department approaches 50, Dr. Barbarin will fortify its strong tradition of interdisciplinary research—one that he himself helped create," said UMD President Wallace D. Loh. "He is a major addition to our faculty and academic leadership."

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

REVIVAL WEEK

Join us for our Revival at Westphalia United Methodist Church. Rev. Dr. Timothy West, Senior Pastor beginning Monday, October 26, 2015 thru Thursday, October 29, 2015 at 7:30 PM each night. Monday, October 26, 2015 Rev. Dr. Jerry Carter from Calvary Baptist Church, Morristown, New Jersey will be the speaker. Tuesday, October 27, 2015 Rev. B. Kevin Smalls from Queens Chapel United Methodist Church Beltsville, Maryland and Ebenezer United Methodist Church, Washington, DC. Wednesday, October 28, 2015 Rev. Daryl Williams from S. Paul United Methodist Church, Oxon Hill, Maryland will be the speaker. Thursday, October 29, 2015 Rev. Dr. William H. Curtis from Mt. Ararat Baptist Church, Pittsburgh, Pennsylvania will be the speaker.

Westphalia United Methodist Church is located at 9363 D'Arcy Road, Upper Marlboro, Maryland, 20774. If additional information is needed you can visit www.westphaliaum.org or call 301-735-9373.

CHRISTMAS CRAFT & VENDOR FAIR

Please join other crafters by participating in the Christmas Craft & Vendor Fair on December 5, 2015 from 8:30 AM-2:30 PM. Crafter/Vendor set-ups 7-8:30 AM, Saturday, December 5th. Location is our Family Life Center of New Hope Fellowship-Nottingham Myers United Methodist Church. Address is 15601 Brooks Church Road, Upper Marlboro, Maryland 20772 (located 9 miles off route 301). Over 100 families in our Cooperative Parish. To reserve your space or get more information please email Newhopeevent@gmail.com or call 301-627-0028. You must bring your own table.

TRUNK-N-TREAT

October 23, 2015 from 7-8:30 PM Trunk-N-Treat will be at Baden Community Center located at 13601 Baden-Westwood Road, Brandywine, Maryland 20613 (located just 7 minutes south of Brandywine Elementary School). Telephone numbers are 301-888-1500 and TTY 301-203-6030.

There will be new activities and spooky fun that will include

new games, new activity stations, Costume Contest, Photo Station, Spooky Train Ride, snack & drink for ages 5-12, \$5 by 10/22, \$7 on 10/23. Teens-free/teen ID.

BADEN COMMUNITY CENTER ADULT HAND DANCE

Spend 8 Friday nights learning Swing and RB dance steps (No partner required) (1633661) 10/23/12/18 from 7:00 PM-9:30 PM. Cost is \$56 R/\$68 NR (2 week holiday break) register for session and save time and money. Register for classes and programs on line at www.pgparcs.com). Drop-In is \$10.00 per class.

JUG BAY 10K/5K RUN for WILDLIFE

Join us for the 19th Annual Jug Bay 10K/5K Run for Wildlife and 3K Fun Walk hosted by the M-NCPPC Park Rangers Saturday, November 7, 2015 at Patuxent River Park. The Park is located at 16000 Croom Airport Road, Upper Marlboro, Maryland, 20772. Information: 301-627-7755, TTY 301-699-2544.

COMMUNITY

Practical Money Skills

By Nathaniel Sillin

Back-to-School Planning for Returning Students

Could a mid- to late-career return to college make sense for you?

It's essential to evaluate whether this is a financially risky move. In recent years, older Americans have been heading back to school part-time and during evenings in greater numbers than students of typical college age. According to the National Center for Education Statistics, enrollees 25 years of age and older account for 40 percent of all undergraduate and graduate students—by 2020, that number will rise to 43 percent.



Statistics proliferate on how much more valuable undergraduate college degrees are than high school diplomas alone—a recent Pew Research Analysis study reported that college graduates aged 25–32 and working full-time earn about \$17,500 more a year than employed adults in that age group with only a high school diploma. It's an indication why college is a fairly clear sell for younger people.

However, for people over 40, there are no similarly clear-cut rewards. That's why it's particularly important to do extensive due diligence before returning to college or any other training program. That's doubly true if you can't afford tuition out-of-pocket.

Here are considerations to make before making a mid- or late-career return to the classroom:

A degree doesn't mean a job. That may seem obvious given the recent hiring fortunes of younger, first-time college grads. However, even though some job indicators are looking up for older workers, it doesn't mean past experience and a high-quality degree or certificate program will immediately lead to employment or better pay or for how long. Start with a thorough examination of working conditions and hiring forecasts (<http://www.bls.gov/oes/>) in your chosen field. If it's a complete career change, add face-to-face networking and observation of the job in action, if possible. Most of all, it's important to know whether employers in that specific field really are interested in hiring older workers and have a record of doing so.

Fully evaluate your finances. As risky as student debt levels are now—the average student is borrowing around \$30,000—spending money on school when you're older is a much riskier proposition than when you're young. Consider that late-life tuition is money that won't go to retirement, a child's tuition, an older relative's needs, consumer debt or financial emergencies. In other words, it's an investment that really has to pay off. Also keep in mind that student debt cannot be discharged in bankruptcy. This is why it is important to seek qualified financial and tax advice before committing to spending savings or taking out student loans to return to school.

Determine how long you really plan to work. A 2013 Gallup poll indicated that three in four U.S. workers plan to work past the conventional retirement age of 65, but no one really knows how long they'll be able to work given health and other factors. Will you be able to recoup the cost of training based on the number of years you hope to work?

Find the most affordable training possible. If a field is friendly to new workers your age, what will you have to invest in training to get the right job? Will it require a masters-level degree or a training certificate that makes you a specialist in a specific skill? Will some employers accept free or low-cost online courses being offered by known colleges and universities? The American Association of Community Colleges' Plus 50 Initiative is a useful resource for lower-cost training options at community colleges throughout the country. Also check with your chosen industry's leading trade associations to see what certificate training is most popular within the field and what it costs.

Bottom line: Education is beneficial at any age, but mid-to-late career workers should evaluate their finances and thoroughly investigate degree programs before going back to school.

Giving Up the Car Keys Equals Greater Risk of Health Problems Among Older Adults

By PRESS OFFICER
AAA Mid-Atlantic

WASHINGTON, DC—Every Sunday morning until the last few weeks of his life John Henry Pinkard, Jr. safely drove without incident across town to his beloved church in Washington, DC His fellow parishioners marveled at his deep devotion and his uncanny knack for maintaining his driving skill set for more than eight decades. Born on the campus of Alabama A&M in 1911, Mr. Pinkard was the oldest active deacon at his church and he was one of the oldest licensed drivers in the nation's capital when he passed away three months ago on May 6, 2015. He was 103 years old.

Unlike Mr. Pinkard, older adults who have stopped driving before their bodies give out are almost two times more likely to suffer from depression and nearly five times as likely to enter a long-term care facility than those who remain behind the wheel, according to a new report released by the AAA Foundation for Traffic Safety and Columbia University. Few drivers remain as safely active behind the wheel as long as John H. Pinkard, Jr. did, but older drivers, valuing their independence above all else except their safety and the safety of others, wish they could.

In fact, the study examined older adults who have permanently given up driving and the impact it has on their health and mental well-being. The importance of understanding the effects this lifestyle change has on older adults is essential, as the number of drivers aged 65 and older con-

tinues to increase in the United States with nearly 81 percent of the 39.5 million seniors in this age group still behind the wheel.

"This comprehensive review of research confirmed the consequences of driving cessation in older adults," Peter Kissinger, President and CEO of the AAA Foundation for Traffic Safety. "The decision to stop driving, whether voluntary or involuntary, appears to contribute to a variety of health problems for seniors, particularly depression as social circles are greatly reduced."

The AAA Foundation's report on Driving Cessation and Health Outcomes for Older Adults examined declines in general health and physical, social, and cognitive functions in former drivers. With the cessation of driving, the study found:

- Diminished productivity and low participation in daily life activities outside of the home;
- Risk of depression nearly doubled;
- 51 percent reduction in the size of social networks over a 13-year period;
- Accelerated decline in cognitive ability over a 10-year period; and former drivers were
- Five times as likely to be admitted to a long term care facility.

The latest report in the AAA Foundation's Longitudinal Research on Aging Drivers (LongROAD) project, Driving Cessation and Health Outcomes for Older Adults consisted of a systematic literature review of previously published studies pertinent to the health consequences of driving cessation. Sixteen studies

met the criteria for inclusion. The full report can be viewed here.

"Maintaining independence by continuing to drive safely is important to overall health and well-being. When the decision is made to relinquish the keys, it is vital to mitigate the potential negative effects through participation in programs that allow seniors to remain mobile and socially connected," said Kissinger.

Here is the tale of the tape: 10,000 Americans turn 65 every day. The United States of America boasts 35 million licensed drivers 65 years old or over and that slice of the populace has increased 25 percent in the past dozen years or since 2003. An estimated 12.5 percent of the population in Virginia is 65 or older. In fact, the 2010 Census reveals 817,339 Virginians 65 or older were licensed drivers. Meanwhile, Maryland has 604,487 licensed drivers ages 65 and over, as of 2012, notes the Maryland Motor Vehicle Administration (MVA). The District has more than 100,000 citizens over the age of 60, and 72,000 residents 65 and over (comprising more than 11 percent of the city's population).

"It is proven fact that driving is deemed an important part of staying independent. Based on our findings, it appears that hanging up the car keys driving cessation may hasten declines in physical and social health among older adults," explained John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "There is mounting evidence that driving cessation in older adults may contribute to a variety of health problems. Of special note is the ap-

parent effect of driving cessation on self-reported depressive symptoms. In fact, the data revealed that driving cessation nearly doubles the risk of increased depressive symptoms in older adults."

Older ex-drivers tend to have markedly reduced out-of-home activity as they substitute indoor activities for outside activities, the research shows. What is more, ex-drivers tend to have lower cognitive abilities than older drivers, the study found.

As a leading advocate for senior driver safety AAA provides many programs and resources for senior drivers including Roadwise Review. Roadwise Review Online is a free, confidential; screening/self-assessment tool developed by AAA to help older driver's measure certain mental and physical abilities important for safe driving. In as little as 30 minutes, users can identify and get further guidance on the physical and mental skills that need improvement—all in the privacy of their own home. For more information on all the free resources AAA offers to older drivers, visit SeniorDriving.AAA.com.

Established by AAA in 1947, the AAA Foundation for Traffic Safety is a 501(c) (3) not-for-profit, publicly-supported charitable educational and research organization. Dedicated to saving lives and reducing injuries on our roads, the Foundation's mission is to prevent crashes and save lives through research and education about traffic safety. The Foundation has funded over 200 research projects designed to discover the causes of traffic crashes, prevent them and minimize injuries when they do occur.

Text2Them from A1

In addition, the number of incidences being reported, during the second year of the program, are down by more than 30 percent.

"The pilot program exceeded anything we expected," said Alvin Butler, President of Text2Them. "In the six months of the pilot in five schools, the students reported 22 incidences of bullying, five incidences of drug use, six reports of student-planned suicides, e-cigarettes smoking, and numerous other reports. While we expected students to report bullying, the results revealed that only 45 percent of the reports were about bullying making the majority of anonymous text conversations about other serious issues within the schools."

For more information, view "Combat Unsafe Activities Occurring in Schools with Text 2 Stop It," an on-demand webinar sponsored by Text2Them and Carahsoft. The program features the head of student services at a Maryland county school system who is using the solution to gain the upper hand in the battle against negative student activity. For ordering information, visit www.carahsoft.com/text2them; or contact Carahsoft at (703) 230-7511; cegis@carahsoft.com;

Additional Resource:

ABC's in Focus

January 2015: In-depth story on success of Text 2 Stop It application at Maryland's Queen Anne's County Schools in 2013 and 2014 which resulted in a 33 percent drop in bullying. Disciplinary referrals have also declined and students have become more vigilant.

About Text2Them

While others have developed specific application uses such as Text-a-Tip, Text for Alerts, and Text to 911, etc., Text2Them has developed the first two-way text communication system that incorporates all these applications and more. Text2Them allows customers, clients and employees the ability to reach your organization and receive an auto reply, connect to a live operator and even have the text conversation transferred to another person or department within your agency. This is how your voice phone system works isn't it? Now your organization can also communicate by text.

The company has received the top honor of Most Disruptive Technology Award at the 2014 Innovative Solutions Consortium/Loudon County Public Safety Challenge as well as recog-

inition from several print and media sources. We believe the time has come to move SMS to the forefront of public sector communications. Visit us at www.text2them.com for public safety and other applications.

Text 2 Stop It (www.text2stopit.org)

Text 2 Stop It is a not-for-profit corporation incorporated in the state of Maryland. The company plans to file as a 501c3. The company uses the two-way patent-pending technology, developed by Text2Them, to reach students via the method of technology that feel most comfortable using. Students are allowed to contact the "Text 2 Stop It Hotline" to report any harmful behavior in their schools. A transcript of the actual conversation with the student is then sent to the school counselors or others deemed and trained to intervene on behalf of the student, school and school safety.

Our goal is to implement Text 2 Stop It nationally so any student—anywhere in the country—can stay anonymous and get the help they need by simply texting BULLY to 68398 and explaining their situation. The resources already available are then deployed to make their school a

better and safer place to learn. Visit www.text2stopit.org for more information or just text BULLY to 68398.

About Carahsoft

Carahsoft Technology Corp. is the trusted Government IT solutions provider. As a top-ranked GSA Schedule Contract holder, Carahsoft serves as the master government aggregator for many of its best-of-breed technology vendors, supporting an extensive ecosystem of software manufacturers, value-added resellers, system integrators, and consulting partners committed to helping government agencies select and implement the best solution at the best possible value.

The company's dedicated Solutions Divisions proactively market, sell and deliver Adobe, VMware, Symantec, EMC, F5 Networks, Open Source, HP, SAP, and Innovative and Intelligence products and services, among others. Carahsoft is consistently recognized by its partners as a top revenue producer, and is listed annually among the industry's fastest growing firms by CRN, Inc., Washington Technology, *The Washington Post*, *Washington Business Journal*, and SmartCEO. Visit us at www.carahsoft.com.

Parks from A1

Each year, NRPA National Awards are presented to individuals and agencies across the U.S. to honor their efforts—both professional and personal—in the field of parks and recreation. There are 10 award categories in the NRPA's National Awards program. Recipients are selected from a pool of applicants by NRPA's National Awards and Scholarship Committee, and are chosen for excellence in a variety of topics, including profes-

sional and voluntary service, programming, leadership, research and public outreach.

The Excellence in Inclusion Award recognizes and honors an agency/organization that has rendered significant leadership efforts and advocacy in inclusive processes and practices. The agency/organization demonstrates and excels in inclusive programming by providing inclusive opportunities to people of diversity or with disabilities.

M-NCPPC first began offering therapeutic recreation pro-

grams in Prince George's County in 1974 and was a national leader in the industry. M-NCPPC's Department of Parks and Recreation established the program 16 years before it was mandated by the Americans with Disabilities Act (ADA), with support from the community, advocates and parents of children with disabilities.

The Special Programs Division's Therapeutic Recreation team ensures that all of the Department's employees, programs and facilities are

equipped to serve people of any ability by hiring and training inclusion support staff, recruiting individuals with disabilities for employment, requiring ADA training for career staff, providing sign language interpretation, and dedicating staff for ADA programs and facility access.

Inclusion Services staff provide disability accommodations to facilitate opportunities for

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COMMENTARY

Cong. Chris Van Hollen

House Democratic Minority Whip



Van Hollen: Clean Power Plan a Historic Step in Battle Against Climate Change

Washington, DC—Today Maryland Congressman Chris Van Hollen, Co-Chair of the Bicameral Task Force on Climate Change and member of the Safe Climate Caucus and the Sustainable Energy and Environment Coalition, praised President Obama's Clean Power Plan as a historic step to protect public health, create good-paying jobs, and combat the dangerous effects of climate change.

"Today's final Clean Power Plan is a historic milestone in the urgent battle to combat climate change," Congressman Van Hollen said. "It will limit dangerous carbon pollution from power plants for the first time ever and provide an economic opportunity for every state to invest in renewable energy and energy efficiency. Maryland has been a leader in cutting greenhouse gas emissions, and now we have a national blueprint to better protect public health while creating good-paying jobs in new energy technologies."

Congressman Van Hollen continued, "With 2014 recently eclipsing 2010 as the hottest year

on record, continuing a dangerous trend that threatens Maryland communities and the Chesapeake Bay, we have an obligation to act now to curb the most damaging impacts of climate change and leave a better world for future generations. I applaud President Obama for this important step and call on my colleagues in Congress to pass meaningful legislation to continue this effort, like my Healthy Climate and Family Security Act."

Congressman Van Hollen is a leading supporter of congressional efforts to address global climate change, serving as Co-Chair of the Bicameral Task Force on Climate Change, Co-Chair the Renewable Energy and Energy Efficiency Caucus, and as a member of the Safe Climate Caucus and the Sustainable Energy and Environment Coalition. He has introduced the Healthy Climate and Family Security Act, an innovative plan to reduce carbon emissions and combat the dangerous effects of climate change, while putting more money in the pockets of American families.



Allen Pond Park

Open to the Public

PHOTO COURTESY THE CITY OF BOWIE

ALLEN POND PARK

One of Bowie's main park facilities, Allen Pond Park hosts numerous events including open-air concerts, Fourth of July fireworks, and several community festivals. In addition, it is home to Opportunity Park, which offers 100% accessible experiences at its tot lot, school-aged playground, fitness cluster and fishing pier. Bowie is also home to three community centers, an ice arena, a skate park, a gymnasium, a playhouse, a senior center, and an 18-hole golf course. Enjoy all the ways to play, relax, explore and recreate in the City of Bowie!

Child Watch

by Marion Wright Edelman



Marc Morial, President and CEO

National Urban League



Pope Francis' Message of Compassion: Service for the Common Good

"I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me ... I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."

—Matthew 25:35-36,40

Like "power," with compassion comes great responsibility. So much more than a feeling, the person with compassion is compelled to transform their compassion into intent, and most importantly, action. To be compassionate is to see, to feel and to do something.

The recent arrival of Pope Francis on our shores has rekindled our national conversation over how we will protect and care for our marginalized, provide access to our disenfranchised communities and promote justice for all. Francis, the spiritual leader of more than one billion Catholics the world over, has placed the poor and the treatment of the poor at the center of his papacy. But, his message of mercy, compassion and service as the engines of much-needed change is not solely limited to the Catholic faithful. It is a message that can transcend boundaries of faith, gender, political cultures or borders. It is a message that can transform the entire world for the benefit of the common good.

While calls for societal change precede the pope, his papacy and his status as a respected global leader, gives added voice to the voiceless and the oppressed, and encourages the men and women who have decided they would no longer observe (or suffer) injustice from the sidelines—instead they would advocate, and when necessary, agitate for a more just society for the excluded and marginalized among us.

From Moses to the man registering students to vote, or the woman fighting for environmental justice in an impoverished community today, for as long as inequality has plagued society, people have always appeared in the pages of history to carry the heavy and unavoidable banner of change. For Francis, this call to action is motivated by God's presence, which he said in his final homily in Cuba, "never leaves us tranquil: it always pushes to do something. When God comes, He always calls us out of our house. We are visited so that we can visit others; we are encountered so as to encounter others; we receive love in order to give love."

For more than 100 years, the National Urban League has dedicated itself to loving, visiting and encountering people and communities in

their times of need. Our mission—like the mission of so many people of faith dedicated to changing lives and reforming the structures that compromise the quality of life of the most vulnerable—is to establish mechanisms and policies aimed at economic empowerment in order to elevate the standard of living in historically underserved urban communities. This cross-section of compassion and social justice has been, and continues to be, a defining element of our existence and struggle across a range of social justice movements.

The pope is visiting the United States at a pivotal time in our history, when justice and equality is facing challenges on many fronts. We face challenges in the constitutional right of citizens to vote; we are experiencing a rash of deaths of Black men at the hands of police officers who are rarely held accountable; equity in funding and resources for public school education remains a distant reality; and the economic gap that exist between the rich and the poor only continues to widen.

The National Urban League continues to tackle these ever present issues with programs and policy recommendations that not only benefit communities of color, but our nation as a whole. Our education programs, like Project Ready, support academic achievement, civic involvement and the physical and emotional development of our young people. But it doesn't end there, we also challenge our states and federal government to develop formulas to distribute resources to schools in a fair manner that does not discriminate based on what community you live in. Our workforce development programs delivers jobs and valuable employment services to the people who need it the most and encourage economic self-sufficiency. We have, and continue to fight on the frontline of the battles to rid our nation of pervasive criminal justice abuses.

The gospel of compassion has guided many into service beyond their own lives and self-interests. The gospel of compassion: to see, to feel and to do something, is a driver of change that pays no regard to differences in gender, color, community or faith. It is a call to minister and serve those who find themselves on the margins of any given society. We may all come from different traditions and cultures, but we should all be able to agree on our broader duty to provide access to a decent standard of living, protect the poor and promote justice. It is the message of the Francis and his Church, and I hope that it is a message that will continue to reach many more ears—and hearts.

Young Black Males: Pushed Out and Pushed Away

Damien Durr is a brilliant young man who grew up in Ohio in a family of teachers where education was always stressed. No one—including Damien—ever thought he wouldn't finish high school. When his father, grandfather and aunt all died within a short time of each other as he was starting high school it shook him off his solid foundation. But through his terrible grief he kept going. Then he hit a roadblock: he failed the math section of the proficiency test required for graduation. "I took the math portion of the test numerous times, went to summer school, attended tutoring in school, attended tutoring at another high school, and even had a teacher from my mother's school come to the house and tutor me—and still I could not pass the test ... At the end of my senior year I found myself pushed out of school and unable to graduate because I could not pass one portion of a standardized test."

Damien's "offense" was having spent twelve years in public school classrooms that left him unable to graduate. Years later Damien wrote about how his school pushout derailed—and nearly destroyed—the course of his life. "[W]hat often is not discussed when you repeatedly fail like I did are the deep feelings which I felt of shame, embarrassment, disappointment and intellectual inadequacy ... based on a test that kept reminding me that maybe I was not good enough. Although I was more than a test score, at the time it was hard to separate what the test suggested I was and wasn't and where I found myself in life—having spent twelve years in school seemingly with nothing to show for it."

"So with no high school diploma I spent the next seven years working multiple jobs ... United Parcel Service, Gibraltar Strip Steel, Labor Ready, Di-alAmerica, construction, telemarketing, and the list goes on. Throughout the course of those seven years I was arrested and involved in some illegal activities and found myself constantly looking for creative ways to bring in revenue." Damien eventually turned his life around, got his GED, and earned bachelor's and master's degrees with honors

from American Baptist College. That's where he met one of his mentors who immediately saw his brilliance and steadfastly encouraged him, Rev. Janet Wolf. Damien says, "It was only by the grace of God that throughout those years my family and other people never stopped believing in me, challenging me and encouraging me. With the support of the village I was able to regain belief in self and overcome one of the biggest disappointments of my life." After graduating from American Baptist College—which John Lewis, Bernard Lafayette and Jim Bevel attended and became key leaders in the Nashville and national civil rights movements—Damien earned a Master's in Divinity degree from Vanderbilt Divinity School. Today he is a minister at his congregation, a school counselor, and an organizer with the Children's Defense Fund Nashville Nonviolent Organizing Team advocating for and mentoring children and youths—mostly Black boys—and others pushed out of school and put at risk of the prison pipeline who might not be as lucky and as able to get their lives back on track as he was.

Eric Brown is one of Damien's colleagues who wrote

about his experience being pushed out and pushed away by adults. Eric, the son of a third generation pastor, was rooted in the church. But as a teenager he started to realize adults in the church community were sometimes among the first to judge the youths around them: "I noticed my frustration with identity through my experiences of how church folk were quick to label students and young adults as criminals based on music, clothing, hair styles, and vernacular. I felt many church folks never took the chance to listen to the concerns of students, but rather preached their notions of a child's image as evil to children they said they love... [M]any of my friends began to go down a road of crime based on fulfilling a destiny we felt older adults already forced on us."

Eric was able to envision and forge a different identity for himself after finding the right adults willing to serve as role models and mentors instead of prejudging him. But he saw firsthand how many of his friends and classmates weren't as lucky. "I'm deeply concerned about America's young black genera-

See WATCH, Page A12

The Prince George's Post

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BUSINESS

The American Counseling Association's Counseling Corner

Getting Smarter Behind The Wheel

Automobiles today are safer and easier to drive than ever before. From seat belts to air bags to frames that help protect us in crashes, the family car is a much safer experience.

And yet, all that isn't helping much according to the latest statistics. The National Safety Council reports nearly 19,000 people died in motor vehicle accidents the first half of this year, an increase of 14% over last year and the highest total since 2007.

The experts say there are a number of reasons for this. Lower gas prices, for example, have people driving more, and a growing population means more drivers.

But studies say these are only partial answers and that the real causes are contributing factors we can control.

You probably already know what those factors are: speeding ... distracted driving ... driving while impaired ... getting mad behind the wheel.

When a driver is affected by one or more of those issues, accidents are more likely to occur.

Imagine someone leaving a bar at night, driving quickly so his or her spouse won't get angrier, trying to call on the cell phone to explain that he or she is coming, and then getting mad because of some other driver's actions.

You, of course, would never do all those things together, but the reality is that even just one of these contributing factors will greatly increase your risk behind the wheel.

The sad reality is that too many of us are sometimes not completely in control of our lives. We promise ourselves not to text or phone while driving, but this one time it was "really important." We assure ourselves that the glass (or 2 or 3) of wine with dinner won't affect our reflexes on the drive home. We try not to get mad about all those idiots on the road or how late that traffic jam is going to make us, but we find ourselves boiling over anyway.

And while any of us can slip up at times, when such actions are happening on a regular basis it's time to look seriously at whether you really can control those factors in your life, or whether you need help.

Every day people seek out professional counselors, not because they're "crazy" but simply because they need the help that a trained professional can provide on even the small aspects of life. Seek help before you become part of a growing statistic.

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

Parks from A3

people with—and without—disabilities to participate in recreation and leisure activities together. These services may include the use of companions in a class or activity, support staff to enhance the staff-to-participant ratio, assistive listening devices and adapted equipment. The Department also provides specialized therapeutic recreation programs to meet the needs of people with disabilities who wish to participate in specialized programming.

Inclusion services may be requested at the time a customer registers for a program or class.

The Department of Parks and Recreation provides

comprehensive park and recreation programs, facilities and services which respond to changing needs within our communities. The Department strives to preserve, enhance and protect our open spaces to enrich the quality of life for present and future generations in a safe and secure environment.

For more on the Department of Parks and Recreation, visit www.pgparcs.com and stay connected on Facebook and Twitter. The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services.

Agriculture Secretary Vilsack Announces Available Funding and Changes to USDA's Biorefinery and Biobased Product Program

By PRESS OFFICER
USDA

WASHINGTON, DC—Agriculture Secretary Tom Vilsack today announced that USDA is accepting applications for funding under a program that supports the production of advanced biofuels, renewable chemicals, and biobased product manufacturing.

"This critical financing will enhance our efforts to build a robust, rural bioeconomy by helping to expand the availability of biobased products and to increase the number of commercial-scale biorefineries in the country," Vilsack said. "In addition to the available funding, I am proud to announce that USDA has significantly improved the biorefinery program to help create lasting job opportunities in rural America."

USDA is making the funding available through the Biorefinery, Renewable Chemical, and Biobased Product Manufacturing Assistance Program. It was formerly known as the Biorefinery Assistance Program.

The new program provides loan guarantees of up to \$250 million to construct and retrofit commercial-scale biorefineries and to develop renewable chemicals and biobased product manufacturing facilities. Vilsack and USDA Rural Business-Cooperative Service Administrator Lillian Salerno today hosted a seminar at USDA headquarters to discuss changes to the program and the opportunities available to produce more biobased products.

Two funding cycles are being held. Applications for round one are due October 1. Applications for the second round are due April 1, 2016. For information on how

to apply, see page 38432 of the July 6, 2015 Federal Register.

USDA has made significant improvements to the program. Biorefineries are now able to receive funding to produce more renewable chemicals and other biobased products in addition to advanced biofuels.

Also, biobased product manufacturing facilities are eligible to convert renewable chemicals and other biobased outputs into "end-user" products. Further, USDA has streamlined the application process.

Sapphire Energy's "Green Crude Farm" in Columbus, N.M., is an example of how USDA funding and partnerships with the private sector are helping to support the development of biorefineries. In 2011, USDA provided Sapphire Energy a \$54.5 million loan guarantee to build a refined algal oil commercial facility.

The plant opened in May 2012 and is producing renewable algal oil that can be further refined to replace petroleum-derived diesel and jet fuel. According to the company, more than 600 jobs were created throughout the first phase of construction at the facility, and 30 full-time employees currently operate the plant. After Sapphire received additional equity from private investors, it repaid the remaining balance on its USDA-backed loan in 2013.

USDA released a new report on June 17 that shows America's biobased industry is generating substantial economic activity and creating American jobs. According to the report, the U.S. biobased industry contributed four million jobs and nearly \$370 billion to the American economy in 2013 alone.

Pope from A1

For Diana Sales and her husband, Bob Sales, of Dayton, Maryland, welcoming the Pope was an experience that she described as "heavenly."

"It was more than I could have imagined," Sales said. "The best spiritual experience I ever had. What a lovely man."

The two will be traveling to the White House, with what they describe as "15,000 of (their) closest friends" to see the Pope Wednesday morning, when officials open the back lawn to visitors.

"He's for everyone," Diana Sales said. "He's for the people. He's bringing more Catholics back into the church, especially for the young people."

"In his Fiat," joked her husband Bob Sales, referring to the tiny Italian automobile that Pope Francis got into after his arrival.

Pope Francis' visit to the White House will be followed by a parade open to the public along 15th Street, Constitution Avenue and 17th Street; a midday prayer with U.S. bishops at St. Matthew's Cathedral; and a canonization of late 18th-century California missionary Junipero Serra while celebrating a Mass at the National Shrine of the Immaculate Conception.

Invited by House Speaker John Boehner, the Pope is also set to address Congress in a joint session on Thursday followed by a visit to St. Patrick's Catholic Church in the District.

Michael Steele, former Republican National Convention chairman and former lieutenant governor of Maryland, and a Catholic, said Pope Francis' visit to Congress is going to be one of the most fun events to watch.

"I think he'll have a lot to say to Congress," Steele said. "Some folks are already anticipating what he's going to say. I would advise



CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO

Pope Francis greets the crowd with President Barack Obama at the Joint Base Andrews in Maryland on Sept. 22, 2015.

them not to do that. I would advise them to just sit back and listen."

Steele said he also heard that some people were planning to boycott the Pope's visit, a concept he described as "crazy."

"Just take the moment and appreciate what the pope has to say to all of us, irrespective of your faith, your political orientation," Steele said. "His message transcends all of that."

Howard Hines of Reston, Virginia, who welcomed the pontiff's

arrival with his wife, Bonnie, said that Pope Francis is unpredictable, something, he said, that could be dangerous for the pope.

"That's not a thing I like most about him ... He speaks off the cuff a lot," Hines said. "But I like him because, despite all of his encouragement for the mercy of God, (Pope) Francis is a very orthodox pope. How could he be anything less?"

Before his late afternoon departure to New York, Pope Francis

is expected to visit several Catholic churches and charities associated with the Archdiocese of Washington, including the St. Maria's Meals program.

Pope Francis is the fourth pope to visit the White House, with the last being Pope Benedict XVI in 2008, when former president George W. Bush was in office. Pope Paul VI visited in 1965 with President Lyndon Johnson. Pope John Paul II first visited the White House in 1979 with President Jimmy Carter, then in 1984 with President Ronald Reagan and finally in 1993 with President Bill Clinton.

AAA Mid-Atlantic warned D.C. residents and commuters within the D.C. metropolitan area to expect traffic to be congested Tuesday through Thursday due to the Pope's arrival, which is expected to cause delays on highways and on the Metrorail.

AAA also urged government employees, commuters and those living within the city to opt for other means of transportation, including biking and walking, and suggested teleworking for those who have the option.



CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO

Pope Francis greets the crowd with President Barack Obama at the Joint Base Andrews in Maryland on Sept. 22, 2015.



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OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review "99 Homes"

99 Homes
Grade: B+
Rated R, abundant
harsh profanity
1 hr., 52 min

The very first thing we see in Telluride Film Festivals *99 Homes* is the brain-spattered wall of an Orlando bathroom where a man has committed suicide rather than be evicted from his home. The evictor, a Florida-twang foreclosure vulture named Rick Carver (Michael Shannon), stands with his back to the body, yelling into his phone about how this complicates the process of preparing the house for resale.

Ramin Bahrani isn't kidding around here. The writer-director of warm character studies like *Man Push Cart* and *Goodbye Solo* starts his latest, a sort of morality play, on this dark note. It leads to a well-executed long take that follows Carver out of the house and into his car, barking orders to his cleanup crew while defending his callous attitude to police. The year is 2010, and he's a realtor whose whole business is grabbing up foreclosed-upon homes.

Carver is the soulless counterpart to the film's emotion-driven protagonist, Dennis Nash (Andrew Garfield), an underemployed construction worker and sensitive dad whom Carver evicts, along with his young son (Noah Lomax) and hair-stylist mother (Laura Dern), in an intense, heart-breaking scene that reverberates through the rest of the movie. The three move into a motel populated by fellow evictees while Dennis looks for work—and guess who needs a motivated jack-of-all-trades who can fix houses up so they can be flipped?

A job is a job, and Dennis begins to be drawn into Carver's greed-driven operation. It includes plenty of actual law breaking, as well as the legal but unpleasant task of evicting people. ("First one's a bitch, but you get numb to it," Carver says.) Bahrani isn't judgmental, but Dennis is getting his hands dirtier than he should. The suspense lies in not knowing how far he'll go. We don't know if this will end in tragedy.

Bahrani's earnest, didactic style is occasionally strident, his



ROTTENTOMATOES

Set amidst the backdrop of the 2008 housing market catastrophe, Dennis Nash, a hard-working and honest man, can't save his family home despite his best efforts. Thrown to the streets with alarming precision by real estate shark Mike Carver, Dennis, out of work and luck, is given a unique opportunity - to join Carver's crew and put others through the harrowing ordeal done to him in order to earn back what's his. Delicately training his eye on the rigorous details, the reliably astute Ramin Bahrani imbues his characters with icy complexity to achieve his compassionate portrait of a man whose integrity has become ensnared within an all-too-relevant American crisis. With precision and care, Bahrani's provocative character study applies all the cinematic tools at his disposal to explore the ethical dilemma at the heart of man's struggle to reach higher - by whatever means necessary.

points about the foreclosure crisis a little loud at times. But the simplicity of the formula makes the film read like a cautionary tale that a traveling troupe of actors would perform for medieval villagers. Carver is the devil, and so forth. Characters that aren't needed, like Dennis's father and his son's mother, are just omitted from the story. Of course, this unsophisticated formula means accepting some plot contrivances (the motel Hooverville; the convenient way certain characters are connected) and a big, melodramatic finale that's juuuust this side of ridiculous. But if you can go with it, it works.

Michael Shannon is magnetic as the conniving, acid-tongued Rick Carver, almost tipping over into cartoon villainy before giving us some perspective on the character. He makes the film funnier than you'd expect it to be, with Andrew Garfield's expressive tearfulness balancing it out the other way. It's a potent mix that's more reminiscent of Bahrani's most recent film, *At Any Price*, than his earlier, more sedate ones. He's still evolving as a filmmaker, and this new story-driven approach is an interesting turn.

Grappling with the repercussions of one's moral choices is also the subject of another Telluride premiere, albeit one with more shades of gray: *Madame Bovary*. There have been many film versions of Gustave Flaubert's 1856 novel, but this is the first one directed by a woman, French-born Sophie Barthes (Cold Souls), who wrote the adaptation with Rose Barreneche. Perhaps fittingly, and certainly to the movie's advantage, Barthes and Barreneche excised the parts of the book that focused on the husband, making *Madame Bovary* the exclusive heroine and telling her story with a certain feminine sympathy.

Mia Wasikowska plays the tragic heroine here, the listless wife of a nice but boring country doctor (Henry Lloyd-Hughes) in provincial France. Emma Bovary had no idea marriage (or indeed life) would be so stifling and uneventful. She amuses herself with fashion and home decor, which she buys on credit from an unctuous purveyor (Rhys Ifans), and eventually with extramarital affairs with a dandy law clerk (Ezra Miller, who comes across as too modern and American for the

role) and a dashing marquis (Logan Marshall-Green).

Regardless of how restrictive life could be for a woman in the 1850s—and Barthes shows plenty of period details to remind us—we agree the proper response is not to run up debts and cheat on one's husband. But it's not that simple. For all her faults, Emma is misused by men more than she is a misuser of them. She doesn't want to hurt anyone: she only wants to be happy. "I will not remain standing inert in a field of despair!" she cries, her flowery language typical of the film's dialogue.

Nonetheless, we know intuitively (and because Barthes tells us in the first scene) that Emma must eventually pay the piper one way or another. In that regard, the film doesn't rely on suspense or story, but on tone and atmosphere. It's quite beautifully photographed by Andrij Parekh, with the lush sets, costumes, and lighting that give period dramas so much of their appeal. Wasikowska is excellent, just as she was in last year's *Stoker*, at playing a messy, unusual woman with conflicting emotions. It's a handsome production that should appeal to fans of handsome costume dramas.

The Edge of Sports by DAVE ZIRIN

The Absurd, Cowardly, and Morally Bankrupt NLRB Decision Against the Northwestern Football Union



The decision by the National Labor Relations Board to overturn a previous decision from March 2014 and deny Northwestern football players the right to unionize was as cockamamie as it was craven.

It was cockamamie because the NLRB's reasoning was that its decision "is primarily premised on a finding that because of the nature of sports league ... [granting the Northwestern football team union rights] would not promote stability in labor relations to assert jurisdiction in this case." What the hell does that mean? I will try to explain: The NLRB states that since it only has jurisdiction over the 17 private schools among the 125 Division I football schools, most of which are public institutions, it would be irresponsible to convey a different status onto Northwestern. (State labor boards, not the NLRB, oversee the public universities.) The argument is that since it would be imposing a different set of rules for the 17 private institutions, this would send the entire system out of whack, injecting "instability" into a climate that is currently stable.

This is absolute hogwash. Northwestern is its own entity where football players generate huge amounts of revenue and have their own grievances with coaches and administrators (what some might refer to as "management"). As people who generate income, and, as was ruled earlier by the NLRB, are "paid" with a scholarship, room, and board, they should have every right to organize themselves to achieve whatever else they feel they are denied, like decent medical care or better concussion protocols. As for players at state universities, they have the freedom to do exactly what the Northwestern players did and organize themselves in an effort to then approach their own state boards and ask for union recognition. That is how national campaigns work. Different states have different laws, different union freedoms, and unions still make efforts to organize across state lines. The fact that different labor boards would need to be approached is more an argument against the cringe-inducing bureaucracy that engulfs labor law in this country than the efforts by Northwestern players to be recognized as the labor they so clearly are.

The additional argument from the NLRB that granting Northwestern union status would produce "imbalance" is also absurd. The NCAA is not a collectivized farm where every school has its own equal plot of land, the only differences being the colors of the uniforms. Universities market themselves to players by selling what makes them individual. Alabama—to use just one of what would be 125 examples—sells the fact that it is always in the hunt for the national championship, that coach Nick Saban has a ton of connections to the National Football League, and that the equipment in its training rooms is so high-tech, it appears to have arrived from the NFL of the future. In fact, one of the reasons Alabama, a public university in the third-poorest state in the country, can afford such excess is that the value produced by the players' labor does not go into the players' pockets but instead—once coaches, trainers, off-duty cops acting as security guards, and campus "tutors" are paid—are poured back into updating the dead capital—the physical machinery—of the program so it looks attractive to current recruits.

In addition, the idea that the NLRB could call the current system "stable," with its myriad scandals, its gutter economy of payoffs and fake classes, its absence of healthcare for players, its paltry oversight of head injuries, and, standing astride it all, a leadership body in the NCAA that operates as a cartel, would be laughable if it wasn't so insulting to our intelligence. College football is stable the way that Pinochet's Chile was stable: As long as everyone keeps their mouth shut, the system works just fine.

But the decision by the NLRB was not just absurd. It was also cowardly. In handing down its verdict, it refused to rule on whether the football players at Northwestern could be called "workers." This in and of itself has huge repercussions, because even if the players could not in fact be in a union, there are legal rights and constitutional protections that go along with being classified as a "worker" as opposed to a "student-athlete," which is a legal term conjured by the NCAA decades ago to avoid paying workers compensation to the widow of a football player who died on the field.

It was also cowardly because, through this decision, we will now never know what the actual vote was on the Northwestern team. This would have been a vital piece of information for players across the country. Their coach, Pat

See NLRB Page A7

You Can Be an Everyday Hero in the Fight Against Suicide.

Partner with us as an event sponsor for the
2015 Prince George's County **FIRST Out of the Darkness Walk**
October 17, 2015
at Rosaryville State Park Upper Marlboro, Maryland
7805 W. Marlton Avenue in Upper Marlboro, Maryland 20772.

Why support the FIRST Prince George's County Out of the Darkness Walk?

Every year suicide claims more lives than war, murder, and natural disasters combined. It is estimated that 85% of people in the United States alone will know someone who has died by suicide, and that one out of every five of those losses will be a close friend or relative.

The American Foundation for Suicide Prevention leads the fight against suicide.

Funds raised from The Out of the Darkness Walks allows to fully achieve its mission.

We have several 2015 sponsorship opportunities and benefits. You can also consider giving a monetary donation, creating a team, or being a virtual walker. We also have several volunteer opportunities to set-up: registration, breakdown, and cheerleader team to encourage the walker.

For more information, please contact:

Alnicia Gibson at 240-424-7123 or email us at: blessed2bgifted@gmail.com

Calendar of Events

October 1 — October 7, 2015

Xtreme Teens: Glamour Night

Date and Time: Friday, October 2, 2015, 7-10 pm
 Description: Ladies, this is your night to pamper yourselves! Have fun doing make-up and trying the latest nail trends.
 Cost: Free with M-NCPPC Youth ID
 Ages: 10-17
 Location: Berwyn Heights Community Center
 6900 Pontiac St., Berwyn Heights, MD
 Contact: 301-345-2808; TTY 301-699-2544

Xtreme Teens: Karaoke Night

Date and Time: Friday, October 2, 2015, 7-10 pm
 Description: Bring your friends to a fun night of karaoke, where you can show off your singing skills and dance to the hottest tunes of the past and today.
 Cost: Free with M-NCPPC Youth ID
 Ages: 10-17
 Location: Deerfield Run Elementary School Community Center
 13000 Laurel-Bowie Road, Laurel
 Contact: 301-552-1093; TTY 301-699-2544

Sidewalk Arts Festival

Date & Time: Saturday, October 3, 2015, 11 am-3 pm
 Description: Draw your best masterpiece on the sidewalk! Participants must register in advance to be a part of the contest. First come, first served. Prizes will be given to the 1st, 2nd & 3rd place winners in each age group category.
 Cost: Free
 Ages: Contest for ages 5-18, but all are welcome
 Location: Prince George's Ballroom
 2411 Pinebrook Avenue, Landover
 Contact: 301-341-7439; TTY 301-699-2544

A Regency Masked Ball

Date and Time: Saturday, October 3, 2015, 6 pm
 Description: Enjoy a Regency-style ball and light refreshments. Mask and Regency attire or black tie requested. Capacity limited; advanced payment required by September 28.
 Cost: Residents \$25; Non-Resident \$30
 Ages: Ages 18 & up
 Location: Riversdale House Museum
 4811 Riverdale Road, Riverdale Park
 Contact: 301-864-0420; TTY 301-699-2544

Kayak Kaper

Date and Time: Sunday, October 4, 2015, 9 am-12 noon
 Description: Explore the natural beauty and cultural history of the Patuxent River on a guided kayak trip.
 Cost: Resident: \$16; Non-Resident: \$20
 Ages: 18 & up
 Location: Patuxent River Park
 16000 Croom Airport Road, Upper Marlboro, MD
 Contact: 301-627-6074; TTY: 301-699-2544

Seniors: 2015 Club 300 Summer Group Walk

Date and Time: Monday, October 5, 2015, 8:30 am
 Description: Meet other Club 300 members and keep those feet moving as we explore some of the wonderful trails in our area. For those who are interested, Club 300 group walks will be scheduled and posted on the Club 300 webpage. We are bringing a new dimension to our Club 300 group walks! A doctor/health care practitioner will be sharing a health tip and leading our group walk! Don't miss out on this great opportunity to Walk and Talk with the Doc. Walk led by Dr. Mary McDonald, Washington Home and Hospice Center
 Cost: Free
 Ages: Any Prince George's County senior (age 60 & better) or pre-senior (age 50-59)
 Location: Lake Artemesia
 (Meet at the entrance to Lake Artemesia)
 5400 Block Berwyn Rd. at Ballew Ave., Berwyn Heights
 Contact: 301-446-3400 (Special Programs Division) or 301-446-3444 (voicemail); TTY 301-446-3402

Felix Pitre: Stories & Songs of Latin America

Date & Time: Thursday, October 8, 2015, 10:15 am & 12 noon
 Description: Felix Pitre brings to life the culture of Latin America with puppetry, stories, songs, instruments and dance, performed in English interwoven with Spanish words and phrases.
 Curriculum connections: Historical, Cultural and Social Context; World Languages.
 Cost: \$8/person; \$6/person (groups of 20 or more)
 Ages: Grades K-3
 Location: Publick Playhouse Cultural Arts Center
 5445 Landover Road, Landover
 Contact: 301-277-1710; TTY 301-699-2544

Smooth Sounds for Seniors: Chuck Holden

Date and Time: Thursday, October 8, 2015, 12 noon
 Description: International jazz vocalist Chuck Holden has performed across the east coast and headlined the Jazz Festival at the Ritz-Carlton in the Grand Cayman Island. Watch him perform with his ten piece band called the NinJazz in the Washington, DC area at Montpelier!
 Reviews: "[Holden's] vocals have the kind of crystal clear articulation and interpretation that is reminiscent of Nat King Cole."—Dave Segal, Jazz Accordion
 Cost: \$12/person
 Ages: 60 & up
 Location: Montpelier Arts Center
 9652 Muirkirk Road, Laurel
 Contact: 301-377-7800; TTY 301-699-2544

18th Century Quill Writing

Date and Time: Thursday, October 8, 2015, 1-2 pm
 Description: Try your hand at 18th century quill writing! We'll show you how, and you can take a sample home with you.
 Cost: Free
 Ages: All ages welcome
 Location: Bladensburg Waterfront Park
 4601 Annapolis Rd, Bladensburg, MD
 Contact: 301-779-0371; TTY 301-699-2544

EARTH TALK ... What Advantages Do So-Called "Vertical Farms" Have Over Traditional Gardens and Farms?

Dear EarthTalk:

What advantages do so-called "vertical farms" have over traditional gardens and farms?

— Sylvia Pleasant, Washington, DC

When Dickson Despommier's book *The Vertical Farm: Feeding the World in the 21st Century* was first published, there were no vertical farms. Now, it's an exciting movement in U.S. food production, providing pesticide-free leafy greens and herbs to a fast-growing population.

Indoor vertical farms use LED (light emitting diode) lighting for efficient photosynthesis in place of sunlight, and can grow plants year round—in half the time and with far less water compared to outdoor, open-field farms. There's also no risk of genetically modified (GMO) seed contamination or crop failure due to weather conditions like drought.

"On average, we're growing in 16 days what otherwise takes 30 days in a field—using 95 percent less water, about 50 percent less fertilizers, zero pesticides, herbicides and fungicides," says David Rosenberg, chief executive and co-founder of AeroFarms. "People don't want chemicals on their food. And we're able to offer them a residue-free product with no pesticides."

Kayaking from A1

to Susan O'Brien, a communications consultant for the trip. The team is also carrying food, and a crew following the mission will replenish that stock at various checkpoints along the way.

In addition to imparting hope, Baugh said, a goal is to have the future leaders gain a better understanding of how rapidly the bay is transforming.

"The bay has changed in 10 years," Horton said. "There are probably a few things better than 10 years ago; there are definitely some things that aren't as good."

While long-term trends are more positive, bay pollution between 2003 and 2013 decreased in just three of the nine sites monitored by the U.S. Geological Survey, according to a 2014 report. At those three sites, only nitrogen levels fell, whereas nitrogen, phosphorus and sediment levels either rose or didn't significantly change at the remaining six sites.

Unlike their original journey, Baugh and Horton will be gathering data on Chesapeake Bay weather patterns, sea level

NLRB from A6

Fitzgerald, who is the school's highest-paid employee, making \$2.2 million a year, campaigned vigorously—and, as I wrote last year, in possible breach of labor law—to kill this union campaign among his players. Many an observer on both sides of the line would have loved to know whether he failed. Meanwhile the Northwestern brass is crowing. Vice President for University Relations Alan K. Cabbage said in an e-mailed statement, "Northwestern's position remains that participation in athletics is part of the overall educational experience for our student-athletes, not a separate activity." Only an administrator—those paid to think this way—would a full-time endeavor that demands cross-country travel and generates billions of dollars nationally be seen as "not a separate activity."

Some, like ESPN's Jay Bilas—a union supporter—are calling the NLRB decision only a "short-term victory" for the establishment, because the NLRB basically just "punted"

Aerofarms is currently constructing what will be the world's largest indoor vertical farm. The \$30 million, 69,000 square-foot complex in a former steel mill in Newark, New Jersey's Ironbound District will grow up to two million pounds of kale, arugula and other greens annually. At the groundbreaking ceremony in July 2015, New Jersey Acting Governor Kim Guadagno said: "By 2050, there will be nine billion people who need to eat every day. And the solution is right here on the property you're standing on."

Vertical Harvest's three story, 13,500 square-foot vertical farm is also now under construction in Jackson Hole, Wyoming. With an average annual snowfall of 450 inches, one might not equate the mountainous region with year-round local food, but Vertical Harvest's tiny 1/10 acre lot next to a parking garage aims to grow up to 100,000 pounds of tomatoes, herbs and greens annually. It would take a traditional outdoor farm five acres, or 50 times the land area, to grow that much food. "We're replacing food that's being grown in Mexico or California and shipped in," explains Penny McBride, a Vertical Harvest co-founder. "We feel like the community's really ready for a project like this. Everybody's so much more aware of the need to reduce transportation, and people like to know their farmer and where food's coming from."



CREDIT: EARTHTALK

Montreal's Lufa Farms grows red cocktail tomatoes and lots of other crops on vertical walls.

In 2013, FarmedHere opened its vertical farm in an abandoned warehouse in the industrial Chicago suburb of Bedford Park. The farm, which was the first of its kind to receive USDA national organic certification, has been successfully distributing its produce to an extensive array of grocers within the Greater Chicago area, including Whole Foods, Mariano's, Shop & Save and Pete's Fresh Market. FarmedHere reuses 97 percent of its water, uses no herbicides or pesticides, and takes advantage of indoor growing technology to create optimal-tasting plants.

"The plants have better nutrients, better growing conditions, and actually we can tweak the taste with lighting and with nutrients, with tem-

peratures, with turning lights on and off at certain times of the day and with humidity," said Paul Hardej, who founded FarmedHere with his wife, Jolanta. "We have conducted a lot of blind tests with the best chefs in Chicago and we found our products to be a winner."

CONTACTS: AeroFarms, www.aerofarms.com; Vertical Harvest, www.verticalharvest-jackson.com; FarmedHere, www.farmedhere.com.

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(www.emagazine.com). Send questions to: earthtalk@emagazine.com.



CAPITAL NEWS SERVICE PHOTO BY JACOB BELL

Upstream Alliance member Mike Tannan (right) goes over paddling technique, Sept. 9, 2015. Tannan, at Sandy Point State Park, is part of a team of kayakers making the 500-mile journey around the Delmarva Peninsula.

ment chair for Old Mill Middle School South.

"The beauty of it is that it's real life education for these kids," Baugh said. "It's in their backyard, not the Amazon."

The bay data, however, won't be easy to collect, Baugh added. Despite having helping hands from Crooks and Eren, as well as Upstream Alliance members Walter Brown and Mike Tannan, who will also make the journey, the

team will have to balance running tests, uploading data, setting up camp, and kayaking 15-25 miles each day.

Baugh and Horton remain resolute that they are up for the challenges, both physical and educational, though.

"Don and I are not going to be carrying this ball for much longer," Horton said. "If we don't get younger people involved, hell, we're sunk."

the issue to federal court, but it is actually far more damaging than that. It makes prospects in any kind of court, assuming this group of players (now largely graduated), keep fighting, daunting. Losing the NCAA's appeal means that other football players have no other recourse unless a new group of students down the line tries again to organize their teammates and actually withhold their labor and

refuse to take the field. Only that will make the Alan K. Cubbage of this world see the importance of actually sitting down with the players and engaging them as human beings as opposed to chattel. That may sound somewhat pie-in-the-sky, but it is also inevitable. As long as the NCAA makes billions for themselves and cable networks, millions for coaches and broadcasters, and thousands of dol-

lars for all manner of people attaching themselves to this beached whale of a system, players will grouse, they will grumble, and eventually, they will organize. The NCAA and their lawyers—who by the way did not work this case on an amateur basis—will say that their system now sits on a firm legal foundation. Perhaps. But morally, they still do not have a leg to stand on.

CHILDREN CAN CONSERVE TOO

Show children the meaning of conservation and taking care of our environment through these simple activities that can easily become a part of their daily routine.

- ▶ **Conserve water:** practice turning off the faucet while brushing their teeth.
- ▶ **Conserve energy:** encourage children to turn off lights when leaving a room.
- ▶ **Conserve natural resources:** try walking or biking to school or to the store instead of driving to reduce greenhouse gas emissions, and
- ▶ **Practice the 3 R's:** reduce, reuse and recycle. Encourage children to use only what they need, to repurpose items and to recycle at home and in public when possible.

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