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Sudden Loss Ends Great Run for Maryland Women's Basketball

By DAN RUSSO
Capital News Service

COLLEGE PARK, MD—In the dwindling seconds of the Terrapins women's basketball team's season, one little girl in the stands at Xfinity Center clung to hope. Her face decorated with the red, white, black and gold of Maryland's flag, she cheered for her beloved Terps to rally from a fourth-quarter deficit against Washington.

But as the final buzzer rang, it was the Huskies on top of the Terps 74-65 in the Round of 32 matchup. As Maryland's 2015-16 season came to an abrupt and unexpected end Monday night, so too did the careers of four of the Terrapins' seniors.

Guard Brene Moseley, center Malina Howard, guard Chloe Pavlech, and forward Tierney Pfirman are set to graduate in May, and Monday's heartbreaking upset ended their long, wildly successful tenures on an uncharacteristic note: with a loss on their home floor.

Since the quartet of seniors stepped onto the court for Maryland four years ago, the program has lost a mere eight contests at Xfinity Center, made two Final Four appearances, and soared to two Big Ten titles.

"Us four seniors, we came in and we wanted to have the best season we could and just leave our mark on Maryland," said a choked-up Howard. "It's not

how we wanted it to end, but I mean I'm glad I got the opportunity to play here ... and be a part of a lot of special moments."

The Lady Terps never established an offensive rhythm against a disruptive Washington team. Huskies center Chantel Osahor's powerful presence in the post limited Howard and Brianna Jones to a combined total of nine rebounds.

Without the usual dominance of Howard and Jones in the paint, Maryland was forced to make shots from the perimeter. But the Terps struggled there as well, shooting just 37.3 percent on field goal attempts and 35.7 percent from beyond the arc.

On the other end, Washington point guard Kelsey Plum, who ended the day with 32 points, was a nightmare for the Terps. The nation's fourth-leading scorer did it all for the Huskies, from knocking down shots on the perimeter to, to finding lanes to the basket, to snatching six rebounds.

"We just weren't ourselves completely offensively," Howard said. "Towards the end, we started to a little bit, but I think that they're a great team and once you get to the tournament, every one's a great team."

Another red flag that the Terps were in danger of an early elimination from the Big Dance was their lack of ability to get

See BASKETBALL Page A5



PHOTO COURTESY PRINCE GEORGE'S COUNTY FIRE/EMS

PGFD Pink T-Shirt Nets Donation to Doctors Community Hospital Foundation

By PRESS OFFICER
PG County Fire/EMS

LANHAM, MD—Since 2010, the Prince George's County Fire/EMS Department has joined America in marking Breast Cancer Awareness Month by actively supporting awareness activities and fundraising efforts to fight breast cancer.

As part of our annual campaign, volunteer and career firefighters, paramedics and administrative personnel of the Department are permitted to replace their usual work attire throughout the month of October with shirts promoting awareness for all forms of cancer, especially Breast Cancer, which effects as many as one in eight women in America.

Each year, Fire/EMS Department personnel are invited to purchase commemorative shirts with all net proceeds donated to fund cancer charities. Proposed designs are created and submitted by members of the Department. Final selection is made by the Fire Chief on the basis of promoting awareness, as well as representing the commitment of the entire Department to extend the message of

courage and hope to the communities we serve.

Sales this year were managed through an independent Prince George's County-based silkscreen vendor, First Impressions, Incorporated, of Bowie Maryland. All net proceeds were donated by the vendor, through the Fire

See PGFD Page A3

EDC Participates in U.S. General Services Administration Women in Business Summit to Form a 'More Perfect Union'

By LORI VALENTINE
PGCEDC

SUITLAND, MD—On March 18, 2016, EDC Small Business Services Manager Kisha Logan participated in a panel discussion at the U.S. General Services Administration (GSA) National Capital Region's Small Business Event entitled, "Working to Form a More Perfect Union—Perfecting Wins for Small Business." The GSA hosted this event in honor of Women's History Month to bring regional federal and State leaders together to share strategies for increasing procurement opportunities. The all-women panel included top executives from the GSA Special Services Division, the U.S. Department of Health and Human Services Office of Small and Disadvantaged Business, the CEO of the U.S. Women's Chamber of Commerce, the Principal of the Elocen Group—a GSA contractor, and Ms. Logan; the only local panelists on the Prince George's County.

"Today was another great opportunity for the Economic De-



PHOTO COURTESY LORI VALENTINE

Left to right: Prince George's Councilmember Karen Toles; Shaunta P. Johnson, Deputy Director of Operations, U.S. Department of Health and Human Services, Office of Small and Disadvantaged Business; Kisha Logan, EDC Small Business Services Manager (speaking)

velopment Corporation to network with our federal partners and local companies and showcase the tools that small, minority and women-owned businesses have at their disposal through the Prince George's Economic Development Corporation," said Ms. Logan. "From our own networking events such as 'Thirsty for Business Thurs-

days' and federal agency procurement forums, to our business accelerator, certification and training programs designed for small, minority and women-owned companies to get out and meet their colleagues, their competitors and government agen-

See GSA Page A5

PGCPS Athletic Teams Win State Championships

By Press Officer
PGCPS

UPPER MARLBORO, MD—Prince George's County Public Schools' (PGCPS) Office of Athletics has three new state championships to add to the list of recent accomplishments.

On March 5, Eleanor Roosevelt High School senior Chibueze Onwuka won the 4A/3A 220-pound weight class

state championship and Central High School senior Klijah Mitchel won the 2A/1A 195-pound weight class state championship during the Wrestling Individual State Championships at Show Place Arena.

On March 12, the girls' basketball teams from Forestville and Largo High Schools won state championships at the SECU Arena. Forestville High School became the class 1A

girls' basketball state champion and Largo High School became the class 2A girls' basketball state champion. This is Forestville High School's second consecutive year winning the 1A girls' basketball state championship.

The boys' basketball team from Eleanor Roosevelt High School won the class 4A boys' basketball state championship at Xfinity Center.

PG County Department of Family Services Associate Director Jacqueline Brooks Rhone Wins 2016 Gladys Noon Spellman Public Service Award

By Press Officer
PG County Government

UPPER MARLBORO, MD—On Wednesday, March 16, 2016, during the 31st Annual Prince George's County Women's History Month Luncheon, Prince George's County Department of Family Services Associate Director Jacqueline "Jackie" Rhone won the highly coveted and prestigious 2016 Gladys Noon Spellman Public Service Award. Suitland High School student Anthony Thornton received a \$2,000 scholarship as the 2016 Gladys Noon

Spellman Scholarship Award Recipient. Both the award and scholarship are presented in honor of Gladys Noon Spellman, who was a Prince George's County educator, County Council member and served in the United States Congress for three terms beginning in 1974. Additionally, Prince George's County Department of Public Works and Transportation Associate Director Gwendolyn Clerkley was selected as the recipient of County Executive Baker's 2nd Annual Women In Government "WInG" Award given to a female Prince George's County government

employee, who is innovative and informative; inspirational and influential. To watch video of this luncheon, please click here. To access photos from the luncheon, please click here.

2016 Spellman Award recipient Jackie Rhone has served in a myriad of roles in County government primarily ensuring that the interests of the Prince George's community are met. Her impressive career includes service as a supervisor in the County's Health Department,

See AWARD Page A3

INSIDE

PGFD Bomb Squad Constructs Easter Eggs for Visually Impaired Children

I see the large protective suits, robots and portable x-ray machines being used to render safe a suspicious package. Our Bomb Squad is all that and much more but above all they are compassionate humans that began their careers as firefighters.

Community, Page A3

Tick, Tock, Tick Tock: Flint's Disposable Poor Children

When 5,000 parts per billion is considered hazardous waste, why are we wasting time apportioning blame before the problem is fixed and the poor children and families of Flint have fresh, clean water to drink and cook with and bathe in? Tick, tock, tick tock

Commentary, Page A4

Local Businesses 'Activating Prosperity' by Connecting to Customers

Tata Global Beverages, the makers of Eight O'Clock Coffee, was one of the sponsors of the forum. This multi-million dollar company, based in Prince George's county sells products throughout the United States and Canada.

Business, Page A5

Movie Review: How to Be Single

Perky paralegal Alice (Dakota Johnson) has been in a relationship with Josh (Nicholas Braun) since her first day of college, and is only now experiencing singlehood. Her co-worker, Robin (Rebel Wilson), a hard-partying girl who loves being free of attachments, is eager to show Alice how to live it up in the big city.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I'm in the market for a new set of non-stick cookware for my kitchen, and I'm wondering which type is healthiest?

—Rose Castillo,
Santa Fe, NM

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Open House at Prince George's Community College

Prince George's Community College is hosting an Open House on April 2, 10 a.m. to 1 p.m. They invite County residents to "come and explore our growing Largo Campus, academic programs, and resident services through interactive displays, program information sessions, and touring our state-of-the-art facilities."

There will be campus tours, a Scholarship Showcase, College & Career Expo and more. How about PGCC Culinary Arts Tasting? The Open House is free, and it's for all ages and interests. There's even a Kids Zone.

For information, call 301-546-PGCC (7422) or go to PGCC.edu/OpenHouse.

Busy time at Andrews

Justin Trudeau, prime minister of Canada, First Lady Sophie Gregoire-Trudeau, and their two children arrived at Joint Base Andrews on March 9 for meetings with President Obama. They were honored at a State Dinner at the White House on March 10 and took part in a wreath-laying ceremony at Arlington on March 11.

President Obama, First Lady Michelle, their two daughters, and Michelle's mother, Marian Robinson, boarded Air Force One at Andrews on March 20 for the flight to Havana. They stayed for three days in Cuba, the first visit by a U.S. President since 1939.

I'm always impressed that I live a mile from such an important airfield, with VIPs from all over the world coming and going. Unfortunately, they don't motorcade Suitland Road any more. Instead, they use a new cut-through from the base which takes them Across Allentown Road onto Forestville Road and Suitland Parkway. Or they go by helicopter.

Applause

Suitland High School student Anthony Thornton received a \$2,000 scholarship as the 2016 Gladys Noon Spellman Scholarship Award Recipient. The presentation was at

the 31st Annual Prince George's County Women's History Month Luncheon on March 16.

Changing landscape

The D.C. Public Service Commission has approved the merger of Pepco and Exelon. It remains to be seen how this will benefit us in Prince George's County.

The residential and office compound along Auth Road, headed by Warren Ammann and probably other Ammanns before him, has been fenced off for some time, and the buildings boarded up. The property is for sale.

Over 60?

Do you have the card?

Thousands of Prince George's County Seniors 60 & up have the M-NCPPC Senior ID, which provides free access to 40 community centers, six Senior Activity Centers, fitness rooms, Senior Clubs, and the indoor track and pool at the Sports & Learning Complex. For information, call 301-699-2255.

Also, for a great list of activities, trips, and more at the Camp Springs Senior Activity Center, go on the Net, type in the name of the Center and click on Spring 2016 Calendar.

Morningside Memories: 1961

The Ladies Auxiliary of the Morningside Volunteer Fire Department installed officers during the Department's Annual Installation Banquet at the firehouse. They were: Jean Glaubitz, president; Audrey Holmes, vice president; Martha Hadoba, treasurer; Lois McMickle, recording secretary; Jean Davis, correspondence secretary; and Josette Prince, membership chairman.

It was also remarked that the Auxiliary had a good time at their Christmas party at the Skyline Restaurant. Secret Pal gifts were distributed.

May they rest in peace

Dale Louise Dreer, 60, a 1973 graduate of Crossland, died at home in Alexandria on March 12. She was born at Fort

Eustis, Va., daughter of Baltas "Gene" and Hattie Lee Birkle, and grew up in Suitland and Temple Hills. She was then a member of Corkran Memorial U. M. Church. She received a BS in chemistry from Bridgewater College and a PhD in Pharmacology & Toxicology from the Medical College of Virginia in Richmond and went on to LSU before becoming a professor at West Virginia University in Morgantown. In 2000 she became an administrator at NIH. Survivors include her husband Duane Dreer, stepson Jacob Dreer, and siblings Karen Barnhart and Kent Birkle. Services were at Demaine Funeral Home in Alexandria. Burial will follow at Mount Comfort Cemetery.

Charles Edward "Ed" Mudd, 82, a life member of St. John's Church in Clinton, died Feb. 12. He was the son of the late Bernard Albert Mudd Jr. and Frances Alice (Mudd) Mudd. (As a Mudd, I can particularly appreciate that Ed's parents were both Mudds. As for how he's related to me: a cousin, a few times removed.)

Ed served for six years with the Army in Germany and advanced to Sergeant. He was employed for more than 47 years with The Company (Firearms International Corp., Garcia Co-Operation F.I.I. and Beretta U.S.A.)

He served with me on the Board of Directors of the Dr. Samuel A. Mudd House Museum, volunteered for 42 years as a Scout Leader, and was a collector of antique furniture, belt buckles, coffee mugs, Scout mementoes, and much more. At St. John's, he was an Usher/Greeter at the 8 a.m. Mass, a member of the Knights of Columbus Council 11171, the Holy Name Society and the Senior Lunch Bunch.

His wife Dorothy N. (Ingling) Mudd, son Charles Edward Jr., and brothers Bernard Albert Mudd III and William Aloysius Mudd Sr. predeceased him. Survivors include his twin sons,

See **MORNINGSIDE** Page A7

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

EARLY VOTING

You can vote at your convenience. Early voting runs April 14, 2016 to April 21, 2016, 10:00 AM to 8:00 PM. Voting is convenient, accessible and on your schedule. Important deadlines: Voter Registration deadline is Tuesday, April 5, 2016-9:00 PM. Absentee Ballot Application deadline is Tuesday, April 19, 2016 8:00 PM (mail) or 11:59 PM (fax/e-mail). For more information, contact the Prince George's County Board of Elections at (301) 341-7300. Primary Election is Tuesday, April 26, 2016. Polls open at 7:00 AM and close at 8:00 PM.

ST. PHILIP'S CHURCH

The Charles Town Races and Slots Casino Trip in Charles Town West Virginia Friday, April 15, 2016 trip has been cancelled.

SUMMER YOUTH MUSIC CAMP

University of Maryland will offer a Summer Youth Music Camp. Band Camp is Sunday, July 24-Friday July 29. Choir, Orchestra and Piano Camp is Sunday, July 31-Friday, August 5. For additional information just visit the website at

<http://www.music.umd.edu/community/summeractivities/summer-youthmusiccamp> for more information.

BOOK JUST RELEASED: LESSONS IN LEADERSHIP

Dr. Patricia Turner Mitchell, Chair, of the Department of Leadership Studies at the University of San Francisco, and daughter of Mrs. Ruth Turner of Brandywine, just edited a collection of leadership articles from leaders nationwide in her newly released book entitled, *Lessons in Leadership: Tips for an Emerging P-20 Leader*.

You will read about many inspiring, and dedicated leaders working in the American educational system. Some are just starting their careers, while others have been in the trenches for many years with tips to pass on to our next generation of emerging leaders. Dr. Niki Newman-Brown a fourth year principal at Mary Harris "Mother" Jones Elementary in Adelphi, wrote Chapter 2 entitled "Most Wanted: The Obstacles Throughout the Journey to Leadership." The book can be purchased through Amazon.com or Barnes and Noble.com.

MAMA STELLA'S (RISTORANTE ITALIANO)

Come and have lunch or dinner at Mama Stella's Ristornte Italiano April 6 for a fundraiser to benefit Christmas in April Prince George's County. Mama Stella's will donate 20% of all sales all day on April 6 to Christmas in April." Mama Stella's is located at 7918 Old Branch Avenue, Clinton, Maryland 20735. Telephone number is 301-868-3057.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

The Diabetes Self-Management Education Program covers day and evening group classes. The classes include one individual visit of one hour as well as three group classes. Each group class is three hours long and covers a lot of material. The classes are held at Southern Maryland Hospital Center—7503 Surratts Road, Clinton, Maryland 20735. Please call 301-877-5560, TTY 301-877-4473 or visit Southern MarylandHospital.com for further information, class dates and times or to register.

Neighborhood

Subcommittee Reviews the NASA Budget Proposal for Fiscal Year 2017

WASHINGTON, D.C.—Today, the House Committee on Science, Space, and Technology's Subcommittee on Space held a hearing titled, "An Overview of the Budget Proposal for the National Aeronautics and Space Administration for Fiscal Year 2017". Testifying before the Subcommittee was the Honorable Charles F. Bolden, Jr., Administrator of the National Aeronautics and Space Administration (NASA).

Ranking Member Donna F. Edwards (D-MD) said in her opening statement, "Our space program is a shining example of what we can accomplish as a nation when we harness the talents of our workforce and the capabilities of our industry, academia, and international partners ... While this proposal is a good starting point for this morning's discussion, I hope that we can at least get to the \$19.3 billion level that Congress appropriated for NASA in Fiscal Year 2016."

Ranking Member Eddie Bernice Johnson (D-TX) agreed in her opening statement, "This \$19 billion budget request is a strong endorsement by the President of the important role that NASA plays in advancing America's R&D enterprise, and I appreciate his willingness to attach a high priority to NASA in this, his last Federal budget request. That is not to say that it is a perfect NASA budget request or that I agree with all elements of it. But it is a good starting point for Congress's deliberations. Because that is what our focus should be today—what do we want NASA to accomplish and what are we willing to invest in NASA so that it can achieve those objectives."

Democratic Members of the Subcommittee were pleased by a number of aspects of the budget request including: the proposal to revitalize our nation's aeronautics research activities with an initiative to use "X-Planes" to demonstrate technologies leading to cleaner, quieter, and more efficient aircraft; the increases above the levels provided in the FY2016 appropriations for the Safety, Security, and Mission Services account; sustainment of a robust Science program composed of research and data analysis grants and small, medium, and large missions, including development of high-priority missions such as the James Webb Space Telescope, the Wide-field Infrared Survey Telescope, the Europa Clipper, the Mars 2020 rover, and the Solar Probe Plus missions.

In response to Ranking Member Edwards' question regarding how NASA's Earth Science missions and research have benefited the American people, Administrator Bolden discussed how Earth Science research and data are used to help predict changes in water supplies, such as drought and flooding in order to help farmers with crop management and to assist with planning disaster relief.

Though generally supportive of the budget request, Democratic Members of the Subcommittee discussed a number of concerns, such as the need for funding stability for NASA; the proposed cuts in funding for the Space



Congresswoman
Donna F. Edwards

Launch System and the Orion spacecraft; the proposed reduction in spending on STEM education; potential risks of schedule pressure for Exploration-Mission 2; and the need for a roadmap for a manned mission to Mars.

Ranking Member Johnson spoke on potential risks of schedule pressure for Exploration-Mission 2. She said, "In its latest report, the Aerospace Safety Advisory Panel has raised concerns that perceived schedule pressure—whether external or self-imposed—can lead to excessive levels of risk being taken on in order to try to meet an arbitrary deadline. That's not the path to a sustainable or a successful program.

"I hope that NASA management and workers will heed the ASAP's concerns and not defer needed testing or makeover-optimistic commitments in a shortsighted attempt to keep those programs alive in advance of a new Presidential administration taking power. To all those NASA and contractor employees I would simply say: Congress supports SLS and Orion and Commercial Crew, and we will continue to do so when a new President takes office. We know that what you do actually is rocket science, so take the time and the testing needed to do it right."

Ranking Member Edwards said to Administrator Bolden regarding a manned mission to Mars, "While NASA has developed a Journey to Mars strategy that provides an initial outline of a pathway to Mars, we need a baseline roadmap and structure to support such a multidecadal endeavor ... I know that you, I, and many of our colleagues here this morning want to get to Mars sooner rather than later. But we've got to establish an enduring system that will get us there and back safely, time and time again ... We owe our next generation a vibrant space agency, in partnership with industry, academia, and international partners, to continue its historic mission and to pursue the goal of one day sending humans to the surface of Mars. The future is now. The choice is ours. It is up to us to ensure the future of our space program is a bright one."

Educational Systems Federal Credit Union Sponsors Four Local Spelling Bees

GREENBELT, MD—Educational Systems Federal Credit Union proudly sponsored four Spelling Bees that were recently held in Anne Arundel, Calvert, Charles and Prince George's counties. Spelling Bees challenge middle school students to spell words correctly until the competition is narrowed down to one winner.

Congratulations to the following Spelling Bee Winners:

- Ayyub Abdulrezak—In the 12th round, Ayyub won the Prince's George's County Spelling Bee by spelling the word cruciferous which denotes plants of the cabbage family. Ayyub is an eighth grade student at Kenmoor Middle School.

- Nicholas Gallegos—In the seventh round, Nicholas won the Charles County Spelling Bee by spelling the word azimuth which is an arc of the horizon measured between a fixed point and the vertical circle passing through the center of an object. Nicholas is an eighth grade student at John Hanson Middle School.

- Anna Kleist—In the 16th round, Anna won the Calvert County Spelling Bee by spelling the word fuselage which is the part of an airplane that holds the crew, passengers and cargo. Anna is a seventh grade student at Plum Point Middle School.

- Storie Kulynych-Irvin—In the 17th round, Storie won the Anne Arundel County Spelling Bee by spelling the word velvet which means a cotton fabric with a pile resembling velvet. Storie is a sixth grade home school student.

Each winner received a trophy and earned a spot in the Scripps National Spelling Bee to be held May 22-27 in Washington, D.C. In addition, the Credit Union awarded each winner a \$500 Visa® gift card as well as a \$500 donation to each winner's school to help support the Spelling Bee program.

"Congratulations to Ayyub, Nicholas, Anna and Storie," said Chris Conway, President/CEO of Educational Systems Federal Credit Union. "We are proud to support education and to sponsor Spelling Bees. Educational Systems FCU wishes you the very best at the National Spelling Bee."

Educational Systems FCU (esfcu.org) has proudly served the education community for 60 years. With over \$800 million in assets and 12 branches, the Credit Union serves 87,000 members in seven school systems and three community colleges throughout Anne Arundel, Calvert, Charles, Montgomery, Prince George's, St. Mary's and Talbot counties.

Temple Hills Used Cars Welcomes U-Haul Products to its Lot

TEMPLE HILLS, MD—U-Haul Company of Maryland, Inc. is pleased to announce that Temple Hills Used Cars has signed on as a U-Haul neighborhood dealer to serve the Temple Hills community.

Temple Hills Used Cars at 4706 St. Barnabas Road will offer U-Haul trucks, towing equipment and support rental items.

Hours of operation for U-Haul rentals are 10 a.m.-7 p.m. Monday-Saturday and 9 a.m.-1 p.m. Sunday. After-hours drop-off is available for customer convenience.

Reserve U-Haul products at this dealer location by calling (301) 808-3991 or visiting <https://www.uhaul.com/Local>

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COMMUNITY

Practical Money Skills

By Nathaniel Sillin

Putting Together a Great Wedding on a Budget

Will a modern wedding endanger your finances? It doesn't have to.

With the average price of an American wedding over \$31,000, the big day can impose financial stress for those who don't have savings in place. It's important to remember that these numbers indicate greater trends—not suggested spending patterns.



Before discussion about a ceremony or reception even begins, it's smart for couples to have a frank talk about money issues in general. Share financial information such as current spending, savings, investment and credit status (<https://www.annualcreditreport.com/index.action>). While this conversation may not seem terribly romantic, honesty about respective finances is the first step to responsible financial planning and compatibility.

Once you've chosen a desired wedding date, set a savings target with a realistic budget. If you want to get married fairly soon, realize you'll have less time to build a wedding fund. Start by making a general list (<https://www.theknot.com/wedding-budget/start>) of everything you might want in a wedding, and then adjust your vision to what will be in the bank by your desired date.

As the numbers start looking real to you, determine what can be purchased or done inexpensively and others that will require professional help. Take a look at the guest list and see if you can make some cuts. Consider a handheld music player hooked up to a great speaker system instead of a live band. Are you content with your brother's photo and video skills, or is it a better idea to hire a professional team?

Consider off-dates, off-times and off-venues. Though wedding season is more year-round than it's ever been, wedding prices still tend to be highest throughout the warm months. Explore winter dates and more obscure venues. Take City Hall, for example. Depending on the municipality, you can either schedule ahead or show up with local license and ceremonial fees as the only costs involved. There's no need for expensive wardrobe or other trappings. What about having the wedding at home? It's free space and, depending on the talents of friends and family, homemade food and decorations can also keep expenses to a minimum. But remember that the home or property owner may need a special insurance rider to cover any potential damage or liability, particularly if liquor is being served.

And finally, consider a "surprise" wedding. Planning a party or gathering where a wedding breaks out can provide money-saving advantages to guests and bridal party alike. Having a wedding at a party—especially a regular holiday party you host where family and friends already know to gather—requires little more than a legal officiant and whatever food, beverage, entertainment and insurance costs you need to consider. An unannounced wedding eliminates all pre-wedding costs related to invitations, showers and parties, and you can give your guests a break on gifts.

Bottom line: Flashy weddings aren't worth jeopardizing your finances for years to come. Make creative, affordable wedding planning part of your love story.

Award from A1

Fiscal Manager in the Office of the Sheriff, Chief Administrative Officer for the State's Attorney's Office, Assistant Director for the Department of Social Services and currently, as Associate Director for the Domestic and Sexual Violence Supportive Services Division in the Department of Family Services. In addition, she is an advocate and educator for individuals impacted by HIV/AIDS, poverty and domestic violence. Outside of work, Jackie has demonstrated her abilities as a leader through her involvement in sixteen various organizations such as the United Way, Reflections of Tomorrow, and the Human Trafficking Task Force. She also actively supports ballet classes for young girls, programs for the homeless, and domestic violence education and prevention programs. She has worked tirelessly to coordinate responses and develop programs such as providing technical assistance to several community based organizations for ex-offenders, development of an anti-auto theft program, and organized Toys for Tots drives to

benefit children and families of crime victims, plus Thanksgiving Food Basket Drives.

"It is because of Jackie Rhone's deep character, humble attitude, and unwavering community activism that has truly made a difference in the lives of people in their most vulnerable moments that she is highly deserving and named the 2016 Gladys Noon Spellman Public Service Award honoree," said Prince George's County Executive Rushern Baker. "Throughout her over two decades of service to the Prince George's County government, Jackie Rhone has established the reputation of a woman of integrity, talent and compassion. Those qualities exemplify leadership required to move our community forward and why she was selected as this year's recipient of the highest honor this County government bestows upon a female employee."

Ms. Rhone stated, "I am humbled and honored to receive this year's Gladys Noon Spellman Public Service Award. Mrs. Spellman's life

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PGFD Bomb Squad Constructs Easter Eggs for Visually Impaired Children

By PRESS OFFICER
PG County Fire/EMS

PG COUNTY, MD—Whenever I think about the Prince George's County Fire/EMS Department Bomb Squad I envision our members with nerves of steel, skilled hands, quick thinkers, patience and focused vision to the task at hand. I see the large protective suits, robots and portable x-ray machines being used to render safe a suspicious package. Our Bomb Squad is all that and much more but above all they are compassionate humans that began their careers as firefighters.

At a recent PGFD Bomb Squad drill members used their skills to construct 48 "beeping" Easter eggs for visually impaired children. Bomb Techs used the opportunity as a drill in electronics with the outcome enabling visually impaired children the opportunity to hunt for Easter eggs. A typical egg hunt is a visual task but these eggs utilize a different sense. The eggs were constructed to allow



PHOTO COURTESY TERESA ANN CRISMAN, PGFD

for multi-time use and rough handling. The colorful plastic eggs and components were donated by the International Association of Bomb Technicians and Investigators.

The completed "beeping" eggs were donated to the "Vision Program," a part of Programs and Services for the Department of Special Education of Prince George's County Public Schools.

All images are provided with courtesy of the Prince Georges County Fire/EMS Department.

Photo credit to Teresa Ann Crisman, PGFD.



PHOTO COURTESY TERESA ANN CRISMAN, PGFD



PHOTO COURTESY TERESA ANN CRISMAN, PGFD

PGFD from A1

Chief's Community Advisory Council, to serve cancer charities. The 2015 campaign raised a total of \$6,100.00, and the Doctors Community Hospital Foundation was selected to receive the charitable donation, earmarked

Official presentation of the check took place on March 16, 2016. Those on hand to receive the check from Fire Chief Marc S. Bashoor and Fire Chief's Community Advisory Council Chair Cheryl Walker included, Paul Grenaldo, EVP and COO, Doctors Community Hospital, Charles Dukes, Chair of the Doctors Community Hospital Foundation (DCHF), Robyn Webb-Williams, Vice President, DCHF, Regina Hampton, MD, Medical Director, Doctors Community Breast Center and Terrie Trimmer, Director, Doctors Community Breast Center and DCHF Board Member, William Steen of Carrollton Enterprises.

Fire Chief Bashoor stated, "Our men and women proudly wear these shirts on behalf of all cancers, especially during the month of October, traditionally recognized as Breast Cancer Awareness Month." Bashoor continued, "We are pleased to do everything we can to raise visual awareness and provide much needed funding for the care and well-being of our citizens."

Fire Chief's Community Advisory Council President Cheryl Walker added, "Through our developing partnership with the Doctors Community Hospital Foundation and the Breast Center,

we will help countless County residents receive valuable access to care and screening. Together, we encourage all citizens of our community, men and women alike, to follow the American Cancer Society's recommendations for cancer screening and self-examination."

In closing, Paul Grenaldo added, "We are extremely honored by this outpouring of support and generosity from the men and women of the Prince George's County Fire and Emergency Medical Services Department. Through relationships with organizations that are similarly dedicated to serving our great community, we can collectively help people maintain or improve their health and quality of life." Grenaldo continued, "We are grateful for all of the support that we've received for the Doctors Community Breast Center. From providing leading edge 3D mammography to having the first program with a dedicated breast surgeon in the county, we welcome the opportunity to continue our partnership with the Fire/EMS Department to increase access to life-saving breast cancer prevention, detection and treatment options."

Doctors Community Hospital
Doctors Community Hospital is a premier medical and surgical hospital located in Lanham, Maryland. With a mission of being dedicated to passionately caring for the health of patients and the community, the hospital has provided high-quality and comprehensive health care to residents of Prince George's

County and the region for more than 40 years.

A 163-licensed bed facility that has earned numerous quality awards, Doctors Community Hospital provides a wide range of programs and services: Bariatric and Weight Loss Center, Doctors Community Breast Center, Center for Wound Healing and Hyperbaric Medicine, Comprehensive Orthopedic Services, Comprehensive Rehabilitation Services, Doctors Regional Cancer Center, Emergency Department, Imaging Services, Infusion Center, Joslin Diabetes Center, Doctors Community Rehabilitation and Patient Care Center (transitional care), Metropolitan Medical Specialists, Sleep Center and Vascular Health Program.

To learn more about Doctors Community Hospital, visit DCHweb.org or call 301-DCH-4YOU (301-324-4968).

Doctors Community Breast Center

Doctors Community Breast Center is the first comprehensive program with a dedicated breast surgeon in Prince George's County. Located at Doctors Community Hospital in Lanham, MD, this center provides high-quality evaluation, diagnostic and treatment services—all at one convenient location. With a focus on helping women receive life-saving mammogram screenings, regardless of their ability to pay, the center also provides free screening mammograms to county residents who are uninsured/underinsured or those who have high insurance deductibles.

To learn more about Doctors Community Breast Center or ways to support its community outreach initiatives, visit DCHweb.org/breast or call 301-DCH-4YOU (301-324-4968) to assist the Breast Center at Doctors Community Hospital.

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COMMENTARY

Barbara A. Mikulski United States Senator for Maryland



Mikulski Commemorates 100th Anniversary of Girl Scout Gold Award

Gold Award is Highest Honor Bestowed by the Girl Scouts of America

WASHINGTON, D.C.—U.S. Senators Barbara A. Mikulski (D-Md.) today commemorated the 100th anniversary of the Girl Scouts' Gold Award, the highest award the organization bestows which recognizes excellence and leadership for girls.

"I love the Girl Scouts and I love being a Girl Scout. For more than a century, the Girl Scouts have stood for the education and empowerment of girls," Senator Mikulski said. "The Girl Scouts teach character, honesty, integrity and competency in a movement that has changed America and the world. I'm so pleased to mark 100 years of the Girl Scout's Gold Award that for generations has been honoring excellence and leadership for girls."

Senator Mikulski has worked on behalf of the Girl Scouts, supporting programs such as Girl Scouts Beyond Bars which allows girls to visit mothers who are incarcerated and participate in mother-daughter troop meetings. She is co-leader of Honorary Troop 1, a Girl Scout Troop of the women of the Senate.

Senator Mikulski, together with Senator Susan Collins (R-Maine), today announced that they have introduced a bipartisan resolution commemorating the 100th anniversary of the Girl Scout's Gold Award. The text of the bipartisan resolution is available here.

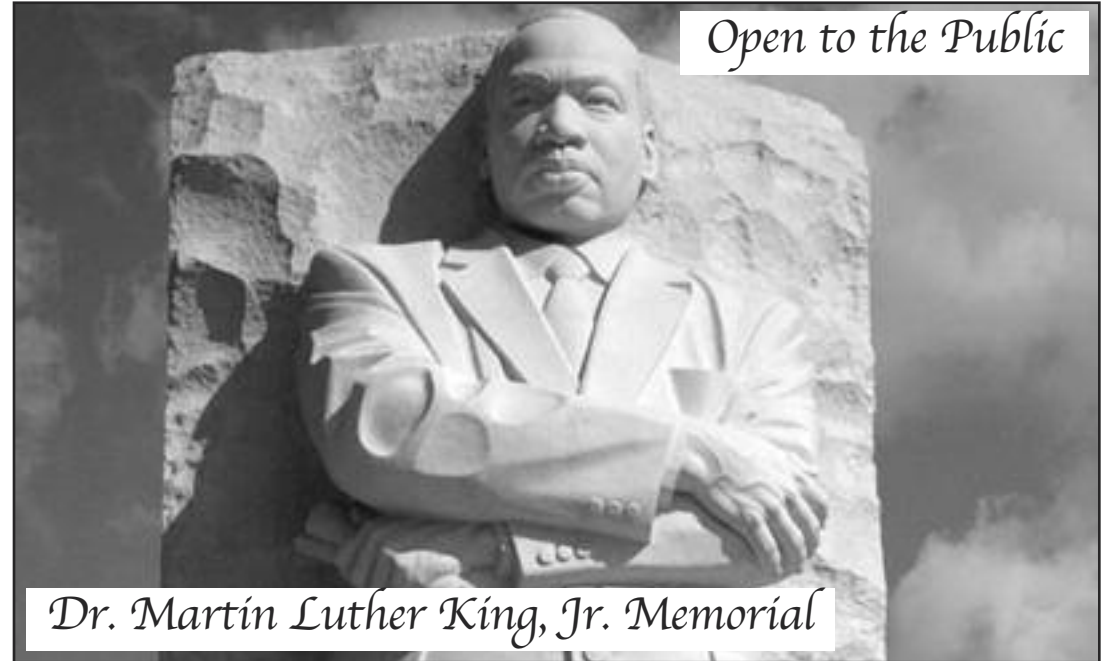
Senator Mikulski's full statement, as submitted to the Congressional Record, follows:

"I rise today not only to recognize the 104th anniversary of the Girl Scouts, but also the 100th anniversary of the Girl Scout Gold Award. The Gold Award is the most prestigious award in Girl Scouting, only comparable to the Boy Scouts of America's Eagle Scout recognition.

"Approximately one million Girl Scouts have earned this prestigious award. Girls who pursue their Gold Award aspire to transform an idea and vision for change into an actionable plan with measurable, sustainable and far-reaching results. Since 1916, Girl Scouts have been planning and executing significant projects in response to pressing community needs. The Gold Award has inspired girls in Maryland and across the country to find greatness inside themselves and share their ideas and passions with their communities.

"I love the Girl Scouts. I loved being a Girl Scout, especially when working on my badges. Those badges I earned served as symbols for success, leadership and service to my community. It

See GIRL SCOUTS Page A5



Open to the Public

Dr. Martin Luther King, Jr. Memorial

PHOTO CREDIT: WIKIMEDIA

DR. MARTIN LUTHER KING, JR. MEMORIAL

August 28, 2011, the 48th anniversary of the groundbreaking March on Washington for Jobs and Freedom witnessed the dedication of the Martin Luther King, Jr. Memorial. It is fitting that on this date, reminiscent of the defining moment in Dr. King's leadership in the Civil Rights movement; in the form of solid granite, his legacy is further cemented in the tapestry of the American experience. His leadership in the drive for realization of the freedoms and liberties laid down in the foundation of the United States of America for all of its citizens, without regard to race, color, or creed is what introduced this young southern clergyman to the nation. The Martin Luther King, Jr. Memorial is part of National Mall and Memorial Parks, and is located at the intersection of Independence Ave and West Basin Drive SW in Washington, D.C. For more information, visit <https://www.nps.gov/mlkm/index.htm>.

Child Watch

by Marion Wright Edelman



Tick, Tock, Tick Tock: Flint's Disposable Poor Children

America's political blame game continues while children continue to suffer life impairing harm. The nation was riveted this week as Michigan Governor Rick Snyder and Environmental Protection Agency (EPA) Chief Gina McCarthy were grilled over the shameful inaction on the Flint, Michigan water crisis by members of the House Oversight and Government Reform Committee. There is plenty of blame to go around. But where is the action for the children and families of Flint? Every day we delay the damage to children and their families grows. While Congressional members were calling for accountability and resignations, water in Flint was being tested again. Recent testing at one home in Flint found lead poisoning levels of 11,846 parts per billion. When 5,000 parts per billion is considered hazardous waste, why are we wasting time apportioning blame before the problem is fixed and the poor children and families of Flint have fresh, clean water to drink and cook with and bathe in? Tick, tock, tick tock.

During the months following the governor-appointed emergency manager's April 2014 reckless decision to switch its water supply from Lake Huron and Detroit's system to the Flint River corrosive water as a cost-saving measure—never mind its health and life threatening impact on the children and citizens of Flint—and the delayed decision to tell residents to stop drinking the water in October 2015, the crisis in Flint has too many shameful moments to recount at so many levels. Authorities disregarded or hid evidence and misled residents who could clearly see, taste, and smell the problem for themselves and put the city's financial concerns ahead of concerns for child and adult life and well-being. The revelation that General Motors stopped using Flint's water in its manufacturing plant in October 2014 and told the city it was too corrosive for its car parts was a full year before authorities admitted and warned people not to drink, cook with, or bathe in it. Tick, tock, tick tock, tick tock.

The state's quiet January 2015 late action to provide bot-

led water just for its Flint employees was 10 months before children and families were warned. The EPA failed to act for months after it knew that lack of corrosion controls in the city's water supply could put residents at risk of lead poisoning. Michigan's Department of Environmental Quality failed to heed EPA's private warnings for months that corrosion controls were needed to prevent a risk to public health. A state-employed nurse reportedly dismissively told a Flint mother whose son was diagnosed with an elevated blood lead level: "It is just a few IQ points. ... It is not the end of the world." No child in America is disposable. Tick, tock, tick tock, tick tock.

No blood lead level is safe. That's what the group of doctors led by Dr. Mona Hanna-Attisha knew when they raised concerns about elevated lead levels they saw in Flint's children.

Lead exposure, through water, paint, soil, or other environmental sources is a threat far beyond Flint. The EPA has called it the most serious environmental health hazard for children. An estimated 535,000 U.S. children between one and five years

old suffer from lead poisoning. An estimated 24 million housing units have deteriorated lead paint and elevated levels of lead-contaminated house dust. Over 40 percent of the 26 states and District of Columbia that reported childhood blood lead level results to the Centers for Disease Control and Prevention (CDC) national database have higher rates of lead poisoning among children than Flint. Nearly half of the states did not participate in this voluntary reporting preventing the true measure of the lead problem in America. Tick, tock, tick tock, tick tock.

Lead causes biological and neurological damage linked to brain damage, learning disabilities, behavioral problems, developmental delays, academic failure, juvenile delinquency, high blood pressure and death. Pregnant women, babies, and young children are especially vulnerable because of developing child brains and nervous systems. Tick, tock, tick tock, tick tock.

For the Flint children exposed to lead including 9,000 preschoolers under 6 local,

See WATCH, Page A12

Marc Morial, President and CEO National Urban League



Women's History Month: Contributions and Past and Present

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this Nation. Too often, the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength, and love of the women who built America was as vital as that of the men whose names we know so well."

—President Jimmy Carter, National Women's History Week Statement, February 28, 1980

There is no arena in American life, or beyond the borders of this country, where a woman's presence can neither be noted nor celebrated. Women have played—and continue to play—a major role in our nation's culture, politics and economy. The traditionally held belief of a "woman's place" has long created obstacles for women who have ventured into the business arena. It was a notion that dictated that a woman's natural place was in the home, and when women worked outside of the home, it largely dictated what kind of work was appropriate for her. From the late 1800s and its initial boom of female workers and entrepreneurs in America, to Maria Contreras-Sweet, the founder of ProAmerica Bank and current head of the Small Business Association, and Oprah Winfrey's media empire, we know that a woman's place is quite simply where she makes it.

My own respect for strong, accomplished women was instilled by my mother, a highly-respected educator and civil rights activist who has recently published a memoir, "Witness to Change," about her own remarkable life.

Despite issues of gender parity and gender equity that continue to plague our boardrooms, conference rooms and banks, women have long contributed to the economic vitality of our country. Yesterday's entrepreneur laid the groundwork for today's businesswoman, who continues to defy odds, break glass ceilings and produce much-needed jobs and revenue. This is especially true in the case of women of color, who are the fastest growing group of entrepreneurs in the United States.

Women own nearly 10 million of the businesses in America—making up 36 percent of the nation's businesses. These businesses generate more than \$1.4 trillion in annual revenue and employ 8 million people, according to the National Business Women's Council. Women are starting businesses

at record rates, exceeding the national average, and there has been remarkable spike in small business ownership by women of color. In 2002, there were fewer than one million businesses owned by women of color, representing 14 percent of women-owned firms. As of 2012, there are nearly 3.8 million firms owned by women of color, comprising 38 percent of women-owned businesses. That represents more than 190 percent growth in ownership since 1997 for African American women and 130 percent increase in small business ownership for Latinas. Today, women of color own four in ten businesses and their businesses can be found in any conceivable industry.

There are many factors that can be attributed to this historic growth in business ownership for women—and particularly women of color. The gender pay gap, and the glass ceiling above the ladder of success that is littered with cracks but has yet to be shattered, surely plays a motivating role for many women who have decided to invest in themselves and their talent. The Great Recession and the slow start, especially for communities of color to recover from the immense loss of capital and employment, is likely another motivating factor. The ever-widening gap between the haves and the have nots has also played a part in women of color tapping into their entrepreneurial spirit.

The growth in businesses owned by women of color belies the ugly reality that African American and Latina business owners struggle to fund their startups. Women tend to start their businesses with half as much money as men, they are more likely to use their personal savings, and are less likely to access bank loans, funding and venture capital. To foster the growth and long-term survivability of businesses owned by people of color, the National Urban League has created Entrepreneurship Centers that provide management counseling, mentoring and training services geared toward the development of management skills that enable minority entrepreneurs to obtain financing that support job creation and preservation.

Entrepreneurship plays a vital role in our economy and the National Urban League will continue to play a vital role in shoring up the efforts and success of all businesses that create the jobs that save our cities. The small businesses owned by women of color are helping to bring jobs to struggling neighborhoods, creating new economic pathways in underserved communities and deserve their fair share of recognition—every month of the year.

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BUSINESS

The American Counseling Association's Counseling Corner

Positive Ways to Help an Overweight Child

There have been numerous reports about the situation of overweight and obese children in this country. It can be a difficult subject to approach when your own child is facing weight issues, but there are positive ways to help your child deal with this problem.

No weight control lecture is necessary. Your child is aware of his or her weight issues, just the same as you are if you happen to be overweight yourself. Instead, start by giving your child positive thoughts. Express your love and make it clear that everyone is different. The goal isn't to look like some magazine model.

Creating a good mindset is essential. Emotional triggers often have us turning to food for its calming effect and how it makes us feel better. Teach your child that feelings have a purpose and can serve as clues to what is really going on. Encourage your child to talk with you when feeling troubled, and discuss how to handle problems besides hiding one's emotions behind food.

Try to encourage positive thinking in your child, teaching them how to ignore or react in a good way to negative messages. But you also want to encourage actions that can lead to a healthier weight.

Rather than being the food police, forbidding or restricting food choices, make your child part of the food choice process. Take your child shopping with you to learn about good nutrition. Even a younger child can learn to read the nutrition label on foods. Emphasize the taste and benefits of fresh fruits and vegetables and encourage your child to come up with ideas on how to serve these nutritious choices.

Exercise, of course, is an essential part of weight control, but it should be activities that are fun and enjoyable, not a grueling punishment. Ordering someone to go and "play" is usually counterproductive, but going out together with your child to toss a ball, walk the dog or ride a bike makes it fun and beneficial for both of you.

Similarly, make mealtimes a family affair with everyone getting involved in healthier eating. Kids learn by example and if Mom and Dad are eating large portions and going back for seconds, guess who is going to want the same?

And if there are family issues that might be leading to stress and an eating disorder, consider talking to a professional counselor for expert help.

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

GSA from A1

cies, my office is available to help local companies raise their business footprint in Prince George's County. Yesterday's competitor could become tomorrow's partner on a procurement contract. But if you don't network to learn about what the industry is in need of, there is no way to enlarge your pipeline and grow your business."

Prince George's County Councilmember Karen Toles (Dist. 7) served as the co-moderator for the Perfecting Wins for Small Business Panel, along with Julia Hudson, the Regional Administrator of the GSA National Capital Region where the panelists stressed the importance of women being prepared in the marketplace. Although women own 35% of all U.S. firms, they secure only 4% of the revenues. Forums such as this one help women-owned businesses in particular to form the more perfect union by providing the information and tools

needed to remove barriers small businesses often face when trying to grow.

"Today was a phenomenal event, especially since it is taking place during Women's History Month. It brought together our State, Federal and local partners including the Prince George's County Economic Development Corporation who plays a key role in assisting small businesses become a part of our economic strategy," said Councilmember Toles. "As women, we need to "perfect" our small businesses throughout the entire year, not just during Women's History Month. So, I appreciate the partnership with our Economic Development Corporation and their participation on the panel to highlight what we are doing in Prince George's County. We know there is more work to do to "perfect our union", but today was the start of many more meaningful conversations and I'm glad to be a part of it."

Neighbor from A2

tions/Truck-Rentals-near-Temple-Hills-MD-20748/054753/ today.

Temple Hills Used Cars owner Masoud Ahnadzai is proud to team with the industry leader in do-it-yourself moving and self-storage to better meet the demands of Prince Georges County.

U-Haul and Temple Hills Used Cars are striving to benefit the environment through sustainability initiatives. Truck sharing is a core U-Haul sustainability business practice that allows individuals to access a fleet of trucks that is

larger than what they could access on an individual basis.

Every U-Haul truck placed in a community helps keep 19 personally owned large-capacity vehicles, pickups, SUVs and vans off the road. Fewer vehicles means less traffic congestion, less pollution, less fuel burned and cleaner air.

Temple Hills Used Cars is a great place to become U-Haul Famous®. Take your picture in front of a U-Haul product, send it in and your face could land on the side of a U-Haul truck. Upload your photo through Instagram using #uhaulfamous, or go to www.uhaulfamous.com to submit photos and learn more.

Local Businesses 'Activating Prosperity' by Connecting to Customers

EDC's "Chief 'Excitement' Officer" and the Chamber of Commerce Share the 'Perfect Elevator Pitch' as Part of Networking at Forum

By LORI VALENTINE
PGCEDC

LARGO, MD—On March 15, 2016, more than one hundred local companies attended the "Enhancing Relationships with Customers for Long Term Growth" forum; part of the "Connections to Success" interactive panel series hosted by the Prince George's County Economic Development Corporation and the Prince George's Chamber of Commerce. The event connected small business owners to the key strategies they need to expand their customer base, which in turn increases their sales. Attendees were provided with a series of hands-on, interactive scenarios designed to make the personal connections with their customers easier and more productive. The highlight of the morning was the "Perfect Elevator Pitch" role-playing exercise, which showed attendees how important first impressions can be toward gaining a strong customer base.

"A successful business owner needs to be able to talk very clearly about their company in a manner that is memorable," said EDC President and CEO Jim Coleman. "As the "Chief 'Excitement' Officer and V.P. of Sales for all of the companies in Prince George's County, I am completely motivated to 'Activate Prosperity' for them by helping them focus on making a personal connection with their customers. If you truly understand the needs of that customer before you 'sell' them on your product or service, you can create a long-lasting, mutually beneficial relationship that 'Activates Prosperity' for the both of you."

The winner of the forum's "Perfect Elevator Pitch" contest was Sonia Srivastava, President and CEO of Diya Candles. Ms. Srivastava pitched her 100% soy candles manufactured in Bowie, Maryland by telling the crowd "We all need a little help in setting the mood."

Basketball from A1

to the free throw line.

Coach Brenda Frese's squad, usually familiar visitors to the stripe, had just five free-throw attempts throughout the entire game, all of which came in the second half. Comparatively, the Terrapins were 15-of-19 on free-throw attempts in their first-round win over Iona.

One of the only things the Terps did against Washington that was consistent with their

Girl Scouts from A4

was during my time as a Girl Scout that I learned about the values and attitudes that serve as good guides throughout life, like courage, confidence and strong character to help make the world a better place.

"I also loved the camaraderie of working with other girls on various challenges. It really is about friendship. I am so proud to be among the more than 59 million women in the United States who are alumnae of the Girl Scouts of America. I could not have done it without the support of Ms. Helen Nimick, my Girl Scout leader. In fact, I wanted to grow up and be just like Ms. Nimick. She seemed to know how to do 43 different things with oatmeal boxes.

"The Girl Scouts is an organization that has meant so much to

"Today's forum was like squeezing an entire semester of grad school classes into three hours," said Ms. Srivastava. "I am very thankful that the Economic Development Corporation is so willing to help the business community in this way. This was truly time well spent."

Attendees also learned that seemingly basic details in business can bring a personal touch to the sales process. A company in need of a sales boost should always remember that picking up the phone to provide clear, instant feedback, sending a personalized note of acknowledgement or thanks, or scheduling a face-to-face visit with a customer is a great way to establish trust and strengthen a relationship.

"The customer life cycle is like a marriage," said EDC Business Development Director John Mason. "A successful business gets 'married' to its customer in the same way any relationship develops. They must reach out to the customer, acquire basic information about the customer, develop the relationship with the customer to retain the relationship, and then inspire the customer to stay with you. This type of relationship breeds long term commitment and growth."

Tata Global Beverages, the makers of Eight O'Clock Coffee, was one of the sponsors of the forum. This multi-million dollar company, based in Prince George's county sells products throughout the United States and Canada. As part of the EDC's commitment to "Activate Prosperity" by connecting businesses to customers, Mr. Coleman announced that the Economic Development Corporation would work with Tata Global to create an international business plan for Eight O'Clock Coffee that will connect this company to millions of customers all over the world.

"Networking has been one of the cornerstones for Eight O'Clock Coffee in Prince George's County," said Nicole Hall, Vol

teammates wished for more time with their mentors beyond the second round of the NCAA tournament.

"I think right now there's just a lot of disappointment for how we're sending our seniors out," sophomore guard Kristen Conroy said after the game. "Maybe tomorrow we'll look to the future, but for now it's just being with our seniors."

With the current crop of seniors on the way out, Maryland has a bright future ahead with

women in the Senate! Nearly 45 years ago, there was only one woman CEO of a Fortune 500 company. Now there are 23!

"I bring the lessons I learned from Girl Scouts with me to the United States Senate, every day and in every way. I love the Girl Scout promise: 'To serve God and my country, to help people at all times, and to live by the Girl Scout law.' To this day, I still carry the Girl Scout law in my wallet. I believe that if you follow the Girl Scout law, you're in pretty good shape—it has certainly worked for me. 'I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and what I do, and to respect myself and others, to respect authority, use resources wisely, make the world a better place, and be a sister to every



PHOTO COURTESY LORI VALENTINE
EDC President and CEO Jim Coleman addressing capacity crowd at "Connections to Success" forum (standing).

ume Acquisition Manager, Eight O'Clock Coffee. "Our relationship with the Economic Development Corporation and the Chamber of Commerce has been monumental in terms of networking and outreach. To make that outreach effective, a company must figure out what they can do differently to their customer that their competitor can't. Bring something memorable to the table and your customers will not forget you."

The forum was the third of the Connections to Success breakfast series that the Economic Development Corporation and the Prince George's Chamber of Commerce began last fall. Through these forums, small businesses in Prince George's have had the opportunity meet and hear from top executives that specialize in federal and local procurement opportunities, traditional and non-traditional access to capital and key strategies to attract more customers.

"There is no better place than Prince George's County with the level of connectivity that the Chamber of Commerce and the Economic Development Corporation have," said Prince George's Chamber of Commerce President and CEO David Harrington. "We are coming together to expand business and

wealth for the residents of Prince George's County by creating a platform and environment to do amazing business and make amazing money in and around Prince George's County. No one does it better than this business community."

Other sponsors of the forum included Berman Enterprises and NAI Michael Companies.

The forum concluded with tips on how a company can become customer-centric and how communication through social media is another key component to a successful long-term relationship. Companies should always anticipate what their customers are in need of, even before they develop a business plan and share information in real time through all available forums of communication.

"Companies must distinguish between customers and users," said June Evans, Interim Director of the Prince George's Community College Center for Entrepreneurial Development. "When a customer pays for a service or product, their satisfaction with the overall experience in your company equals your success. Poor customer service, not following through on delivery dates, or not being aware your customers needs can hamper your success."

the No. 1-ranked recruiting class of 2016, which consists of five separate five-star recruits.

As a final contribution to the program she's called home for the last four years, Howard left her returning teammates and the entering recruits with some advice for continuing the success she helped foster.

"Just never stop working, never give up..." Howard said. "As long as you're working hard you may not always have it, but eventually the success is going

Girl Scout,' and a sister to every Boy Scout.

"While I am in the Senate now, in many ways I am still working on my badges. But instead of working on my cookie badge, the badges I am working on now are called 'ending gender discrimination in health care,' 'guaranteeing equal pay for equal work,' and 'promoting access to quality and affordable child care.'

"In today's hectic and increasingly uncertain world, Girl Scouts are more important than ever before. The Girl Scouts are an important contribution to American society—they prepare the leaders of tomorrow, and every day they inspire millions across this country to make the world a better place. Ladies, let us put on our badges, square our shoulders, suit up and work together to make a change."

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

How to Be Single

How to Be Single

Grade: B-

Rated R, a lot of profanity and sexual dialogue, a little nudity
1 hr., 50 min

How to Be Single is based on a novel by Liz Tuccillo, who co-wrote the nonfiction book *He's Just Not That Into You*, which was made into a mediocre ensemble romantic comedy in 2009. *How to Be Single* was even adapted for the screen by the same writers, Abby Kohn and Marc Silverstein (plus a third, Dana Fox), thus reducing its chances of being better than *He's Just Not That Into You*.

And yet it is better! Not a lot, but enough. The many tired rom-com clichés it exploits and its mishandling of some subplots are outweighed by the charm and humor of the cast. Directed by Christian Ditter, the film has little momentum, no scenes that build to a comedic climax. But it's fitfully very funny, with individual moments that make it worthwhile.

Did that third writer make all the difference? Is it the addition of a potty-mouthed Rebel Wilson character and the freedom of an R rating? Is it the fact that (if online plot summaries are to be trusted) *How to Be Single* the movie bears little resemblance to the book? I don't know, and I hardly care. I'll take what I can get.

Perky paralegal Alice (Dakota Johnson) has been in a relationship with Josh (Nicholas Braun) since her first day of college, and is only now experiencing singlehood. Her co-worker, Robin (Rebel Wilson), a hard-partying girl who loves be-



A young woman searches for love in New York City in this romantic comedy based on the novel by Liz Tuccillo, and produced by Drew Barrymore.—Jason Buchanan, Rovi

ing free of attachments, is eager to show Alice how to live it up in the big city. They're assisted and advised by Tom (Anders Holm), a bartender who's an expert at non-committal hookups. Tom has also befriended Lucy (Alison Brie), a relationship-minded type-A personality who uses an algorithm to find her best matches across all the dating apps. (This algorithm is introduced as Lucy's defining characteristic and then never mentioned again.)

Meanwhile, Alice's sister, Meg (Leslie Mann), is an OG-BYN who delivers babies all day but doesn't want a child of her own, until she finally spends a couple of minutes with one and changes

her mind. Approximately five minutes after being artificially inseminated, Meg meets Ken (Jake Lacy), a nice younger guy from whom she hides her pregnancy, because it wouldn't be a romantic comedy if someone's relationship weren't predicated on a lie.

Yes, it's enough rom-com tropes to fill five movies, all at one low, low price! No points will be awarded for originality—though I do like that the conclusion (no spoilers) allows everyone to get what they want and be happy even if what they want is to NOT be in love. The editing is a mess, too, jumping from one story to another at random. We go from Alice meeting a single dad (Damon Wayans

Jr.) to a moment THREE MONTHS LATER, their entire relationship skipped over (or perhaps left on the cutting-room floor), while other plot threads are allowed to unfold naturally.

The Robin character is a boon. Without a romance of her own (by choice), she can serve as commentator and heckler to everyone else. Her free-wheeling lifestyle also gives the movie a chance to break away from the demure standards of the genre, and even to obliquely make fun of it a few times. Johnson, Mann, and Brie play likable, supportable women whose personalities are very close to having three dimensions. For a romantic comedy, that's almost a bullseye.

The Edge of Sports

by DAVE ZIRIN

The Past is Never Dead: Peyton Manning and Today's Jock-Rape Culture at Tennessee



"It doesn't matter!" "Who cares?" "Just a fraternity prank!" "Old news!"

Peyton Manning's many media prizefighters were out in full force on Saturday after the New York *Daily News* published a thorough account of a sexual-harassment claim levied against the 39-year-old quarterback when he was a college-football superstar at the University of Tennessee.

It's certainly true that this story has been in the public sphere for 13 years. (I have written about it, and many sportswriters can say the same.) This is a vile story in which young Peyton, as I wrote at the time:

"... was accused of sitting on the face of a female athletic trainer, bare-assed, spread wide. Peyton in his book claimed he was just 'moonin'' a track athlete, also there for physical therapy, and the trainer, whom he described as having 'a vulgar mouth,' took offense ... But Peyton's actions were serious enough that the 'vulgar-mouthed' woman in question immediately reported the incident to the Sexual Assault Crisis Center in Knoxville. The track star Peyton claimed to be joking with wrote Peyton a letter in 2002 saying, according to *USA Today*, 'You might as well maintain some dignity and admit what happened ... do the right thing here.'"

But the *Daily News* and columnist Shaun King had access to the entirety of the complaint levied against Manning and UT. This brought several new factors to light. We learned, for example, that John Underwood, co-author of the family memoir *Manning: A Father, His Sons, and a Football Legacy*, testified under oath that Peyton's father, Archie, tried to get him to stick in the book that the trainer who reported him, Dr. Jamie Naughtright, was not credible because she liked to have sex with black student-athletes in the dorms. (Jesus.) We also learned that the attacks on Dr. Naughtright took place over the course of many years.

But, most critically, the lawsuit reveals in methodical and stark detail—and people can read the suit here—the relentless efforts executed by the powers-that-be at the University of Tennessee to make sure that Manning and their lucrative Rocky Top football program was shielded. Instead of airing out the issues that may have existed, they went full "politics of personal destruction" on Dr. Naughtright's character and credibility.

This is why this story matters, for reasons even beyond the ways in which it peels back Manning's carefully curated image. It matters because the twisted culture that led to Manning's being protected and Dr. Naughtright's being destroyed has endured. On Tuesday, six women filed a civil suit against Tennessee. Four say that they were raped by athletes on campus, three by football players. In their suit they contend that Knoxville has "A long-standing, severely hostile sexual environment of rape by male athletes (particularly football players) that was condoned and completely unaddressed." Read Jessica Luther's breakdown about the case at Vice Sports that dissects why the plaintiffs allege there is "an official policy of deliberate indifference to known sexual assault."

I contacted Jessica Luther, who is the author of the forthcoming book about sexual assault and college athletics, *Unsportsmanlike Conduct*, and asked, given that Tennessee has had a great deal of turnover in both the Athletic Department and school administration over the last two decades, whether she sees these stories as connected.

Luther wrote me the following:

Yes, I see them as connected for two different reasons:

- 1) The lawsuit filed by the six women makes this connection. At the beginning of the suit, they list incidents that they feel are examples of the overall culture in UT athletics (especially football) that minimize and ignore sexism, sexual violence, and overall poor conduct/behavior on the part of athletes over the last two decades, going back to 1995 ('Incidents involving athletes and misconduct, including specifically sexual violence, have been a part of a hostile sexual environment and culture at the University of Tennessee Athletic Department for more than a decade' is how that section of the lawsuit reads). Manning is listed in that lawsuit as one of these examples.
- 2) The lawsuit is against UT—the university itself—and not any individual, not the AD, the president, or any coach. The argument is that there is an overall culture at the in-

Statement of Prince George's County Executive Rushern L. Baker, III:

Passage of SB 324 (Prince George's County Regional Medical Center Act of 2016)

By LORI VALENTINE
PGCEDC

Upper Marlboro, MD—Prince George's County Executive Rushern L. Baker, III released this statement following the passage of SB 324 (Prince George's County Regional

Medical Center Act of 2016) by both houses of the Maryland General Assembly:

"I want to thank the Maryland General Assembly for their support of the Regional Medical Center project and their partnership to transform the healthcare system of not only Prince George's County, but also

Southern Maryland. SB 324 clarifies the operating and capital funding commitments of the State and Prince George's County between FY 2018 and FY 2021. This bill adds certainty by codifying the mutual commitments across both Gubernatorial and County Executive terms.

I want to personally thank President Miller and Speaker Busch for their unwavering support of this \$650 million project that will be the major anchor of the transition of the Largo Metro Station into a vibrant, mixed-use 'Downtown Largo' with new office, retail, and residential opportunities. I also want to thank the Prince George's County House and Senate delegations, County Council, Dimensions Healthcare System, and the University of Maryland Medical System for their support of this legislation. Together, our collective partnership has taken us a giant step closer to fruition the Regional Medical Center.

I encourage all Prince Georgians—residents, business leaders, community leaders, and elected officials—to join me in urging Governor Hogan to sign SB 324 once it is presented to him by the Maryland General Assembly."

The Bowie State University Athletic Department Presents

Senior Gala

Tuesday, April 19, 2016
3:00pm - 8:00pm

Location:
Bowie State University
New Student Center Ballroom
14000 Jericho Park Rd
Bowie, MD 20715

Tickets: \$10/per person
(Tickets can be purchased at the door)

Food | Music by Pump N' Pete | Door Prizes

For advance ticket information contact Jatina Cooke at (301) 860 - 3793
For sponsorship information contact Thomas Johnson at (301) 860 - 3571 or tfjohnson@bowiestate.edu

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in
The Prince George's Post

Call Brenda Boice
301 627 0900

Calendar of Events

March 31, — April 6, 2016

Café Groove: Teen Open Mic at Hillcrest Heights CC

Date and Time: Friday, April 1, 2016, 7–9:30 pm
Description: Café Groove is an expressive arts program just for teens, where they can enjoy performances (or get on stage) in a cozy and relaxed coffeehouse atmosphere. From ART/LAB experiences to S.T.E.A.M. (Science, Technology, Engineering, Arts and Math) exploration, Café Groove fosters interactivity for teens in a variety of ways!

Café Groove takes place on the first Friday of each month, from October through May, and usually features an act from a professional performer. Each Café Groove includes an open mic portion so that teens can perform with the support of your friends!

Café Groove locations change monthly. Doors open at 7 pm with performances beginning at 7:30 pm. Tickets are \$3 and can be purchased at the door. Refreshments are provided.

Cost: \$3/person

Ages: 10-18

Location: Hillcrest Heights Community Center
2300 Oxon Run Dr., Temple Hills, MD

Contact: 301-446-3232; TTY 301-699-2544

Xtreme Teens: Glow Party

Date and Time: Friday, April 1, 2016, 7–10 pm
Description: At this Glow Party, teens will enjoy light refreshments while the DJ plays the latest hits.

Cost: Free

Ages: 13-17

Location: Glenarden/Theresa Banks Complex
8615 McLain Avenue, Glenarden, MD

Contact: 301-772-3151; TTY 301-699-2544

Phil Wiggins

Date and Time: Friday, April 1, 2016, 8 pm
Description: Born in Washington, D.C., Phil Wiggins began his musical career playing harmonica with some of Washington's leading blues artists. Partnering with legendary guitarist & vocalist John Cephas for over 30 years, the duo has played in every continent except Antarctica.

Cost: Tickets: \$25/person;
10% discount for Montpelier members & seniors

Ages: All ages are welcome

Location: Montpelier Arts Center
9652 Muirkirk Road, Laurel, MD

Contact: 301-377-7800; TTY 301-699-2544

Patuxent River Park River Clean Up

Date and Time: Saturday, April 2, 2016, 9 am–12 noon
Description: Wear old clothes to help clean up the Patuxent River and its marshes. Advance registration is required.

Cost: FREE

Ages: Ages 13 & up

Location: Patuxent River Park
16000 Croom Airport Rd., Upper Marlboro, MD

Contact: 301-627-6074; TTY 301-699-2544

Opening Reception: The Late Style

Date and Time: Saturday, April 2, 2016, 5 pm
Description: The Brentwood Arts Exchange welcomes curatorial practices by students from the University of Maryland College Park to partner with us in presenting our spring 2016 exhibition. Students working with Brentwood Arts Exchange staff and Professor of Art History Dr. Jason Kuo, will research, plan, and implement an exhibition on senior artists who are working in styles developed late in life.

Cost: Free

Ages: All ages welcome

Location: Brentwood Arts Exchange
3901 Rhode Island Avenue, Brentwood, MD

Contact: 301-277-2863; TTY 301-699-2544

Langley Park's Health Check 2016

Date and Time: Sunday, April 3, 2016, 12 noon–3 pm
Description: At Langley Park's Health Check 2016, there will be health professionals providing health advice, referrals, and preventive screenings. Also, participants can take part in active fitness sessions as well as discussions on adopting healthy eating and lifestyle choices.

Cost: Free

Ages: All ages welcome

Location: Langley Park Community Center
1500 Merrimac Drive, Hyattsville, MD

Contact: 301-445-4508; TTY 301-699-2544

Hidden Spaces Tour

Date and Time: Sundays, April 3, 2016, 4 pm
Description: Ever wonder what's behind the doors that say "Staff Only" and "Do Not Enter"? On this tour, you'll go to areas seldom open to the general public, including the main house's three cellars, the attic, and the walk-in vault.

The tour will focus on the construction of the house and the changes over its 230-year history, including 20th-century modernizations such as electricity and HVAC.

Tour guide Don Graham began working at the property in 1985 and has been involved with much of the recent restoration work at the house and grounds.

To get the full benefit of the tour participants will need to climb and descend narrow winding staircases and (optional) climb several steps up on 6 to 8-foot ladders. Older clothes and comfortable shoes recommended.

Please note: You must arrive by 4 pm to go on the tour.

Reservations required as space is limited.

Cost: \$15/person; \$10/Members of Friends of Montpelier.

Ages: 18 & up

Location: Montpelier Mansion/Historic Site
9650 Muirkirk Road, Laurel, MD

Contact: 301-377-7817; TTY 301-699-2544;
montpeliermansion@pgparks.com

EARTH TALK ... What Are the Healthiest Cookware Options These Days?

Dear EarthTalk:

I'm in the market for a new set of non-stick cookware for my kitchen, and I'm wondering which type is healthiest?

—Rose Castillo,
Santa Fe, NM

Non-stick cookware cleans very easily and some health-conscious cooks appreciate that it requires less cooking oil than uncoated varieties. But the convenient cooking surface comes with potential risks when it is used with high heat. At temperatures exceeding 500 degrees Fahrenheit, the synthetic fluoropolymer coating in Teflon non-stick cookware begins to break down and release toxic perfluoroalkyl substances (PFASs) into the air.

The *Good Housekeeping Research Institute* tested how quickly three different non-stick pans (lightweight, medium and heavy) heated up to 500°F. Scrambled eggs cooked on medium heat for three minutes in a lightweight pan peaked at a safe 218°F, but all three pans heated on high reached temperatures above 500°F in less than five minutes. The cheapest, lightest pan of the three got there in under two minutes. Even with oil added, the cheapest pan surpassed the 500°F mark in two and a half minutes. Cooking steak in a lightweight non-stick pan yielded a pan temperature exceeding 600°F in less

than 10 minutes. At temperatures of 660°F and above, non-stick coated pans may emit fumes strong enough to cause polymer-fume fever, a temporary flu-like condition with symptoms such as chills, headache and fever. While the fumes aren't fatal to humans, they can kill pet birds.

The Environmental Working Group (EWG), a non-profit focused on health and the environment, recommends cast iron and stainless steel cookware as safer options for stove top cooking, and oven-safe glass for baking. High-quality stainless steel pans are durable and can last a lifetime if treated with care. They also have greater searing and browning capabilities than non-stick pans while still being relatively easy to clean.

Cast iron creates an even, intense heat that helps seal in juices and keeps foods moist. Cast iron is also more versatile than non-stick cookware, as it can go from stove top to oven. While cast iron is heavy and needs to be "seasoned"—a process that involves coating the pan in oil and baking it—it is a more affordable option than stainless steel. Cast iron is also scratch-resistant, so any kind of utensils can be used when cooking with it. While there are a growing number of new cookware options on the market, including ceramic options advertised as a zero-toxin, eco-friendly alternative to Teflon, EWG reports we don't know enough



CREDIT: WWW.RODDYSCHER.COM

Environmental and health advocates worry that cookware with non-stick coating can release potentially dangerous perfluoroalkyl substances (PFASs) into the air when used over high heat.

about them yet to be certain they live up to such claims.

Keep in mind that any non-stick cookware you currently own that's not chipped and in good condition can still safely be used with foods that are quickly cooked on low or medium heat, like eggs or pancakes.

"I personally do not advocate throwing away or giving away your non-stick pan," says Simona Balan, senior scientist at

the Green Science Policy Institute (GSPI). "That doesn't solve the problem: If you throw it away, it will end up in a landfill from where it will leach PFASs into the environment, or even worse, it will get burned, which will release even more toxins."

But if you're buying new cookware, the experts agree the best way to play it safe would be cast iron for stove top cooking and glass for baking.

CONTACTS: *Good Housekeeping Research Institute*, www.goodhousekeeping.com/institute; EWG, www.ewg.org; GSPI, www.greensciencepolicy.org.

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Award from A3

was dedicated to service and I have tried to live a life of service, because my work as a public servant is to give back to my community. I hope that my personal commitment to community service and labor of love will inspire others, and speaks volumes of how I try to live my life—giving my time and energy to others."

The 2016 Women in Government "WING" Award recipient, Gwendolyn Clerkley of the Department of Public Works and Transportation (DPWT), has worked for the Prince George's County government since 1989. She is a critical figure in all of DPWT's important infrastruc-

ture projects as well as the County's twice per year "Clean Up, Green Up" beautification efforts. She is also a pivotal leader within the Suitland Transforming Neighborhoods Initiative (TNI) team and helps coordinate activities such as organizing job fairs, conducting community landscaping, leading volunteers, providing supplies, and supporting events such as National Night Out and Christmas in April.

"The success of the Prince George's County government lies in the passion and compassion of our employees," said County Executive Baker. "Gwendolyn Clerkley epitomizes what it means to be a ded-

icated public servant. From working non-stop hours during inclement weather events and emergencies to working weekends to organize County-wide clean ups of and garbage, Gwen is a valuable resource to the community, a mentor to many County employees and role model to the rest of us."

The 31st Annual Women's History Luncheon was attended by over 900 guests. WJLA's Good Morning Washington Anchor/Reporter Jummy Olanbaji served as Mistress of Ceremonies. Music during the luncheon was provided by national recording and bestselling artist "Chelsey Green and the Green Project." Additionally, Senator

Barbara Mikulski was honored with a lifetime appreciation award from Prince George's County for her decades of service to the County as our United States Senator.

"It is fitting that we honored a strong and historic woman like Senator Barb Mikulski during this luncheon," said County Executive Baker. "Senator Mikulski was not only a trailblazer for the women of Maryland and Prince George's County, but her legacy and accomplishments are important to every woman in this country and throughout the world. I am so proud to have been able to work with Senator Mikulski, learn from her, and, most importantly, be inspired by her."

Peyton from A6

stitution that encourages "deliberate indifference and clearly unreasonable acts and omissions that created a hostile sexual environment." If anything, reading the defamation suit against Manning in conversation with last week's lawsuit against Tennessee shows that it doesn't matter

who the president or AD is. That's the whole point. The most important and powerful part of this lawsuit is this argument: the interests of college football is in charge of the whole university system bends to that.

It is difficult to look at this from every possible angle and not agree with Luther. That's

why this is really not a Peyton Manning story. He is just a high-profile illustration of the priorities at play and the ways in which the reputations—not to mention the very safety—of women are irrelevant to the needs of Big Football. If this is ever going to change, it will happen one school—and one battle—at a time. In other words, the fight underway to clean up

Knoxville and Peyton's case is not only relevant: It's foundational. The school did not confront Peyton's actions two decades ago. It covered them up, and now the school is paying the price. For a story of gender, race, and the corruption of the soul of the Old South, the words of William Faulkner could not be more appropriate: "The past is never dead. It's not even past."

Morningside from A2

Joseph and Jeffrey Mudd, five grandchildren, and brother George W. Mudd. Mass of Christmas Burial was at St. John's with bur-

ial at Resurrection Cemetery.

Milestones

Happy birthday to Wayne Booth, Susan Frostbutter, Douglas Mangum and James

Whipple, April 1; Melissa Lytton, Sophia Cordero and Bernie Saylor, April 3; Motoko Howard, April 4; Earlene Erhardt Righter, Jimmy Shipman and Kaitlin Woods, April

5; and Jonathan Charters, April 6.

Happy anniversary to Walter and Fannie Dimes who'll celebrate their 27th on April 1.

SUGAR, CREAM & GREEN

Small changes to a cup of coffee or tea can reduce waste and create a healthier planet! Consider these tiny, but mighty, steps you can take to make your next brew more environmentally friendly:

- ▶ Support local coffee brewers, roasters and cafes;
- ▶ Try using a reusable pod or "K-cup" for personal brewers; and
- ▶ Bring your own travel or reusable cup to your favorite coffee or tea cafe.

Prince George's County Second Nature is an initiative of the Department of the Environment, Budget/Workforce Authority and Office of Green Services to promote cost savings and sustainability in our everyday lives.